

## SALADS

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

**Gf** Cobb Salad \$13

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

**V** **Gf** Greek Salad \$10

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

**V** **Gf** P.B. Thai Salad \$12

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

**V** **Gf** 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 ...Add any protein !!!

**V** **Gf** Grilled Peach Salad \$10

Arugula, goat cheese, basil, & balsamic vinaigrette...Add any protein !!!

**V** **Gf** Taco Salad \$11

Homemade crunchy corn tortilla shell, lettuce, tomato, cucumber, red onion, corn, sliced jalapeños, cheese, sour cream, guacamole & chili...Add any protein !!!

**Gf** Salmon Salad \$15

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

*vegan or vegan option available*

## APPETIZERS

### Brussels Mussels \$12

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

### 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 served with pineapple habanero sauce

### **Gf** Wings & Fries (10 ct) \$13

(Spicy, BBQ, Honey Mustard, Teriyaki, Smoked Chipotle), blue cheese or ranch

### Bacon Chicken Wings (6) \$10

Made with our spicy BBQ bacon sauce

### **V** Zucchini Fries \$11

Zucchini breaded, flash fried, and served with chipotle aioli

### **V** Asparagus Fries \$11

Asparagus breaded, flash fried, and served with chipotle aioli

### **V** Vegan Wings & Fries \$13

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

### **V** Quesadillas \$9

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

### **V Gf** Nachos : Grande \$13, / Regular \$9 (Beef, Vegan or Chicken)

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

### **V** Chili Bowl \$9

Your choice of beef or vegan - topped with melted cheese a side of bread

*vegan or vegan option available*

④ **Homemade Hummus \$10**

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

④ **Mac-N-Cheese \$8**

Our cheese sauce is made from scratch! Mac-N-Cheese Upgrades:  
(beef chilli \$3, pulled pork \$3, spicy \$1, vegan cheese \$2, vegancChili \$3)

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

(Make them Black & Blue Fries \$3: black truffle oil & blue cheese)

④ **Empanadas \$7**

Two empanadas (Beef, Chicken or Vegan) - with aji sauce

④ **Cauliflower Wings \$9**

Flash fried cauliflower, coated with sweet & spicy sauce

*vegan or vegan option available*

## ENTRÉES

**NEW** Tilapia Milanese \$17.00

Breaded tilapia, served with mashed potatoes & sautéed veggies

**NEW** Steak Oscar (12oz New York Steak) \$28.00

Served with asparagus & baked potato and crab meat

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

**NEW** Perla Negra \$25

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

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 fingerling potatoes

Fettuccine Carbonara (rich & creamy carbonara sauce) **\$13**

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

Fettuccine Alfredo **\$11**

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

Fettuccine Bolognese (Ground beef / tomato / onion / herbs) **\$13**

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

**NEW** Roasted Red Pepper Salmon Pasta **\$18.00**

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

④ Chicken Piccata **\$18**

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

④ Vegan Lasagna **\$17**

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

④ Vegan Paella **\$22**

Yellow arborio rice with roasted peppers, onions, mushrooms, cauliflower, seitan chicken, and vegan chorizo

④ Spaghetti with P.B. Thai Sauce **\$18**

Served with coconut tofu or coconut cauliflower

④ Sizzling Fajitas **\$15**

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

*vegan or vegan option available*

## BURGERS & SANDWICHES

*All served with fries*

### Black & Blue Burger \$15.00

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

### House Burger \$14.5

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

### Texas Beef Burger \$16.00

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

### Hot-mess burger \$15.00

Lettuce, pepper jack cheese, bacon, chili & guacamole

### The Man Burger \$21.00

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

### Chicken Burger \$14.5

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

### Turkey Burger \$15

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

### Steak Sandwich \$14.5

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

### Pulled Pork Sandwich \$14.00

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

### Caprese Sandwich \$13

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

### 🍷 Vegan "Chicken" Burger \$15.5

Grilled, breaded, and then flash fried seitan, topped with pineapple, lettuce, tomato, cajun vegan cheese, tomato jam, and aioli

④ Veggie Burger \$15.5

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

④ Portobello Beyond Burger \$17

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

④ Vegan Panini \$14

Roasted zucchini squash, portobello mushrooms, & vegan cheese - served with hand-cut fries

DESSERTS

④ Brownies \$7

Peanut Butter Mousse or Strawberry Mousse

④ Choco-Cherry Cake \$8

Creme Brulee \$7.00

Homemade Tiramisu \$8

Financier Cake (Almond) \$8

Served w/ice cream

Tres Leches Cake \$7.00

*vegan or vegan option available*

## TACOS TACOS TACOS - TRIO

*Tacos are only available Tuesday, Wednesday & Thursday*

*(They come in sets of 3,,,,, not a mix n match )*

### 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