LUNCH

HOT

Sandwiches

GRINDER **21.00**
ham/capicola/salami /arugula/
sweet peppadew peppers/
smoked provolone /basil aioli

RUBEN **19.00**
corned beef / swiss cheese/
fermented sauerkraut/
thousand island dressing/
caraway rye

CHICKEN BREAST **19.00**
basil pesto/arugula /tomatoes/
fresh mozzarella cheese/
challa bun

CHEESE MELT **18.VEG**
sharp cheddar/mozzarella/
provolone/tomato/french bread

ALL AMERICAN CHEESE BURGER* **20.00**
house ground beef/ bacon/
cheddar/lettuce/tomato/mayochup

URBAN BURGER* **20.00**
house ground beef /tomato-bacon
jam /cheddar/garlic aioli/
lettuce /tomato /challa bun

SWISS MELT BURGER* **21.00**
house ground beef /swiss /grilled
mushrooms, jalapenos & onions/ mayo

BLACK BEAN BURGER **19.VEG**
red bell pepper /oats /onion/
garlic/ chili pepper /aioli /challa bun

VEGGIE WRAP **19.VEG**
grilled portobello mushroom/
mozzarella/ tomato/ basil/
peppadew peppers/
carmelized onions /balsamic

sandwiches choose either house salad, chips or daily side. Sub soup for + $2

Roasted Mushroom Soup w Truffle drizzle 10.

COLD

Sandwiches

BLT **19.00**
bacon/ lettuce /tomato /arugula/
basil aioli / 9 grain toast (egg + $1)

Turkey Club **19.00**
applewood smoked bacon/
alfalfa sprouts /artisan lettuce/
garden tomatoes /swiss cheese/
garlic aioli /french bread

Roasted Chicken Salad **21.00**
grapes/walnuts/scallions/ red onion/
swiss cheese /aioli /croissant

Chicken Ceaser Wrap **20.00**
grilled chicken breast/ parmesan/
romaine lettuce/ cherry tomatoes/
ceaser dressing /herb tortilla

Salads

Market **18.VEG**
artisan greens /red onion /raddish/
grape tomatoes /cucumber/
herb vinaigrette

Pear & Arugula **21.VEG**
pecans/goat cheese/red onion/
dried cranberries/
white balsamic vinaigrette

Beet, Spinach, Feta **21.VEG**
candied walnuts/red onions/
apple cider vinaigrette

Ceaser **19.00**
romaine/cherry tomatoes /crostini/
parmesan /house made ceaser

Kale & Blackend Salmon **29.00**
massaged kale /spinach /walnuts/
dried cranberries /apples /red onion/
champagne vinaigrette

Add a protein

Avocado or egg	**3.00**	**Steak or Salmon**	**12.00**
Chicken	**7.00**	**Shrimp**	**8.00**

***Consuming raw or undercooked meats or eggs may increase your risk of illness**

Fresh produce is locally sourced when in season.