

SALADS

choice of house made dressings; balsamic, red wine vinaigrette, citrus vinaigrette, caesar, ranch, blue cheese, oil & vinegar, yogurt maple

ORGANIC GARDEN

organic mesclun greens, asiago, cucumber, tomato, carrot, dried cranberries, multigrain toast points

CAESAR

baby romaine, parmesan, asiago, focaccia croutons, toast points

CLUCKER SALAD

roasted chicken breast salad, mayonnaise, toasted pecans, apples, cranberries, mixed field greens, pear, asiago cheese, balsamic glaze, served with toast points

TUNA SALAD

white albacore tuna, mayonaise, field greens, cucumber, tomato, asiago, carrot, dried cranberries, multigrain toast points

ORGANIC ANCIENT GRAIN BOWL

quinoa & farro grains, roasted broccoli, cauliflower & sweet potatoes, cranberry, almonds, chickpeas, pickled onion, avocado, tomato, cucumber, shredded carrot, fine herbs, yogurt maple dijon dressing

SPARTAN SALAD

choice of mixed greens or romaine, grilled organic chicken breast, feta cheese, tomato, cucumber, fresh hummus, tzatziki sauce, pita toast points

PAN SEARED SALMON SALAD

organic field greens, seasonal berries, goat cheese, fine herbs, candied pecans, avocado, raspberry jalapeno vinaigrette

THAI CRUNCH SALAD

organic marinated chicken breast, shredded napa cabbage, red cabbage, peanuts, edamame, cucumbers, julienne carrots, crispy wontons, rice sticks, lime cilantro dressing, Thai peanut sauce

add to any salad; avocado +2.5, chicken breast, sliced turkey, deli roast beef, country ham, or bacon +6 /grilled salmon or mahi mahi +11 Prime Steak +18

PANINI

*Choice of bread: ciabatta, multigrain ciabatta, caramelized onion focaccia, herb focaccia or gluten free
Choice of side: hand-cut fries, (parmesan + 1, truffle + 2) house salad, caesar, coleslaw, baked chips, fruit cup*

SPARTAN STUFFED PITA 17.5
organic chicken breast, hummus, tzatziki, tomato, cucumber, feta cheese, romaine, red wine vinaigrette

PESTO MELT 18.5
choice of; turkey, chicken or roast beef. portobello, zucchini, caramelized onion, sun-dried tomatoes, pesto, asiago, soft herbed cheese, arugula, balsamic

THE BIG KATUNA 17.5
white albacore tuna salad, mayo, shallots, celery, dijon mustard, provolone & swiss cheese, tomato, arugula

B'S ROAST BEEF 18
oven roasted sliced beef, cheddar cheese, horseradish sauce, crispy onions

WHAT THE CLUCK 17.5
roasted chicken breast salad, mayonnaise, toasted pecans, apples, cranberries, baby arugula, dijon mustard

CAPRESE 17
fresh mozzarella, sliced tomato, basil pesto, olive oil, balsamic glaze, baby arugula (also available as a salad)

14.5

16

18

18

18.5

19.5

19.5

18.5



SOUPS, COMBOS & MORE

ROASTED TOMATO SOUP 8

SOUP OF THE DAY 8.5
ask your server about our daily special

SOUP & SALAD COMBO 16

GRILLED CHEESE & SOUP 15

1/2 PANINI COMBO 16
choice of soup or salad

QUICHE COMBO 15
*choice of soup or salad
seasonal veggie or seasonal meat,
please ask server for details*

****SPICY TUNA TARTARE**** 18
pickled ginger, wakame salad, soy glaze, spicy mayo, taro chips, sesame

ACAI BOWL-NUTTER BUTTER 15
house-made granola, blueberries, strawberries, banana, toasted organic coconut, natural almond butter

LOCALLY SMOKED SALMON CARPACCIO 18
garlic aioli, cucumber & pickled onion salad, fresno, bagel chips

ROASTED VEGETABLE 17.5
baked breaded eggplant, roasted zucchini & portobello, soft herbed cheese, arugula, balsamic glaze

PESTO CHICKEN 17.5
roasted chicken salad tossed in basil pesto, tomato, roasted red peppers, mozzarella, arugula, balsamic

