



vinaigrette

Eat food.

Not too much.

Mostly plants.

—Michael Pollan

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<div><div>BRIGHT & ZINGY</div><div>salads</div><div>GREEK</div><div>Chopped cucumber, tomato, bell pepper, red onion, crumbled feta cheese and kalamata olives. Tossed in our classic vinaigrette. 13.50</div><div>Vinny Pick: Cilantro Lime Shrimp 22.50</div><div>LA PEPITA</div><div>Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepitas and a lemon-cumin citronette. 17.00</div><div>ASIAN CHOPPED SALAD</div><div>Chopped Napa & red cabbage and rice noodles, with julienned red bell peppers, scallions, shredded carrots, cilantro and peanuts. Tossed with a miso ginger vinaigrette and topped with crispy noodles. 14.25</div><div>Vinny Pick: Duck Confi 24.25</div><div>THE OMEGA</div><div>Leafy greens and kale chopped and tossed with sweet corn, diced bell pepper, tomato, avocado, red onion, cilantro and toasted pine nuts. Dressed with blue cheese vinaigrette. 15.25</div><div>Vinny Pick: Cilantro Lime Shrimp 24.25</div><div>TUNA SALAD SALAD</div><div>Leafy greens, arugula and radicchio with line-caught albacore, artichoke hearts, hardboiled egg and Kalamata olives, creamy caper citrus vinaigrette. 15.25</div><div>Vinny Pick: Seared Tuna Steak 24.25</div><div>CHERRY TART</div><div>Sweet dried cherries, crumbled feta, and chilled pecans tossed with arugula & Swiss chard, bright champagne vinaigrette. 14.50</div><div>Vinny Pick: Lemon-Herb Chicken Breast 22.50</div></div>		<div><div>SAVORY</div><div>salads</div><div>EAT YOUR PEAS</div><div>Fresh baby lettuce and sweet green peas with crunchy bacon shards, savory white mushroom sauté and Asiago cheese with a tart vinaigrette. 15.00</div><div>Vinny Pick: Lemon-Herb Chicken 23.00</div><div>ALL KALE CAESAR!</div><div>Shredded super-food kale with a zingy, zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies. 14.25</div><div>Vinny Pick: Today's Fresh Fish [Market Price]</div><div>CAESAR*</div><div>Flash grilled romaine hearts, and red onion slivers tossed in a lemony Caesar dressing with freshly grated parmesan, and croutons. 14.50</div><div>Vinny Pick: Seared Diver Scallops 25.00</div><div>COBB</div><div>Tomato, avocado, hard boiled egg, bacon, roast chicken, blue cheese chopped & tossed with romaine & classic cobb vinaigrette. 16.00</div><div>CHOP CHOP</div><div>Romaine, arugula and a touch of radicchio and kale with diced celery, cauliflower, bell peppers, tomatoes, chickpeas, salami, herb roasted chicken, provolone and pickled banana peppers. 15.75</div></div>		<div><div>A LITTLE SWEET</div><div>salads</div><div>THE BEET GOES ON</div><div>Fresh baby greens and arugula tossed with tangy goat cheese, chopped pistachios, balsamic roasted beets and honey-balsamic vinaigrette. 16.75</div><div>Vinny Pick: Grilled Marinated Baby Artichokes 24.00</div><div>APPLE-CHEDDAR CHOP</div><div>Grilled pork tenderloin over baby arugula, julienned green apples, pickled fennel and sharp cheddar, and tossed in a ruby port vinaigrette. 19.50</div><div>THE NUTTY PEAR-FESSOR</div><div>Balsamic-roasted pears, bacon crumbles, toasted pecan halves and earthy blue cheese served with tender greens and ruby port vinaigrette. 16.25</div><div>Vinny Pick: Grilled Flank Steak 26.25</div><div>ARUGULA DUCK</div><div>Duck confit tossed with baby arugula, creamy goat cheese, balsamic roasted pears, hibiscus vinaigrette. 20.00</div></div>		<div><div>SNACKS & SIDES</div><div>ERIN'S MAC & CHEESE</div><div>With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies. 9.00</div><div>SAUTÉED KALE</div><div>With garlic and ginger. 7.50</div><div>DUCK TACOS</div><div>Duck confit, hoisin and hot sauce with peanuts, cabbage, scallions and carrots in crisp jicama shells. 12.00</div><div>KALE FRITTERS</div><div>With sriracha aioli. 8.50</div><div>BLACK BEAN & KALE NACHOS</div><div>With avocado and cilantro cream, fresh tortilla chips. 9.50</div></div>	
		<div><div>SOUPS</div><div>CAJUN GUMBO</div><div>Classic gumbo with Andouille sausage, shrimp, chicken and rice. 6.00 / 9.00</div><div>MUSHROOM STEW</div><div>Hearty miso-based vegan stew with a blend of forest, button and porcini mushrooms. 6.00 / 9.00</div><div>SOUP OF THE DAY</div><div>Ask your server for today's special soups. 5.00 / 8.00</div></div>					
		<div><div>IN BALANCE</div><div>salads</div><div>FRISÉE*</div><div>French bistro staple with frisée greens, poached egg, bacon lardons and a warm shallot vinaigrette. 14.25</div><div>Vinny Pick: Hibiscus Duck Confit 24.25</div><div>SPINACH-MUSHROOM</div><div>Baby spinach tossed with sautéed mushrooms, bacon, hardboiled egg pieces, slivered red onion and honey balsamic vinaigrette. 14.00</div><div>Vinny Pick: Seared Diver Scallops 24.50</div><div>SALACHO</div><div>A dressed up taco salad with chopped red cabbage and romaine, tomato and corn, green and red onion, seasoned beef and chorizo, cheddar and jack cheese with a cumin honey-lime citronette. 16.50</div><div>Or with Roast Chicken Substitution</div></div>		<div><div>SANDWICHES</div><div>with side of Garden, Caesar, or (+1.00) Omega, Greek</div><div>REUBEN</div><div>Savory corned beef griddled and layered with tangy sauerkraut, spicy Russian dressing and Swiss cheese on toasted rye. 16.00</div><div>ROASTED VEGGIE & PROVOLONE</div><div>Roasted bell peppers, onions and squash griddled with basil aioli and provolone, on sourdough bread. 15.25</div><div>TUNA MELT</div><div>Line caught albacore tuna with capers, chives, mayonnaise and Swiss cheese, on sourdough bread. 16.25</div><div>HOT TURKEY</div><div>House-roasted cumin-rubbed turkey breast with griddled red onion and tomato, avocado, mayo and provolone, on toasted sourdough. 16.25</div><div>CUBAN TORTA</div><div>Mustard-roasted pork shoulder, green chile ham, griddled red onions and Swiss cheese, avocado, mayo, chipotle and relish on a split roll. 16.75</div></div>			
<div><div>Pair YOUR SALAD</div></div>		<div><div>SEAFOOD</div><div>Seared Tuna Steak* 9.00</div><div>Seared Diver Scallops 10.50</div><div>Cilantro Lime Shrimp 9.00</div><div>Fresh Fish 9.00</div></div>		<div><div>MEAT</div><div>Lemon-Herb Chicken Breast 8.00</div><div>Grilled Flank Steak* 10.00</div><div>Grilled Pork Tenderloin 8.00</div><div>Duck Confit 10.00</div></div>		<div><div>ET CETERA</div><div>Panko-Crusted Goat Cheese 8.50</div><div>Grilled Marinated Baby Artichokes 7.25</div><div>Roasted Vegetables 7.00</div><div>Griddled Tofu 8.00</div></div>	