



## small plates

**Hummus Platter 11.95**  
sun-dried tomato, garlic & herb, Sriracha & goat cheese, pita bread, cucumbers, carrots

**Crostini's with Pesto 7.95**  
toasted Italian flatbread, garlic parmesan aioli, basil pesto

**Chicken & Apple Quesadilla 8.95**  
pulled chicken, cheddar, bleu cheese, red onion, apple, balsamic vinaigrette, flour tortilla

**Pure Fresh Plate 7.95**  
choice of hummus, house-made dressing, cucumbers, carrots, fruit, pita bread

**NEW Gf Tye's Buffalo Dip 7.95**  
spicy cheese blend, pulled chicken, buffalo sauce, pita bread

**NEW Just the Nugs 9.95**  
our breaded vegetarian "chicken" nuggets. mycoproteins derived from mushroom like fungi with your choice of sauce: BBQ, teriyaki, hot sauce, sweet chili, or bourbon-peanut. tastes just like the real thing!

**Crab Cakes 9.95**  
our blend of crab meat served over greens with spicy remoulade

**Spinach & Asparagus Dip 8.95**  
spinach, asparagus, red pepper flakes, cheese blend, pita bread

**Gf SPICY Gouda Stuffed Jalapeños 8.95**  
grilled jalapeños, gouda cheese, housemade herbed ranch

## tacos

All tacos come two per order with your choice of corn or flour tortilla (flour tortilla is not gluten free) and are served with chips. Substitute a side for \$1.95 or a specialty half salad for \$4.95.

**Gf Chicken 10.95**  
pulled chicken, pico de gallo, cheddar, pineapple-habanero salsa, avocado

**Gf Shrimp 12.95**  
shrimp, pico de gallo, pineapple-habanero salsa, avocado

**Vegan 9.95**  
sautéed yellow squash, zucchini, portobello, corn salsa, black beans, sun-dried tomato hummus, cucumber, tomato-basil vinaigrette

**Roasted Pork 10.95**  
ancho & coffee roasted pork shoulder, pico de gallo, cheddar, pineapple-habanero salsa, avocado

## salads

All salads served with your choice of housemade dressing: Raspberry Vinaigrette, Balsamic Vinaigrette, Tomato-Basil Vinaigrette, Bleu Cheese, Herbed Ranch, Spicy Southwest, Honey Mustard. Add avocado for \$1.95, chicken for \$1.95, or shrimp for \$2.95.

**House Salad 7.95**  
field greens, tomato, red onion, cucumber, carrot

**NEW Gf Summer Strawberry Salad 12.95**  
spinach, pulled chicken, strawberry, bleu cheese crumbles, cucumber, carrot

**Chicken Fiesta 11.95**  
field greens, pulled chicken, white cheddar, corn salsa, pico de gallo, tortilla strips

**Gf Caprese Salad 9.95**  
fresh mozzarella, basil, tomato, olive oil, balsamic reduction

**NEW Steakhouse Salad 12.95**  
field greens, cucumber, red onion, tomato, carrot, beef tips, bleu cheese crumbles

**Cranberry & Goat Cheese 11.95**  
field greens, dried cranberries, local goat cheese, walnuts, red onion, cucumber, tomato

## wraps & pitas

All wraps and pitas served with chips. Substitute a side for \$1.95 or a specialty half salad for \$4.95. Gluten free buns available for \$2.95 or served on a bed of lettuce at no cost.

**Southwest Black Bean Wrap 8.95**  
black beans, white cheddar, spinach, corn salsa, spicy southwest dressing, tomato tortilla

**The Purrito 11.95**  
pulled chicken, white rice, white cheddar, spinach, corn salsa, pico de gallo, black beans, spicy southwest dressing, flour tortilla

**Chicken Mozzarella Pita 10.95**  
pulled chicken, basil, mozzarella, roasted red pepper, rosemary aioli, pita bread

**Turkey Pesto Wrap 8.95**  
turkey, swiss, tomato, red onion, field greens, pesto aioli, tomato tortilla

**SPICY Bourbon Peanut Shrimp Wrap 12.95**  
sautéed shrimp, goat cheese, carrots, basil, cucumber, kale, red onion, bourbon peanut sauce, flour tortilla

**Fountain Square Falafel 11.95**  
garbanzo beans, parsley, green pepper, jalapeño, garlic, and panko, garnished with field greens, tomato, red onion, herbed ranch, pita bread

## sides

**V Field Greens Salad 3.95**

**Dill Potato Salad 2.95**

**V Steamed Asparagus 2.95**

**V Steamed Broccoli 2.95**

**V Seasonal Fruit Cocktail 2.95**

**Carrot & Cucumber with Herbed Ranch 2.95**

**Soup of the Day Small 3.95**

**Large 5.95**

**Hummus & Pita Small 3.95**

**Large 5.95**

# sandwiches

All sandwiches served with chips. Substitute a side for \$1.95 or a specialty half salad for \$4.95. Gluten free buns available for \$2.95 or served on a bed of lettuce at no cost.

