Small Plates

tartine de jour
knife and fork bruschetta featuring toasted Wheatsfield's bread, with a variety of decadent toppings. Ask your server for today's selection. Served with your choice of soup, salad, or fresh fruit. 6.95

peruvian pepper hummus
house-made from sustainable garbanzo beans, finished with extra virgin olive oil, parsley and aji pepper puree served with toasted pita bread 5.50

pork belly flatbread
crisp flatbread topped with cheesy garlic sauce, house cured pork belly, arugula and roasted tomatoes finished with balsamic reduction 5.50

house salad
greens garnished with julienne vegetables and grape tomatoes served with your choice of dressing 3.25

greek salad
appetizer version of our entree salad with cucumbers, kale salad, red onion, grape tomatoes and feta cheese served with greek dressing 3.75

power of old and ancient grains
chilled blend of ancient grains served on a bed of arugula garnished with kale, broccoli, and carrots tossed with cranberries, almonds, and fresh blueberries dressed with sweet-sour vinaigrette 7.75

half sandwich with soup or house salad
choice of sandwich on toasted wheat, sourdough or marbled rye 6.95

soup d'jour
cup 1.75  |  entree size 2.50

Salads

crab cake salad
lump crab cakes served on a bed of fresh field greens garnished with avocado, grape tomatoes, julienned vegetables and lemon-caper dressing 8.75

chopped salad
the old cobb with a new look: seared chicken breast, cucumber ribbons, diced egg, bacon, tomato, avocado and danish blue cheese served on a bed of shredded romaine 8.95

ancient grains
seared salmon filet served on a warm bed of fresh kale, red quinoa, and cilantro red rice with split peas and amaranth garnish with power sauce and arugula, cucumbers, and sliced tomatoes dressed with sweet-sour vinaigrette 10.00

greek salad
mixed greens with grape tomatoes, cucumbers, red onion, feta cheese and kalamata olives topped with seared chicken breast or grilled vegetables, served with warm pita bread and greek vinaigrette + add a side of hummus 1.00 8.50

falafel salad
our house-made falafel quenelles start with organic garbanzo beans, served on shredded romaine garnished with cucumber, pickled carrots, grape tomatoes, red onion and feta cheese served with creamy lemon-garlic dressing 8.25

hand pressed angus burgers
ALL BURGERS SERVED WITH FRENCH FRIES OR SPECIALTY SIDE OF THE DAY
sub soup or house salad 1.50  |  sub small greek or spinach salad 1.75  |  sub seasonal fruit bowl 1.50

bacoan ranch burger
1/3 pound angus burger with pepper jack, thick-sliced bacon and spicy pickles served with a side of ranch dressing for dipping 8.00

the classic
1/3 pound angus patty with your choice of cheddar, americain, white or pepper jack cheese + add fried egg 1.00  +  add avocado 1.00  +  add bacon 1.50 7.75

the mediterranean
our own house-made sweet potato-quinoa patty topped with kalamata olive tapenade, oven roasted tomatoes and goat cheese spread served on a bed of spring mix diced with balsamic reduction 7.95

Sandwiches

all sandwiches served with french fries or specialty side of the day
sub soup or house salad 1.25  |  sub small greek or spinach salad 1.50  |  sub seasonal fruit bowl 1.50

blackened chicken
seared in our own seasoning blend, topped with smoked gouda and chipotle mayonnaise, served on a toasted split top bun 7.75

duck b!t
apple wood smoked duck breast with 55% less fat and 26% less sodium than traditional bacon, served with garlic aioli, lettuce and tomato on your choice of toasted sourdough, wheat or marbled rye 8.50

peppadew "pimento" melt
house made blend "pimento" cheese sans pimento and spiced up with peppadew peppers, boursin cheese, mozzarella, and smoked gouda on your choice of bread 7.95

campanile club
not quite the classic triple decker - roasted chicken, ham and bacon, swiss and cheddar cheeses, served with lettuce, tomato, avocado and chipotle mayonnaise on your choice of bread 8.75

avocado chicken
thinly sliced roasted chicken and fresh avocado drizzled with house piquent sauce served on toasted ciabatta 7.95

falafel pita
our house-made falafel quenelles start with organic garbanzo beans, topped with shredded romaine, tomatoes and fresh tzatziki sauce wrapped in warm pita bread (not available as half sandwich) 7.95

grilled reuben
the winter favorite is back...1/3 pound of local corned beef and bacon-laced Bavarian style sauerkraut sandwiched between melted swiss cheese and house-made dressing on grilled marbled rye 9.00

smoked salmon press
creamy goat cheese spread topped with capers, grilled asparagus and smoked salmon pressed in a toasted ciabatta roll 9.00

Entrées

add soup or house salad 1.50  |  add small greek or spinach salad 1.75  |  add seasonal fruit bowl 1.75

pork belly tacos
house cured pork belly seared and topped with unfermented peruvian spiced kimchi, served with black beans and shredded romaine, avocado, orange wedges, and red onion 8.00

goat cheese quesadillas
mini flour tortillas filled with melted goat cheese spread, oven roasted roma tomatoes and pepper jack cheese served with chipotle black beans, salsa, shredded romaine, avocado, orange wedges and red onion 7.75

kale pesto pasta
linguine tossed in chef Joe's kale and chick pea pesto served with fresh tomatoes two ways, roasted and fried shoestring 8.50

Desserts

assorted cheesecake bites 3.50
house-made chocolate mousse 3.50

featured dessert
ask your server for today's selection

Beverages

in order to reduce our impact on the environment, water is served by request

numi® organic hot tea 1.95
roasterie® coffee 1.95
fresh brewed iced tea 1.95
fresh house-made lemonade 1.95

soft drinks
coke® or diet coke® or mr.pibb® sprite® or 7up® or root beer 1.35

We offer a dedicated gluten-free fryer and gluten-free buns upon request; please ask your server.