

🌿 SALADS 🌿

(Add: Chicken \$5, Steak \$6, Shrimp \$7, Salmon \$7, Coconut Tofu or Coconut Cauliflower \$5)

🌱 Cobb Salad \$13

Bacon, hard-boiled egg, avocado, blue cheese, red onion, heirloom tomato, & honey balsamic dressing.... Add any protein !!!

🌱🌱 Greek Salad \$10

Butter lettuce, olives, cucumbers, feta, tomato, red onion, dressed with extra virgin olive oil & white balsamic dressing...Add any protein !!!

🌱🌱 P.B. Thai Salad \$12

Mixed greens, avocado, mango, red onions, & red cabbage with Peanut Butter Thai dressing...Add any protein !!!

🌱🌱 Abundance Salad \$13

Arugula, carrots, beets, chick peas, celery, pecans, sesame seeds, apples, berries served with our lemon dressing...Add any protein !!!

🌱 Caesar Salad \$9

Romaine, croutons, Parmesan, & homemade creamy dressing

🌱🌱 Taco Salad \$11

Homemade crunchy corn tortilla shell, lettuce, tomato, cucumber, red onion, corn, sliced jalapeños, cheese, sour cream, guacamole and chili (add Shrimp \$7, Chicken \$5, Steak \$6)

🌱 Salmon Salad \$15

Mixed green, cucumbers, strawberries topped w/grilled salmon, side of passion fruit basil vinaigrette

vegan dish or vegan option available

⚠️ "Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."

APPETIZERS

Brussels Mussels \$12

Mussels in a Belgian beer base, with chorizo, fresh tarragon, and thyme

Drunken Clams \$16

Clams in a white wine base, with sautéed shallots, fennel, and garlic

Tuna Bites \$13

4 ounces of blackened fresh tuna, with our homemade cajun sauce

Bacon Shrimp Kabob \$12

Grilled on our BBQ sauce & served with finger potatoes

Fried Calamari \$12

Served with marinara sauce

Fish & Chips \$14

Fish fillets coated and deep fried, served with fries and a garlic sauce

Coconut Shrimp \$13

Golden and crispy coconut shrimp, side pineapple habanero sauce

Wings & Fries (10 ct) \$13

Honey mustard ~ Spicy ~ BBQ Stout ~ Teriyaki ~ Smoked chipotle ~ Mango Habanero -
Plain Blue cheese or Ranch

Bacon Chicken Wings (6) \$10

Made with our spicy BBQ bacon sauce

🍃 Vegan Wings & Fries \$13

Honey mustard ~ Spicy ~ BBQ Stout ~ Teriyaki ~ Smoked chipotle ~ Plain

🍃 Zucchini Fries \$11

Zucchini breaded, flash fried, and served with chipotle aioli

🍃 Asparagus Fries \$11

Asparagus breaded, flash fried, and served with chipotle aioli

🍃 Quesadillas \$9

(add Shrimp \$7, Chicken \$5, Steak \$6)

V . vegan or vegan option available

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🍃🌱 Nachos : Grande \$13, / Regular \$9

Tortilla chips, chili, cheese, jalapeños, pico de gallo, sour cream & guac.

🍃 Chili Bowl \$9

Vegan - topped with melted cheese a side of bread

🍃 Homemade Hummus \$10

Served with cucumbers, carrots, herbed olives, & grilled pita

🍃 Mac-N-Cheese \$8

Our cheese sauce is made from scratch! Mac-N-Cheese - Add Vegan Chili \$3

🍃 Hand-cut Fries: Small \$4 / Large \$7

🍃 Empanadas \$7

Two empanadas (Vegan) - with aji sauce

🍃 Cauliflower Wings \$9

Flash fried cauliflower, coated with sweet & spicy sauce

🍃 . vegan or vegan option available

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ENTRÉES

New York Steak (12oz) \$32

Topped with sautéed mushrooms and onions, topped with blue cheese - served with asparagus and fingerling potatoes

Black Paella \$28

Black arborio rice with peppers, green peas & corn, mussels, clams, shrimp, calamari, and chorizo

Paella Valenciana \$28

Yellow arborio rice with peppers, green peas & corn, chicken, steak, shrimp, calamari, and chorizo

Grilled Salmon Teriyaki \$24

Served w/ wild coconut rice & sautéed asparagus & peppers

Pesto Salmon \$22

Salmon in lemon pesto, served with broccoli and mashed potatoes topped with sautéed squash

Seafood Cioppino \$26

Mussels, shrimp, clams and calamari in our red delicious homemade cioppino sauce served over pasta