TWO PIGS & A BIRDIE 18
fresh turkey breast, bistro ham, bacon, swiss, brie, granny smith apples, coleslaw, dijon & mayonnaise

FIG & DELICIOUS 17.5
fresh sliced turkey breast, french brie cheese, organic fig spread, baby arugula, balsamic glaze

THE TBA 17.5
turkey, bacon, avocado, cheddar, tomato, ranch, arugula

SIMPLE SAMMIE 16
your choice of meat; grilled chicken, turkey or roast beef, your choice of cheese; american, provolone or cheddar, served with lettuce, tomato, mustard & mayonnaise

HANDHELDS

includes your choice of side & pickle. Add fried egg 2, avocado 2.5, bacon 3

THE RANCHER 18

crispy chicken thigh marinated in house made ranch seasoning, bibb lettuce, tomato, basil aioli, pickled red onion, toasted brioche bun

B. E. L. T. 18.5

applewood smoked bacon, bibb lettuce, organic tomato, free-range egg, roasted garlic aioli, rustic multigrain loaf

TURKEY REUBEN 18

Freshly sliced turkey breast, melted swiss cheese, house made remoulade, pickled cabbage, local multigrain loaf

THE AMERICANO 21

Alaina's signature blend, B's secret sauce, american cheese, red onion, bibb lettuce, tomato, toasted brioche bun

CRISPY CHICKEN TACOS 18

two grilled flour tortillas, organic chicken breast, queso fresco, pickled red onion & cabbage, chili peppers, spicy aioli, fresh cilantro
****Make a Local Mahi Mahi Taco add 3****

CRISPY CAULIFLOWER TACOS 17

two grilled flour tortillas, golden brown cauliflower, crispy chick peas, black bean puree, pickled red onion, red cabbage, basil aioli, queso fresco & cilantro

BLACKENED MAHI MAHI SAMMIE 19.5

pan seared locally caught fresh mahi mahi, house made remoulade, sliced tomato, bibb lettuce, toasted bun

TUSCAN CHICKEN CAPRESE 18

marinated all-natural chicken breast, roasted tomatoes, fresh mozzarella cheese, basil pesto aioli, arugula

BASKET OF HAND CUT FRIES

served with ketchup, or add homemade dipping sauces, basil aioli, garlic aioli or honey mustard +1

ORIGINAL 9.5

PARMESAN 10.5

TRUFFLE 11.5



JAVA, JUICE, POTIONS & WELLNESS BAR

house made almond milk, spanish almonds, organic maple & himalayan pink salt
house made oat milk, organic oats, organic sunflower oil & himalayan pink salt

FRESH BREWED DRIP COFFEE 4.5

DOUBLE EXPRESSO 5

AMERICANO 6

CAPPUCCINO 6

LATTE 7

flavor: vanilla, mocha, hazelnut, caramel & seasonal

ICED LATTE 7

GREEN JUICE 10

celery, spinach, cucumber, apple, lemon, ginger

FRESH WATERMELON JUICE 7

CHARCOAL LEMONADE 7

WEEKEND DETOX 10

beet, celery, pineapple, lemon, ginger, turmeric

MOTHER'S KOMBUCHA 8

seasonal flavor

IMMUNE ELIXIR 8

tumeric, ginger, honey, lemon, black pepper

IMMUNITY SHOT 8

elderberry, ginger, honey, clove, cinnamon

MUSHROOM INFUSED SELTZER 9

ORGANIC IRISH SEA MOSS 32

pineapple mango or blueberry strawberry

ELDERBERRY SYRUP 35

SIDES & EXTRAS

SCOOP OF SALAD 5.5

albacore tuna salad, clucker salad or pesto chicken salad

EXTRA PROTEIN 6

grilled chicken, fresh turkey, roast beef,

ORGANIC HOUSE SALAD 7

CAESAR SALAD 8

FRESH FRUIT 6

HOUSE POTATO CHIPS 5

DILL PICKLES 1.5

SPICY PICKLES 1.5

HUMMUS 4

AVOCADO 2.5

TOAST POINTS 3

VEGGIES 5

seasonal ask your server

HOUSE MADE SAUCES 1

****CONSUMER ADVISORY: *CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. ALERT YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS****