

LUNCH

STARTERS/SALADS.

CARROT COCONUT SOUP (v) (g) quinoa, nuts, seeds	8.
CRISPY SHRIMP TACOS avocado, red onion, aji crema	6. ea
KALE SALAD (v) (g) Brussels sprouts, parmesan, hazelnuts, verjus	12.
ROASTED BEET SALAD (v) (g) goat cheese fondue, arugula, pistachio gremolata	11.
COBB SALAD (g) chicken, bleu cheese, bacon, avocado, tomatoes, cucumber, eggs, balsamic vinaigrette	16.
GREEK SALAD (v) creamy dressing, sheep's milk feta, za'atar chips, peppadew hummus, olives, onion, tomato, cucumber	12.
WARM GRAIN BOWL (v) farro, einkorn, quinoa, veggies, ginger-pineapple vinaigrette	11.

add falafel to any salad 6.

add chicken or *shrimp to any salad 7.

add *steak or *salmon to any salad 9.

SANDWICHES.

SMOKEY PEPPER GRILLED CHEESE (v) manchego, house boursin, crispy shallots, smokey pepper jam	12.
*BURGER cheddar, LTO, pickles, fries	15.
*SANDWICH OF THE DAY ask your server	MKT.
REUBEN sauerkraut, Swiss, thousand island	14.
LOBSTER SLIDERS mayo, lemon, tarragon	17.
ROASTED TURKEY PANINI rosemary aioli, apples, bacon, Swiss	15.
FALAFEL PLATE (v) spinach falafel, tzatziki, muhammara, cucumber olive relish, mini pitas	15.

sandwiches served with house made ranch chips & greens

FLATBREADS.

WILD MUSHROOM (v) fontina, ricotta, caramelized onions, truffle oil	16.
BACON & SQUASH fresh mozzarella, boursin, crispy kale	15.
TOMATO & MOZZARELLA (v) San Marzano tomatoes, basil, evoo add pepperoni 2.	14.
*SEARED TUNA spicy aioli, crispy shallots, arugula, cucumber, ponzu	17.
HOUSE CHICKEN SAUSAGE & RABE roasted tomatoes, banana peppers, garlic, provolone, parmesan, chilies	16.

flatbreads available on a gluten free basil crust

ENTREES.

BOLOGNESE veal, pork, beef, mascarpone, herbs	14.
CAVATELLI ALL'AMATRICIANA pancetta, prosciutto, ricotta, spicy tomato sauce	13.



SNACKS.

POPCORN (g) bacon, caramel	5.
SWEET & SPICY PEANUTS (v) (g)	5.
CHIPS & DIPS (v) cajun corn chips, salsa, guacamole	12.
STUFFED PEPPADEWS (v) (g) feta, honey	5.
TRUFFLE FRIES parmesan, rosemary aioli	9.
FRIES	6.

BEVERAGES.

COFFEE	3.
CAPPUCCINO	4.
ESPRESSO	4.
MEM TEA Earl Grey (Black) English Breakfast (Black) China Green Jade (Green) Moroccan Mint (Green) Rooibos Decorated (Herbal) (CF) Lemon Chamomile (Herbal) (CF) Crimson Berry (Herbal) (CF)	3.
FRESH BREWED MEM ICED TEA Traditional (Black)	3.
HOUSE-MADE LEMONADE	3.
HOUSE-MADE SODAS Blackberry Pineapple Mint Mango Orange Grapefruit Pear	4.

(v) vegetarian
(g) available gluten free

*Consumer Advisory: These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

Before placing your order, please inform your server if a person in your party has a food allergy.