

THE MUNCHIES

AVAILABLE UNTIL 8:00PM

SALADS

FRESH CORN GRILLED SALAD Corn, Zucchini, Asparagus, Scallions, Tomatoes and Avocado Over Mixed Greens Tossed with a Vinaigrette Dressing	\$17.95
FRESH CORN TOSTADA SALAD Baked Crisp Corn Tortilla, Topped with Caribbean Black Beans, Shredded Romaine Lettuce, Grilled Corn, Tomatoes, Fresh Guacamole and Tomatillo Salsa	\$16.95
SOUTHWESTERN SALAD Romaine Lettuce, Corn, Tomatoes, Avocado, Black Beans, Jicama, Cilantro, Jack Cheese, Baked Crispy Tortilla Strips Tossed with Creamy Tomatillo Dressing	\$17.95
GREEK SALAD Romaine Lettuce, Cucumbers, Red Onions, Sun-Dried Tomatoes, Fresh Tomatoes, Garbanzo Beans, Kalamata Olives, Feta Cheese Tossed in a Fresh Lemon Oregano Vinaigrette Dressing	\$17.95
CHICKEN COBB SALAD Mixed Greens, Grilled Chicken, Avocado, Tomatoes, Egg, Bacon, Blue Cheese, Tossed with Our House Vinaigrette Dressing	\$20.95
BEET SALAD Ripened Beets, Kale, Avocado, Tomatoes, Goat Cheese, Cranberries, and Walnuts Tossed with Our Balsamic Vinaigrette Dressing	\$17.95
CAESAR SALAD Homemade Croutons, Freshly Grated Parmesan Cheese, and Our Special Caesar Dressing (Contains Raw Egg)*	\$15.45
GREEN SALAD Mixed Greens, Fresh Tomatoes, and Corn, Tossed with Our House Vinaigrette Dressing	\$15.45



ADD PROTEIN

GRILLED CHICKEN	\$4.25
SKIRT STEAK	\$5.50
SALMON	\$5.50
SHRIMP	\$6.50
TOFU	\$4.00
1/2 CHICKEN & 1/2 SHRIMP	\$6.50

SANDWICHES

Served on Fresh Baked Panini Bread Your Choice of Side & Sauce

GRILLED CHICKEN	\$17.95
GRILLED SALMON	\$17.95
GRILLED VEGGIE Grilled Eggplant, Zucchini, Tomato and Basil	\$16.95
CAPRESE Buffalo Mozzarella, Tomato, Fresh Basil with Balsamic Vinaigrette & Olive Oil	\$16.95
TUNA SALAD	\$16.95

PIZZA

MARGARITA PIZZA	\$18.95
SMOKED SALMON PIZZA *Served Cold Smoked Salmon, Sour Cream and Scallions	\$23.45
CAJUN CHICKEN PIZZA Cajun Style Chicken, Mozzarella Cheese, Fresh Basil, Oregano	\$19.45
CAJUN SHRIMP PIZZA Cajun Style Shrimp, Mozzarella Cheese, Fresh Basil, and Oregano	\$21.95
GOAT CHEESE PIZZA Goat Cheese, Fresh Basil & Sundried Tomatoes	\$19.95
MEATBALL PIZZA	\$18.95
PEPPERONI PIZZA	\$17.95
CHEESE PIZZA	\$14.95

BOWLS

FRESH CORN VEGETABLE BOWL (GF) Corn, Zucchini, Asparagus, and Scallions over Basmati or Wild Brown Rice	\$17.45
KALE ROOT VEGETABLE BOWL (GF) Sautéed Kale, Beets, Carrots, Onion, Fennel, Turnip, and Butternut Squash over Basmati or Wild Brown Rice	\$17.45
TACO BOWL Spanish Rice, Black Beans, Guacamole, Cabbage/Lettuce Mix, and Jack Cheese	\$15.95

PASTA

SUNDRIED TOMATO PASTA Penne with Sun-Dried Tomatoes, Corn, Fresh Tomatoes, Asparagus, and Fresh Basil in a Light Cream Sauce	\$17.95
GRILLED VEGETABLE PASTA Penne with Grilled Asparagus, Corn, Zucchini, Fresh Tomatoes, Fresh Basil, Olive Oil, and a Touch of Garlic in a Marinara Sauce	\$16.95
CAPRESE PASTA Penne with Fresh Mozzarella, Fresh Tomatoes, Fresh Basil, Parmesan Cheese, and a Touch of Garlic in a Marinara Sauce	\$16.95
SPAGHETTI MEATBALL Fresh Meatballs with Garlic, Basil, and Parmesan Cheese in a Rich Tomato Sauce	\$20.45
SPAGHETTI WITH FRESH TOMATO AND BASIL	\$15.45

