

## **SOUPS** served with griddled bread

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BEN'S CHILI *wagyu / roasted adobo*

FOREST MUSHROOM ♦ ▽ *leek / potato / carrot / herbs*

CURRIED PUMPKIN ▽ *lemon grass / coconut milk / basil*

CUCUMBER & ALMOND GAZPACHO ♦ ▽ *lemon oil / grape*

## **MARKET SALADS**

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TARRAGON CHICKEN ▽ *celery / onion / granny smith apple*

POACHED TUNA ▽ *artichoke / olive / lemon / parsley*

SEARED BEEF ▽ *onion / cucumber / jalapeño / rice wine vinegar*

ROASTED BEET ♦ ▽ *goat cheese / cranberry orange vinaigrette*

WILTED KALE & LENTIL ♦ ▽ *sweet potato / red onion*

CAULIFLOWER COUSCOUS ♦ ▽ *hazelnuts / pomegranate*

SOBA NOODLE ♦ *snow pea / shitake / bok choy / honey ponzu*

FORBIDDEN RICE & BUTTERNUT SQUASH ♦ ▽ *pomegranate*

CELERY ROOT SLAW ♦ ▽ *shaved fennel / texas grapefruit*

CHICKPEA ♦ ▽ *olive / radish / tomato / meyer lemon olive oil*

SPROUTED QUINOA TABOULI ♦ ▽ *cucumber / spinach / mint*

SEAWEED ♦ ▽ *shiso / hijiki / wasabi ponzu vinaigrette*

ROASTED FALL VEGETABLES ♦ ▽ *salt / pepper / honey*

FARM STAND FRUIT ♦ ▽ *seasonal selection*

## **ENTREE SALADS**

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GREEN HOUSE CHOP ♦ ▽ *romaine / diced veggies / dijon*

CAESAR ♦ ▽ *parmesan / farm egg*

BABY KALE ♦ ▽ *blue cheese / green apple / honey vinaigrette*

*add Fresh Catch / Chicken / Steak / Portobello*

## **PLATES** served with two market salads

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FRESH CATCH ▽

VITAL FARMS CHICKEN BREAST ▽

LOCAL YOCAL FLANK STEAK ▽

PORTOBELLO MUSHROOM ♦ ▽

## **STIR-FRYS**

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BROWN RICE ♦ ▽ *onion / carrot / edamame / soy*

QUINOA PILAF ♦ ▽ *pistachio / saffron / golden raisin*

*add Fresh Catch / Chicken / Steak / Portobello*

## **SANDWICHES** served on VBC Bread

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CIABATTA ♦ *walnut pesto / charred onion / red pepper*

*choice of Fresh Catch / Chicken / Steak / Portobello*

GRILLED CHEESE ♦ *mozzarella / tomato / walnut / pesto*

TURKEY PANINI *dried cherry mostarda / arugula / gruyere*

GRASS-FED BURGER *heirloom tomato / onion / bibb*

HOUSE-MADE VEGGIE ♦ *red beetroot / hickory / poblano*

SEARED TUNA *micro-greens / citrus aioli / avocado*

TBLT *turkey bacon / bibb / heirloom tomato*

PB&J ♦ *house-made peanut butter / muscat jam*

*add oven sweet potatoes ▽*

*sub gluten-free bread ▽*

## **TOAST** served on griddled country bread

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CHICKEN SALAD *capers / aioli / dill*

BURRATA ♦ *tomato / basil / olive oil*

HOUSE SMOKED SALMON *capers / onion*