



small plates

Hummus Platter 12.95

sun-dried tomato, garlic & herb, sriracha & goat cheese, pita bread, cucumbers, carrots

Chicken Apple Quesadilla 10.95

pulled chicken, cheddar, bleu cheese, red onion, apple, balsamic vinaigrette, flour tortilla

* Crab Cakes 11.95

our house made crab and spice blend, served over spinach with spicy remoulade

Tye's Buffalo Dip 9.95

cheese blend, pulled chicken, buffalo sauce, pita bread

Spinach & Asparagus Dip 10.95

spinach, asparagus, red pepper flakes, cheese blend, pita bread

NEW Just the Nugs 11.95

our breaded vegetarian "chicken" nuggets. mycoproteins derived from mushroom like fungi with your choice of sauce. tastes just like the real thing!

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.

V Vegan 10.95

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

Gf Chicken 10.95

pulled chicken, pico de gallo, cheddar, pineapple-habanero salsa, avocado

NEW Beef 11.95

beef tenderloin tips, 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, herbed ranch, spicy southwest, honey mustard. Add avocado or chicken for \$1.95.

NEW Gf Summer Strawberry 12.95

spinach, pulled lemon pepper chicken, strawberry, bleu cheese crumbles, cucumber, carrots

Chicken Fiesta 11.95

field greens, pulled chicken, cheddar, corn salsa, pico de gallo, tortilla strips

Cranberry & Goat Cheese 12.95

spinach, dried cranberries, local goat cheese, walnuts, red onion, cucumber, tomato

sandwiches & wraps

All sandwiches and wraps 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 \$6.95 Whole \$10.95

turkey, havarti, spinach, mayo, ciabatta

Chicken Cordon Bleu Half \$7.95 Whole \$11.95

pulled chicken, ham, bacon, swiss, honey mustard, ciabatta

SW Black Bean Wrap 10.95

black beans, white cheddar, spinach, corn salsa, spicy southwest dressing, flour tortilla

The Purrito 12.95

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

Fountain Square Falafel 12.95

garbanzo beans, parsley, tomato, onion, jalapeño, garlic, and panko, garnished with spinach, tomato, red onion, herbed ranch, pita

V The Impossible Burger 14.95

vegan burger made from plant proteins, coconut oil, heme and our secret seasoning blend, garnished with spinach, tomato, red onion, brioche bun

Turkey Pesto Wrap 10.95

turkey, swiss, tomato, red onion, spinach, pesto aioli, tomato tortilla

NEW Impossible Meatloaf Melt \$15.95

If you would do anything for lunch, but you won't eat meat. vegetarian meatloaf, housemade tomato jam, red onions, swiss, sourdough

Grilled Cheese with Tomato Half 5.95 Whole 8.95

swiss, havarti, provolone, tomato, pesto aioli, your choice of sourdough or multigrain

NEW Dijon Chicken Salad Half 6.95 Whole 10.95

housemade chicken salad, spinach, tomato, your choice of sourdough or multigrain

* Philly Cheesesteak Whole \$13.95

beef tenderloin tips, provolone, herbed cream cheese, sautéed onion, roasted red pepper, ciabatta

entrées

All entrées are served with your choice of side.

Gf *SPICY Rice Bowl 13.95

white rice, steamed broccoli, kale, fried egg, teriyaki, bourbon-peanut sauce; add your choice of: black beans for \$.95; avocado, chicken for \$1.95; or beef tips for \$4.95 + order without teriyaki sauce to make it gluten-free +

V GF Butternut Squash Curry 12.95

house-roasted butternut squash, garbanzo beans, corn, coconut curry, cilantro, served on a bed of rice

sides

V GF Side Salad 4.95

V GF Steamed Broccoli 2.95

NEW Mac N' Cheese 4.95

V GF Steamed Asparagus 2.95

V GF NEW Rice & Beans 2.95

Soup of the Day Small \$3.95

NEW Seasonal Fruit Cocktail \$2.95

GF Carrot & Cucumber with Herbed Ranch 2.95

Large \$5.95

NEW GF Dill Potato Salad 2.95

Hummus & Pita Small \$3.95

Large \$5.95

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