

Appetizers

- BRUSCHETTA 3 WAYS *V**
 1) cashew cheese, crispy kale, eggplant & caramelized onions 14
 2) crab, caper & veggie cream cheese
 3) tomato, basil, olives & feta
- CRAB DIP**
 crab, Parmesan, red onion, capers, parsley & lemon.
 baked & served with toast points and flat bread crisps 13
- CHEESE SELECTION**
 three cheeses, sun dried tomato pesto, cured salmon, grapes,
 olives, candied pecans, toast points & flat bread crisps 15
- FLAT BREAD *V**
 house made crust, sun-dried tomato pesto, Greenwood Farm's
 pork sausage, sautéed mushrooms, caramelized onions,
 Parmesan, balsamic reduction & fresh basil 10
- CAULIFLOWER "WINGS" *V**
 vegetarian wings, hot sauce, celery & Green Goddess dressing 9
- SPINACH & HEARTS OF PALM DIP**
 baked spinach, hearts of palm, garlic, Parmesan & cream cheese 7
 served with toast points & flat bread crisps
- STUFFED MEAT BALLS**
 four goat cheese stuffed meat balls, red bell pepper rouille & basil 10

Soups

TOMATO BISQUE, CREAMY POTATO &
 BACON or SOUP DU JOUR *V \$4

Salads

*add free-range chicken for \$5 or fresh grilled salmon for \$10

- COBB**
 free-range chicken, all natural local bacon, bleu cheese,
 avocado, pickled cage-free local eggs, red onion & local cherry
 tomatoes on red leaf lettuce - Green Goddess dressing 13
- VEGAN COBB *V**
 eggplant "bacon", garbanzo beans, avocado, red onion, sunflower
 seeds, vegan cheese & cherry tomatoes on red leaf lettuce
 - Green Goddess dressing 13
- STUFFED AVOCADO *V**
 avocado, red leaf lettuce, cherry tomatoes, celery, cucumber,
 sunflower seeds & Green Goddess dressing
 *choose buffalo cauliflower or crab 12/14
- KALE CAESAR**
 kale, Parmesan & house made croutons -Caesar dressing 9
- SPINACH & APPLES**
 spinach, candied pecans, feta cheese, apples & shaved
 red onions -honey vinaigrette 10
- HEARTS OF PALM *V**
 red leaf lettuce, avocado, red onions, hearts of palm &
 Parmesan cheese - coriander vinaigrette 10

Sides

- BALSAMIC GLAZED BRUSSEL SPROUTS 5
 MAC & CHEESE 7
 WHIPPED POTATOES 4
 SCALLOPED POTATOES 5
 3 STRIPS ALL NATURAL BACON 4
 POTATO WEDGES 4
 SIDE SALAD 6

BEVERAGES- Iced Tea, Apricot Iced Tea, Coffee, Pepsi, Diet
 Pepsi, Dr. Pepper, Diet Dr. Pepper, Ginger Ale & Sierra Mist

Main Plates

- POTATO CRUSTED SALMON**
 potato crusted fresh salmon filet, veggie "noodles", polenta cake,
 spinach & red bell pepper rouille 27
- THE FILET**
 all natural tenderloin, herb butter, scalloped potatoes &
 balsamic glazed Brussel sprouts 30
 add bleu cheese peppercorn cream \$2
- BANK TELLER SHRIMP**
 5 pan seared shrimp, rotini pasta, sun dried tomato cream sauce,
 bacon, spinach, mushrooms & Parmesan 23
- CLIPPER SHIP CHICKEN**
 2 free-range chicken breasts, whipped potatoes, carrots, spinach
 & Cutty Sark beurre blanc 17
- VAULT PASTA *V**
 rotini, sausage or garbanzo beans, eggplant, spinach,
 local cherry tomatoes, lemon, garlic, Parmesan & pecans 14
- EGG & NEST *V**
 carrot, zucchini, yellow squash, garbanzos, mushrooms &
 spinach sautéed in sun-dried tomato pesto.
 Soft cooked Greenwood Farm's free-range egg & Parmesan 15
- VEGAN LOADED MAC & CASHEW CHEESE *V**
 house made cashew cheese, cavatapi noodles, crispy kale,
 caramelized onions, eggplant "bacon" & Head Country BBQ 16
- POLENTA & AVOCADO *V**
 three polenta cakes, roasted red bell pepper rouille, sautéed kale,
 caramelized onions, mushrooms, avocado mash & potato hay 15

*V indicates an item that is vegan or can be made vegan

*The health department wants us to inform you that consuming raw or under-cooked eggs or meat is potentially hazardous. We think it's delicious. Enjoy!

Hand Helds

*served with potato wedges or a side salad

- TOP SHELF BURGER**
 all natural beef patty, maple aioli, white cheddar, lettuce,
 tomato & onion on a fresh baked Farrell Bakery bun 15
- RED LENTIL BURGER *V**
 red lentil patty, caramelized onions, flash fried kale, mushrooms,
 provolone & maple aioli on a fresh baked Farrell Bakery bun 14
- CUBAN SANDWHICH**
 Greenwood Farms pulled pork, ham, white cheddar, whole
 grain mustard aioli & pickles on toasted ciabatta bread 14
- FREE RANGE CHICKEN SANDWHICH**
 fried free range chicken, avocado, lettuce, tomato & bleu cheese
 peppercorn cream on a fresh baked Farrell Bakery bun 13
 *choose buffalo, whole grain mustard aioli or Head Country BBQ
- CAULIFLOWER SANDWHICH**
 cauliflower, avocado, lettuce, tomato & Green Goddess dressing
 on a toasted ciabatta bread. *choose buffalo or Head Country BBQ 12

Desserts

- KEY LIME PIE** 6
 graham cracker crust, key lime custard, fresh
 whipped cream & citrus zest
- 24 KARAT CAKE** 7
 carrot cake, cream cheese frosting & pecans
- BREAD PUDDING** 8
 chocolate, apples & sourdough.
 served a la mode with chocolate sauce
- CLASSIC BROWNIE SUNDAE** 7
 brownie, caramel, chocolate, pecans, vanilla ice cream
 & a cherry on top
- VEGAN PINEAPPLE UPSIDE DOWN CAKE *V** 6
 vanilla cake, pineapple, cherries & brown sugar rum glaze