

SALADS *from the* CHEFS . . .

BEETS & GREENS mixed greens, roasted beets, strawberries, kumquats, grilled balsamic onion, herbs, candied pecans, garlic croutons, goat cheese & balsamic vinaigrette \$11

ARUGULA mixed greens, arugula, sundried tomato, marinated artichokes, grilled balsamic onion, almonds, crispy chickpeas, grated manchego & whole grain mustard vinaigrette \$10.75

FATTOUSH romaine, chicory chop, cherry tomatoes, cucumber, red onion, scallions, chickpeas, nicoise olives, herbs, crispy pita, feta cheese & champagne-sumac vinaigrette \$11.25

DETOX chicory chop, dino & curly kale, quinoa, carrot, cucumber, celery, apple, radish, dried cranberries, super seed-flax mix & our acai-lemon "master cleanse" vinaigrette \$11.50

TOSTADA romaine, chicory chop, toasted corn, black beans, cherry tomatoes, jicama, scallions, herbs, pumpkin seeds, tortilla strips, white cheddar & chipotle-agave vinaigrette \$11.25

KALE CAESAR romaine, chicory chop, baby kale, cherry tomatoes, scallions, garlic croutons, shaved dry jack & roasted garlic-parmesan dressing \$10.50

CHINESE CHICKEN romaine, chicory chop, roasted chicken, orange, carrot, snow peas, scallions, herbs, slivered almonds, sesame seeds, crispy glass noodles: choice of sweet 'n sour or peanut-sambal dressing \$13

COBBER romaine, chicory chop, roasted chicken, niman bacon, soft boiled egg, avocado, cherry tomatoes, scallions, garlic croutons & house "ranch" dressing \$14.25

SPICY TUNA mixed greens, chicory chop, spicy ahi tuna, avocado, mango, snow peas, cucumber, scallions, sesame seeds, soba noodles & miso-ginger vinaigrette \$15

SPRING mixed greens, arugula, chicory chop, roasted asparagus, blanched shelling beans, toasted fennel, strawberry, pinenuts, crumbled feta & balsamic vinaigrette \$11.50



U-Pick SALAD please see our separate U-Pick menu card for details on how to create your very own for \$11

* *Chicory Chop includes romaine, escarole, frisee and seasonal heirloom radicchio*

PROTEINS . . . *add to any salad*

chopped mary's chicken \$4
grilled niman skirt steak \$6
grilled chile-garlic gulf shrimp \$5
cajun-seared ahi tuna \$6
grilled organic king salmon \$6
smoked wild salmon \$4
albacore tuna salad \$3.75

chicken-apple curry salad \$3.75
sliced organic egg \$1.75
niman smoked bacon \$1.75
grilled organic tofu \$3
house falafel \$3
rainbow quinoa \$1
avocado \$1.50

Sides

SIDE SALAD mixed greens, herbs & balsamic vinaigrette...\$2.75

FRENCH FRIES...\$2.75
-add a side of our ranch for 50 cents

Add a side salad to your sandwich order for \$1.75!

Soup

SOUP DU JOUR

small (12oz) \$6

LARGE (16oz) \$7.25

SANDOS *from the* PRESS . . .

BARN BLT niman bacon, goat cheese, roma tomato, mixed greens & pesto aioli on sliced country levain \$11

TRUFFLE peppered turkey breast, brie d' affinois, balsamic onion, roma tomato, mixed greens and truffled garlic aioli on herbed focaccia \$11

TURKEY roasted turkey breast, goat cheese, sundried tomato, watercress, & kale-almond pesto on a ciabatta roll \$10.25

CLUBBER roasted turkey breast, niman bacon, pepper jack, roma tomato, red onion, romaine & jalapeno-bacon aioli on sliced sourdough \$10.75

MASALA curried chicken-apple salad, almonds, dried cranberries, cucumber, red onion & sprouts on seeded whole wheat \$10

RAGIN' CAJUN peppered turkey breast, artisan ham, sopressata, smoked gouda, pepperoncinis, pickles, arugula & cajun aioli on a ciabatta roll \$10.50

ROOSTER chili-lime grilled chicken, niman bacon, white cheddar, avocado, roma tomato & chipotle aioli on a ciabatta roll \$11.75

KICKIN' CHICKEN grilled chicken, barn bbq sauce, niman bacon, smoked gouda, caramelized onions & thyme slaw on a ciabatta roll \$11.75

BUFFALO BLUE spicy buffalo sauce'd grilled chicken, blue cheese dressing, celery greens, red onion and romaine on a ciabatta roll \$11

SKIRT grilled niman skirt steak, provolone, balsamic onion, roma tomato, arugula & rosemary aioli on a ciabatta roll \$13.25

SMOKED smoked wild king salmon, goat cheese, cucumber, red onion, watercress & horseradish aioli on sliced country levain \$9.75

BIG TUNA pole-caught albacore tuna salad, roma tomato, red onion & watercress on herbed focaccia \$10

FALAFEL house falafel, feta cheese, hummus, roma tomato, cucumber, red onion, tahini crème fraiche & sprouts on sliced whole wheat \$9.75

BUDDHA goat cheese, crispy kale sprouts, roasted mushrooms, pickled red onion, lemon-chili oil & english pea hummus on country levain \$10

GRILLED CHEESE *(please allow extra time)*

SHEEP manchego cheese, sopressata & mission fig jam on sliced country levain \$10.25

BURRATA fresh mozzarella burrata, roma tomato, arugula & pesto aioli on a ciabatta roll \$9.75

CHEDDAR white cheddar, black forest ham & spicy mustard on sliced sourdough. 9.75

PROVO provolone, roasted turkey breast, avocado, roma tomato, arugula & thyme aioli on sliced country levain \$10.75

*Our aioli's, ranch & caesar dressings are made using raw organic eggs. Additionally, our ahi tuna is served raw/seared. We are told that eating raw or under-cooked foods may seriously increase the risk of food borne illness & should be avoided when pregnant.

