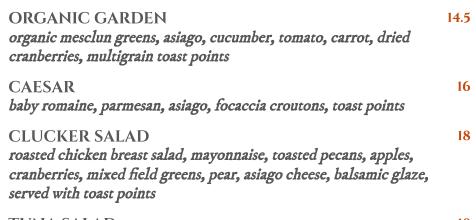
SALADS

choice of house made dressings; balsamic, red wine vinaigrette, citrus vinaigrette, caesar, ranch, blue cheese, oil & vinegar, yogurt maple



TUNA SALAD white albacore tuna, mayonnaise, field greens, cucumber, tomato, asiago, carrot, dried cranberries, multigrain toast points

SPARTAN SALAD

choice of mixed greens or romaine, grilled organic chicken breast, feta
cheese, tomato, cucumber, fresh hummus, tzatziki sauce, pita toast points

PAN SEARED SALMON SALAD organic field greens, seasonal berries, goat cheese, fine herbs, candied pecans, avocado, raspberry jalapeno vinaigrette

THAI CRUNCH SALAD
organic marinated chicken breast, shredded napa cabbage, red cabbage,
peanuts, edamame, cucumbers, julienne carrots, crispy wontons, rice
sticks, lime cilantro dressing, Thai peanut sauce

add to any salad; avocado +2.5, chicken breast, sliced turkey, deli roast beef, country ham, or bacon +6/grilled salmon +14, grilled mahi mahi +16 prime

SOUPS, COMBOS & MORE

ask your server about our daily		ر،
SOUP OF THE DAY	8.	5
ROASTED TOMATO SOUP		ð

SOUP & SALAD COMBO 16

special

GRILLED CHEESE & SOUP 15

1/2 PANINI COMBO 16

choice of soup or salad

QUICHE COMBO

choice of soup or salad

choice of soup or salad seasonal veggie or seasonal meat, please ask server for details

ACAI BOWL-NUTTER
BUTTER
house-made granola, blueberries,
strawberries, banana, toasted
organic coconut, natural almond
butter

PANINI

Choice of bread: ciabatta, multigrain ciabatta, caramelized onion focaccia, herb focaccia or gluten free Choice of side: hand-cut fries, (parmesan + 1, truffle + 2) house salad, caesar, coleslaw, baked chips, fruit cup

SPARTAN STUFFED PITA	17.
organic chicken breast, hummus, tzatziki, tomato,	
cucumber, feta cheese, romaine, red wine vinaigrette	е
DECTO MELT	10

choice of; turkey, chicken or roast beef. portobello, zucchini, caramelized onion, sun-dried tomatoes, pesto, asiago, soft herbed cheese, arugula, balsamic

THE BIG KATUNA

white albacore tuna salad, mayo, shallots, celery, dijon
mustard, provolone & swiss cheese, tomato, arugula

B'S ROAST BEEF oven roasted sliced beef, cheddar cheese, horseradish sauce, crispy onions

WHAT THE CLUCK 17.5 roasted chicken breast salad, mayonnaise, toasted pecans, apples, cranberries, baby arugula, dijon mustard

CAPRESE fresh mozzarella, sliced tomato, basil pesto, olive oil, balsamic glaze, baby arugula (also available as a salad)

ROASTED VEGETABLE	17.5
baked breaded eggplant, roasted zucchini & po	rtobello
soft herbed cheese, arugula, balsamic glaze	

PESTO CHICKEN SALAD

poached chicken tossed in basil pesto, tomato, roasted red peppers, mozzarella, arugula, balsamic

TWO PIGS & A BIRDIE
fresh turkey breast, bistro ham, bacon, swiss, brie,
granny smith apples, coleslaw, dijon & mayonnaise

FIG & DELICIOUS
fresh sliced turkey breast, french brie cheese, organic
fig spread, baby arugula, balsamic glaze

THE TBA 17.5 turkey, bacon, avocado, cheddar, tomato, ranch, arugula

SIMPLE SAMMIE
your choice of meat; grilled chicken, turkey or roast
beef, your choice of cheese; american, provolone or
cheddar, served with lettuce, tomato, mustard &
mayonnaise

HANDHELDS

includes your choice of side & pickle. Add fried egg 2, avocado 2.5, bacon 3

THE RANCHER	1
crispy chicken thigh marinated in house made ranch	
seasoning, bibb lettuce, tomato, basil aioli, pickled re	:d
onion, toasted brioche bun	

B. E. L. T.

applewood smoked bacon, bibb lettuce, organic tomato, free-range egg, roasted garlic aioli, rustic multigrain loaf

TURKEY REUBEN

Freshly sliced turkey breast, melted swiss cheese, house made remoulade, pickled cabbage, local multigrain loaf

THE AMERICANO

Alaina's signature blend, B's secret sauce, american
cheese, red onion, bibb lettuce, tomato, toasted brioche
bun

BASKET OF HAND CUT FRIES

served with ketchup, or add homemade dipping sauces, basil aioli, garlic aioli or honey mustard +1

ORIGINAL	9.5		
PARMESAN	10.5		
TRUFFLE	11.5		
TRUFFLE & PARMESAN	12.5		

JAVA & JUICE BAR

house made almond milk, spanish almonds, organic maple & himalayan pink salt house made oat milk, organic oats, organic sunflower oil & himalayan pink salt

Suilifower off & Illinatayan pink sait	
FRESH BREWED DRIP COFFEE	4.5
DOUBLE EXPRESSO	5
AMERICANO	6
CAPPUCCINO	6
LATTE	7
flavor: vanilla, mocha, hazelnut, caramel & s	easonal
ICED LATTE	7
K8	10
kale, spinach, swiss chard, apple, parsley, cel	ery, bok
choy, lime	
W4	10
watermelon, ruby red grapefruit, strawberry,	lime
L2 LIMONADE	8
lime, lemon, pure cane sugar, ginger, mint	
B4	10
beet, apple, celery, lemon	
RADIATE KOMBUCHA	8
seasonal flavors	
GINGERSHOT	8
ginger, lemon, agave	
TURMERICSHOT	8
turmeric, orange, lemon, agave	

CRISPY CHICKEN TACOS

two grilled flour tortillas, organic chicken breast, queso fresco, pickled red onion & cabbage, chili peppers, spicy aioli, fresh cilantro ***Make a Local Mahi Mahi Taco add 4.*** 18

17

CRISPY CAULIFLOWER TACOS

two grilled flour tortillas, golden brown cauliflower, crispy chick peas, black bean puree, pickled red onion, red cabbage, basil aioli, queso fresco & cilantro

BLACKENED MAHI MAHI SAMMIE

pan seared locally caught fresh mahi mahi, house made
remoulade, sliced tomato, bibb lettuce, toasted bun

TUSCAN CHICKEN CAPRESE marinated all-natural chicken breast, roasted tomatoes, fresh mozzarella cheese, basil pesto aioli, arneula



SIDES & EXTRAS

SCOOP OF SALAD 5. albacore tuna salad, clucker salad or pesto chicken salad

EXTRA PROTEIN 6 grilled chicken, fresh turkey, roast beef,

ORGANIC HOUSE SALAD 7
CAESAR SALAD 8

FRESH FRUIT 6

HOUSE POTATO CHIPS 5

DILL PICKLES 1.5

SPICY PICKLES 1.5
HUMMUS 4

AVOCADO 2.5

TOAST POINTS 3

VEGGIES 5 seasonal ask your server

1

HOUSE MADE SAUCES

Consumer Advisory: *Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Alert your server if you have special dietary requirements