



S O U P & S A L A D

Soup of the Day / Cup 3.5 / Bowl 4.5

Soup To-Go Sizes / Vegetable Pint 5 / Meat Pint 5.75 / Vegetable Quart 9 / Meat Quart 10.5

Baby Green \$9 | Chick Peas, Carrots, Beets, Roasted Peppers, Feta Cheese, Onions, Balsamic Vinaigrette

Caesar Salad \$12 | Dried Cranberries, Bleu Cheese, Sweet & Spicy Walnuts, Chicken or 3 Shrimp, Caesar Dressing

Local Bibb Lettuce \$12 | Bacon, Sweet & Spicy Walnuts, 3 Blackened Shrimp, Bleu Cheese Dressing

Organic Soba Noodle Salad \$12 | Red Cabbage, Organic Apples, Peanuts, Peppers, 3 Blackened Shrimp

Verlasso Salmon Salad \$12 | Spinach, Pickled Onion, Zucchini, Almonds, Guacamole, Pomegranate Vinaigrette

P L A T E S

Linguine Pasta \$12 | 4 Grilled Shrimp, Olive Oil, Garlic, Parmesan

Chicken Stir-Fry \$12 | Organic Basmati Rice, Carrots, Broccoli, Zucchini, Pineapple, Shoyu Sauce

Chicken Tacos \$12 | Mozzarella Cheese, Spinach, Guacamole, Sour Cream, Salsa

Chicken Quesadilla \$12 | Mozzarella Cheese, Goat Cheese, Onions, Jalapenos, Guacamole, Sour Cream, Salsa

Indian Chicken Korma \$12 | Organic Basmati Rice, Chickpeas, Organic Raita Add Naan \$3

S A N D W I C H E S

Choice of House-made Chips, Ancho Chile Fries, Salad, Local Sweet Potato Wedges (\$2.00 upcharge for Sweet Potatoes)

Portabella Mushroom \$12 | Chipotle Goat Cheese Mayo, Lettuce, Tomato, Onion, Wheat Bun

Organic BBQ Tempeh \$12 | Mayo, Lettuce, Tomato, Wheat Bun

*Angus Beef Burger \$12 | BBQ Sauce, Smoked Paprika Mustard Aioli, Cheddar, Lettuce, Tomato, Onion, Wheat Bun

Local Cajun Chicken \$12 | Lettuce, Tomato, Onion, Cajun Sauce, Wheat Bun

195 Panini \$8/\$12 | Veggie or Tuna, Cheddar Cheese, Jalapeno Jack, Organic Carrots, Broccoli

Beer Battered Tilapia \$12 | Chipotle Tartar Sauce, Lettuce, Tomato, Onion, Wheat Bun

Spinach Wrap \$12 | Chicken, Baby Greens, Cranberries, Bleu Cheese, Walnuts, Avocado Tomato Salsa

20% Gratuity may be added to parties of 5 or more and all checks paid with Gift Certificates. Please inform your server if you have any allergies. *May Be Cooked to Order. Consuming raw or undercooked meats may increase your risk of food borne illness

20% Gratuity may be added to parties of 5 or more and all checks paid with Gift Certificates. Please inform your server if you have any allergies. *May Be Cooked to Order. Consuming raw or undercooked meats may increase your risk of food borne illness