

Salads

BEETS & GREENS mixed greens, roasted beets, strawberries, balsamic onion, herbs, candied pecans, garlic croutons, goat cheese & balsamic vinaigrette \$12.75

ARUGULA mixed greens, arugula, sundried tomato, marinated artichokes, balsamic onion, almonds, crispy chickpeas, grated manchego & whole grain mustard vinaigrette \$12.75

FATTOUSH romaine, chicory chop, cherry tomatoes, cucumber, red onion, scallions, garbanzo beans, nicoise olives, herbs, crispy pita, feta cheese & champagne-sumac vinaigrette \$13.25

DETOX chicory chop, dino & curly kale, quinoa, carrot, cucumber, celery, apple, radish, dried cranberries, super seed-flax mix & our acai-lemon "master cleanse" vinaigrette \$13.25

TOSTADA romaine, chicory chop, toasted corn, black beans, cherry tomatoes, jicama, scallions, herbs, pumpkin seeds, tortilla strips, white cheddar & chipotle-agave vinaigrette \$13.25

KALE CAESAR romaine, chicory chop, baby kale, cherry tomatoes, scallions, garlic croutons, shaved dry jack & roasted garlic-parmesan dressing \$12.50

CHINESE CHICKEN romaine, chicory chop, roasted chicken, orange segments, carrot, snow peas, scallions, herbs, slivered almonds, sesame seeds, crispy glass noodles & peanut-sambal dressing \$14.75

COBBER romaine, chicory chop, roasted chicken, smoked bacon, soft boiled egg, avocado, cherry tomatoes, scallions, garlic croutons & house "ranch" dressing \$16.75

SPICY TUNA mixed greens, chicory chop, spicy ahi tuna, avocado, mango, snow peas, cucumber, scallions, sesame seeds, soba noodles & miso-ginger vinaigrette \$16.75

WINTER mixed greens, arugula, dino kale, roasted brussel sprouts, blanched broccolis, roasted winter squash, blood orange, pinenuts, parmesan reggiano, crispy quinoa, meyer lemon & balsamic vinaigrette \$13.75



U-Pick SALAD please see our separate U-Pick menu card for details on how to create your very own for \$12.95

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

Proteins

chopped mary's chicken \$4.75
grilled niman ranch skirt steak \$6.75
grilled chile-garlic gulf shrimp \$5.75
grilled organic king salmon \$6.75
smoked scottish salmon \$4.50
albacore tuna salad \$4.25
chicken-apple curry salad \$4.25

sliced organic egg \$2.25
niman smoked bacon \$2.25
grilled hodo organic tofu \$3.50
house falafel \$3.50
organic rainbow quinoa \$1.50
avocado \$2.00

Sides

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

FRENCH FRIES...\$2.75
-side of home-made ranch for 75¢

Add a side salad or small fries to your sandwich order for \$1.75

Soups

small (12oz) \$6.25
LARGE (16oz) \$8.25

Sandwiches

BARN BLT smoked bacon, goat cheese, heirloom tomato, mixed greens & pesto aioli on sliced country levain \$12.75

TRUFFLE peppered turkey breast, brie d' affinois, balsamic onion, roma tomato, mixed greens & truffled-garlic aioli on herbed focaccia \$12.75

TURKEY roasted turkey breast, goat cheese, sundried tomato, watercress, & kale-almond pesto on a ciabatta roll \$11.75

CLUBBER roasted turkey breast, smoked bacon, pepper jack, roma tomato, red onion, romaine & jalapeno-bacon aioli on sliced sourdough \$12.75

MASALA chicken-apple curry salad, almonds, dried cranberries, cucumber, red onion & sprouts on seeded whole wheat \$11.75

RAGIN' CAJUN peppered turkey breast, roasted ham, sopressata, smoked gouda, pepperoncinis, pickles, arugula & cajun aioli on a ciabatta roll \$12.25

ROOSTER chili-lime grilled chicken, smoked bacon, white cheddar, avocado, roma tomato & chipotle aioli on a ciabatta roll \$13.50

KICKIN' CHICKEN grilled chicken, barn bbq sauce, smoked bacon, smoked gouda, caramelized onion & thyme slaw on a ciabatta roll \$13.50

BUFFALO BLUE spicy buffalo sauce'd grilled chicken, blue cheese dressing, celery greens, red onion and romaine on a ciabatta roll \$12.75

SKIRT grilled niman skirt steak, provolone, balsamic onion, roma tomato, arugula & rosemary aioli on a ciabatta roll \$14.75

SMOKED smoked scottish salmon, goat cheese, cucumber, red onion, watercress & horseradish aioli on sliced country levain \$11.75

BIG TUNA wild albacore tuna salad, roma tomato, red onion & watercress on herbed focaccia \$11.75

FALAFEL house falafel, feta cheese, hummus, roma tomato, cucumber, red onion, tahini crème fraiche & sprouts on sliced whole wheat \$11.25

BUDDHA goat cheese, crispy kale sprouts, roasted mushrooms, pickled onion, arugula, thyme-truffle oil & butternut squash hummus on country levaine \$11.50

Grilled Cheese

— please allow extra time!

SHEEP manchego cheese, sopressata & black mission fig jam on sliced country levain \$10.75

BURRATA fresh mozzarella burrata, heirloom tomato, arugula & pesto aioli on a ciabatta roll \$10.25

CHEDDAR white cheddar, artisan ham & spicy mustard on sliced sourdough. \$10.75

PROVO provolone, roasted turkey breast, avocado, roma tomato, arugula & thyme aioli on sliced country levain \$12.75

Our aiolis, ranch & caesar dressings are made using raw organic eggs. Additionally, our spicy ahi tuna is served raw. Per the FDA, eating raw or under-cooked foods in general may seriously increase the risk of contracting a food borne illness especially if you have certain medical conditions or are pregnant. Peanuts, other tree nuts, shellfish, gluten, dairy and many other food allergens are present in our kitchen. Although we make every effort to keep these items separated, we can not guarantee that our products will be completely free of these or any other allergens even when specified.