SPECIALTY PLATES

Each plate comes with your choice of 1 or 2 side items from the list below.
Choice of Sauce: Ginger Curry, Caribbean, Asian BBQ, Cajun, Lime & Herbs

SHRIMP PLATE (1 SIDE OR 2 SIDES)	\$21.95 / \$23.95
SALMON PLATE (1 SIDE OR 2 SIDES)	\$20.95 / \$22.95
STEAK PLATE (1 SIDE OR 2 SIDES)	\$20.95 / \$22.95
CHICKEN PLATE (1 SIDE OR 2 SIDES)	\$17.95 / \$19.95
MEATLOAF PLATE (1 SIDE OR 2 SIDES)	\$19.95 / \$21.95
TOFU PLATE (1 SIDE OR 2 SIDES)	\$17.95 / \$19.95
CHICKEN TAQUITOS (1 SIDE OR 2 SIDES)*	\$18.95 / \$20.95
CARNE ASADA PLATE (1 SIDE OR 2 SIDES)*	\$20.95 / \$22.95
CHICKEN ENCHILADAS (1 SIDE OR 2 SIDES)*	\$18.95 / \$20.95

TACO PLATES

VEGGIE TACOS (1 SIDE OR 2 SIDES)	\$18.95 / \$20.95
SHRIMP TACOS (1 SIDE OR 2 SIDES)	\$21.45 / \$23.45
STEAK TACOS (1 SIDE OR 2 SIDES)	\$19.45 / \$21.45
CHICKEN TACOS (1 SIDE OR 2 SIDES)	\$17.45 / \$19.45
SALMON TACOS (1 SIDE OR 2 SIDES)	\$19.45 / \$21.45

SIDE DISHES

GRILLED ASPARAGUS	\$5.50	GLAZED CARROTS	\$4.75
GRILLED CORN	\$5.50	GLAZED YAMS	\$4.75
BRUSSEL SPROUTS	\$5.50	SPAGHETTI SQUASH	\$5.50
SAUTEED KALE	\$4.75	GARLIC ROASTED	\$4.75
GRILLED ZUCCHINI	\$4.75	POTATOES	\$4.75
STEAMED BROCCOLI	\$4.75	MASHED POTATOES	\$4.75
SAUTEED	\$4.75	GRILLED EGGPLANT	\$4.75
MUSHROOMS	\$5.50	RED CABBAGE SLAW	\$3.25
ROASTED ROOT	\$3.25	BLACK BEANS	\$3.25
VEGGIES	\$3.25	BROWN RICE	\$3.25
BASMATI RICE			
PANINI BREAD			

NON INFUSED SNACKS & BEVERAGES

CHARCUTERIE PLATTER	\$26.00
Gourmet meats, artisanal cheeses with fresh fruit & crackers	
CRUDITE PLATTER	\$21.00
Fresh cut vegetables with hummus	
GOURMET CHEESE PLATTER	\$23.00
Artisanal cheeses with fresh fruit & crackers	
FLAVORED POPCORN	\$2.00
CANDY	\$3.00
KETTLE CHIPS	\$3.00
FLAMING HOT CHEETOS (20Z)	\$5.00
PURIFIED BOXED WATER	\$2.00
SPARKLING PELLEGRINO	\$3.00
PELLEGRINO	\$4.00
SOFT DRINKS	\$2.00
REBBL MATCHA	\$9.00
REBBL CHOCOLATE REISHI	\$9.00
TEPACHE - PINEAPPLE CHILI	\$7.00
HARMLESS HARVEST	\$8.00
CULTURE POP - ROTATING SELECTION	\$6.00
SPACE TEA - BLUEBERRY BOOST	\$7.00
SPACE TEA - ROTATING SELECTION	\$7.00

DESSERT

CHOCOLATE CHIP COOKIE	\$5.75
OATMEAL COOKIE	\$5.75
APPLE TART TATIN	\$10.50
BREAD PUDDING	\$9.50
OREO CHEESECAKE	\$9.50
BROWNIE	\$7.25

THE HIGHEST
HAPPY HOUR

MONDAY - THURSDAY
4 - 7 PM

\$9 CANNA-COCKTAILS
20% OFF SELECT ITEMS

LATE NIGHT MUNCHIES

AVAILABLE AFTER 8PM

*Satisfy your munchies with pizza,
wings, salads and more!*

GLUTEN-FREE AND VEGAN OPTIONS AVAILABLE



SCAN FOR MENU

UPCOMING EVENTS

*View our full calendar of events from live music
and comedy to drag brunch, art classes,
brand takeovers and more!*

View Our
Events Calendar



Book Your Next
Event