Perla Negra \$25

Mussels, clams, shrimp, octopus & chorizo cooked on a white wine sauce (side of pasta or rice \$4)

Tilapia Milanese \$17.00

Breaded tilapia, served with mashed potatoes & sautéed veggies

Kicking Bourbon BBQ Baby Back Ribs \$19

A half rack of ribs served with sweet potato fries

Garlic Skewers \$17

Marinated shrimp, chicken, and beef skewers served with potatoes

Fettuccine Carbonara \$13

(add Shrimp \$7, Chicken \$5, Steak \$6)

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Fettuccine Alfredo \$11

(add Shrimp \$7, Chicken \$5, Steak \$6)

Fettuccine Bolognese \$13

Fettuccine pasta served with our home made bolognese sauce, topped with parmesan cheese and side of toasted baguette , vegan option available

Roasted Red Pepper Salmon Pasta \$18.00

Grilled salmon, mixed with our homemade roasted red pepper sauce, served over fettuccine

🌱 Chicken Piccata \$18

Pan seared Chicken, garlic and capers lemon sauce, served with salad.

🌱 Vegan Lasagna \$17

Zucchini, sunflower seeds, tomato, onion, & garlic - bread and salad

🌱 Spaghetti with P.B. Thai Sauce \$18

Served with coconut tofu or coconut couiflower

🌱 Sizzling Fajitas \$ 10

Served with fresh tortillas, pico de gallo, shredded lettuce, sour cream & guacamole.
(add Shrimp \$7, Chicken \$5, Steak \$6)

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BURGERS & SANDWICHES

all served with fries

House Burger \$14.5

Topped with butter lettuce, heirloom tomato, mozz/cheddar cheese, caramelized onions, guacamole & chipotle aioli

The Man Burger \$21

1 lb of Beef, double bacon, double cheese, onion rings, chili & pickles.

Texas Beef Burger \$16

Coleslaw, bacon, egg, tomato, mozz/cheddar cheese, & BBQ.

Turkey Burger \$15

Topped with cranberry mayo, grilled tomato, cucumber, avocado, red onion, & lettuce

Pulled Pork Sdwch \$14

Slow cooked pulled pork, BBQ sauce, & melted cheese on a toasted baguette

🌱 Veggie Burger \$15.5

Lettuce, tomato, sautéed mushrooms /onions, guac., chipotle mayo, & cheese

Black & Blue Burger \$15

Blue cheese, bacon, sweet onion marmalade, sautéed mushrooms, lettuce, tomato, & onion rings

Chicken Burger \$14.5

Grilled, breaded, flash fried chicken breast, topped with mozz/cheddar pineapple, lettuce, , bacon, & garlic aioli

Mexican Burger \$15

Lettuce, pepper jack cheese, onion rings, bacon, chili & guacamole, server on a ciabatta or brioche bun

Steak Sandwich \$14.5

Sautéed mushrooms and onion, & horseradish mayo on a toasted baguette and topped with guacamole

Caprese Sandwich \$13

Fresh mozzarella, mixed greens, pistachio pesto, & tomato on a toasted baguette

🌱 Portobello Beyond Burger \$17

Beyond Burger patty, pesto, lettuce, tomato & cheese, served on a Portobello mushroom, on a Bun or not...

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DESSERTS

Mexican Churros \$8

Two churros served with a scoop of vanilla ice cream,

Chocolate Hazelnut Cream Cake \$8

Tres Leches Cake \$8

Triple chocolate cake \$8

Chocolat Lava Cake \$8

Served w/a scoop of ice cream

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TACOS TACOS TACOS - TRIO

Tacos are only available Tuesdays, Wednesdays & Thursdays

Super Vegan \$15

Zucchini and squash sautéed with a roasted corn-bean salad, roasted peppers, sautéed mushrooms and onions, guacamole, teriyaki sriracha sauce, P.B. Thai sauce, and aioli

Vegan Veggie \$12

Zucchini and squash sautéed with a roasted corn-bean salad, guacamole, teriyaki sriracha sauce, and aioli

Crispy Fish \$12

Topped with a shredded cabbage-mango salad, guacamole, pico de gallo, and chipotle aioli

Pulled Pork \$9

Topped with coleslaw, cheddar cheese, and BBQ sauce

Vegan Tofu \$12

Pickled salad with teriyaki sriracha sauce and vegan aioli

Grilled Steak \$12

Topped with mashed potatoes, cheddar cheese, & chimichurri sauce

Bam Bam Shrimp \$15

Fried shrimp tacos topped with a shredded cabbage mango salad and guacamole

Shredded Chicken \$9

Topped with pico de gallo and pineapple habanero sauce

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