

## SALADS

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

**ORGANIC GARDEN** 14.5  
*organic mesclun greens, asiago, cucumber, tomato, carrot, dried cranberries, multigrain toast points*

**CAESAR** 16  
*baby romaine, parmesan, asiago, focaccia croutons, toast points*

**CLUCKER SALAD** 18  
*roasted chicken breast salad, mayonnaise, toasted pecans, apples, cranberries, mixed field greens, pear, asiago cheese, balsamic glaze, served with toast points*

**TUNA SALAD** 18  
*white albacore tuna, mayonnaise, field greens, cucumber, tomato, asiago, carrot, dried cranberries, multigrain toast points*

**SPARTAN SALAD** 19.5  
*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** 21  
*organic field greens, seasonal berries, goat cheese, fine herbs, candied pecans, avocado, raspberry jalapeno vinaigrette*

**THAI CRUNCH SALAD** 18.5  
*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, mahi mahi +16 Prime Steak +18*

## 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** 17.5  
*organic chicken breast, hummus, tzatziki, tomato, cucumber, feta cheese, romaine, red wine vinaigrette*

**PESTO MELT** 18.5  
*choice of; turkey, chicken or roast beef. portobello, zucchini, caramelized onion, sun-dried tomatoes, pesto, asiago, soft herbed cheese, arugula, balsamic*

**THE BIG KATUNA** 17.5  
*white albacore tuna salad, mayo, shallots, celery, dijon mustard, provolone & swiss cheese, tomato, arugula*

**B'S ROAST BEEF** 18  
*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** 17  
*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 & portobello, soft herbed cheese, arugula, balsamic glaze*

**PESTO CHICKEN SALAD** 17.5  
*poached chicken tossed in basil pesto, tomato, roasted red peppers, mozzarella, arugula, balsamic*

**TWO PIGS & A BIRDIE** 18  
*fresh turkey breast, bistro ham, bacon, swiss, brie, granny smith apples, coleslaw, dijon & mayonnaise*

**FIG & DELICIOUS** 17.5  
*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** 16  
*your choice of meat; grilled chicken, turkey or roast beef, your choice of cheese; american, provolone or cheddar, served with lettuce, tomato, mustard & mayonnaise*



## SOUPS, COMBOS & MORE

**ROASTED TOMATO SOUP** 8

**SOUP OF THE DAY** 8.5  
*ask your server about our daily special*

**SOUP & SALAD COMBO** 16

**GRILLED CHEESE & SOUP** 15

**1/2 PANINI COMBO** 16  
*choice of soup or salad*

**QUICHE COMBO** 15  
*choice of soup or salad  
seasonal veggie or seasonal meat,  
please ask server for details*

**ACAI BOWL-NUTTER BUTTER** 15  
*house-made granola, blueberries, strawberries, banana, toasted organic coconut, natural almond butter*

# HANDHELDS

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

## THE RANCHER 18

*crispy chicken thigh marinated in house made ranch seasoning, bibb lettuce, tomato, basil aioli, pickled red onion, toasted brioche bun*

## B. E. L. T. 18.5

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

## TURKEY REUBEN 18

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

## THE AMERICANO 21

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

## CRISPY CHICKEN TACOS 18

*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\*\*\**

## CRISPY CAULIFLOWER TACOS 17

*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 22

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

## TUSCAN CHICKEN CAPRESE 18

*marinated all-natural chicken breast, roasted tomatoes, fresh mozzarella cheese, basil pesto aioli, arugula*

## 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*

FRESH BREWED DRIP COFFEE	4.5
DOUBLE ESPRESSO	5
AMERICANO	6
CAPPUCCINO	6
LATTE	7
<i>flavor: vanilla, mocha, hazelnut, caramel &amp; seasonal</i>	
ICED LATTE	7
ZEST	10
<i>watermelon, pineapple, apple, lemon, lime, beet</i>	
AMBER	10
<i>apple, carrot, jicama, lime, ginger, turmeric</i>	
ROOTS	10
<i>carrot, apple, pineapple, beet, orange, lemon, ginger</i>	
GREENS	10
<i>cucumber, spinach, celery, lemon, dandelion</i>	
BLUE BOOST SHOT	6
<i>blue spirulina, coconut water, ginger, lime</i>	
REVIVE SHOT	6
<i>ginger, agave</i>	
BURN SHOT	6
<i>turmeric, jicama, ginger, lime, cayenne</i>	

## SIDES & EXTRAS

SCOOP OF SALAD	5.5
<i>albacore tuna salad, clucker salad or pesto chicken salad</i>	
EXTRA PROTEIN	6
<i>grilled chicken, fresh turkey, roast beef,</i>	
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
<i>seasonal ask your server</i>	
HOUSE MADE SAUCES	1

**\*\*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\*\***