**Turkey & Havarti Panini** Half 5.95 Whole 8.95  
turkey, havarti, spinach, mayo, ciabatta

**Chicken Cordon Bleu** Half 6.95 Whole 10.95  
pulled chicken, ham, bacon, swiss, honey mustard, ciabatta

**Ham & Cheddar Melt** Half 5.95 Whole 9.95  
ham, spinach, white cheddar, rosemary aioli, Italian flatbread

**Portobella and Spinach Melt** Half 5.95 Whole 8.95  
portobello, spinach, provolone, garlic-parmesan aioli, italian flatbread

**SPICY Black Bean Burger (Whole Only)** 10.95  
black bean, roasted garlic, jalapeño, egg, red onion, panko, field greens, tomato, avocado, spicy southwest dressing, brioche bun

**NEW Pure Porker** Half 7.95 Whole 12.95  
coffee & ancho pepper roasted pulled pork, sautéed onion, smoked gouda, banana pepper, tomato jam, ciabatta. Add fried egg for \$1

**Grady's Melt** Half 5.95 Whole 9.95  
white cheddar, bacon, tomato, garlic-parmesan aioli, sourdough

**Philly Cheesesteak (Whole Only)** 10.95  
marinated beef tips, provolone, herbed cream cheese, sautéed onion, roasted red pepper, ciabatta

**NEW The Impossible Burger (Whole Only)** 12.95  
vegetarian burger made from plant proteins, coconut oil, and heme; field greens, tomato, red onion

**NEW Veggie Cajun Melt** Half 6.95 Whole 10.95  
Cajun spiced grilled squash & zucchini, red onion, roasted red peppers, provolone, spicy remoulade, Italian flatbread

**Ahi Tuna Melt** Half 7.95 Whole 11.95  
housemade ahi tuna salad, avocado, white cheddar, spinach, tomato, multigrain

**Grilled Cheese with Tomato** Half 5.95 Whole 8.95  
swiss, havarti, provolone, tomato, pesto aioli, your choice of sourdough or multigrain

**Meatloaf Melt (Whole Only)** 11.95  
housemade meatloaf, tomato jam, red onion, swiss, sourdough

# entrées

All entrées are served with your choice of soup or salad.

🕒 Available from 5pm-11pm

**BYO Quattro Formaggio** 11.95  
rotini noodles, Pure's premium cheese blend; add bacon, grilled squash & zucchini, sautéed onion, roasted red pepper, portobello, spinach, or baby kale for \$.95; Smoking Goose ham, chicken, pulled pork for \$1.95, or shrimp \$2.95

**Crab Cakes** 15.95  
our blend of crab and tilapia served over greens with spicy Remoulade

**NEW Bourbon Chili Salmon** 17.95  
Salmon marinade and seared with a bourbon-chili glaze, served over Red's hash, topped with a green apple and red cabbage slaw

**NEW Sesame Crusted Ahi** 16.95  
ahi tuna steak crusted with sesame seed, seared medium rare over rice with cucumber relish and blueberry teriyaki sauce.

**Gf Rice Bowl** 11.95  
white rice, steamed broccoli, baby kale, fried egg, teriyaki, bourbon peanut sauce; add you choice of protein black beans for \$.95, chicken or pulled pork for \$1.95, shrimp for \$2.95, or cajun seared ahi tuna for \$8.95

# kids combos

All kid's meals served with a side of fruit and choice of 8oz drink. Substitute a side at no additional charge.

**Grilled Cheese Squares** 5.95  
melted cheese on your choice of toasted sourdough or multigrain

**Mac N' Cheese Please!** 6.95  
Kraft white cheddar macaroni noodles

**Mini Quesadilla** 6.95  
pulled chicken, 6" flour tortillas, shredded cheddar

**Tatem's Nutella & Strawberry Sandwich** 5.95  
Nutella, sliced strawberries, toasted sourdough

**(I Can't Believe It's Not Chicken) Nuggets** 6.95  
breaded vegetarian mycoprotein derived from mushroom like fungi, tastes just like the real thing!

# desserts

**New York Style Cheesecake** 6.95  
your choice of chocolate, strawberry, or caramel topping

**Lick Ice Cream** 6.95  
two scoops of locally made premium ice cream (seasonal flavors)

**Chef Specialty Dessert**  
ask your server for details

\* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness