

# SUPERFOOD MENU

### Starters

#### GOAT CHEESE SPREAD - \$6.95

LOCALLY SOURCED GOAT CHEESE WITH FARM FRESH BAKED WHOLE GRAIN BREAD

#### PORTOBELLO REDHEAD - \$7.75 LOCAL

ROASTED PORTOBELLO MUSHROOMS, CARAMELIZED ONIONS. ROSEMARY & SAGE, SMOTHERED IN ROMESCO (ROASTED RED PEPPER & ALMOND) SAUCE AND TOPPED WITH FETA CHEESE

#### SOUP/SALAD COMBO - \$7.25

A SMALLER VERSION OF THE SALAD OF YOUR CHOICE SERVED WITH A SMALL SOUP OF THE WEEK

## Entrées

ALL ENTREES SERVED ON BROWN RICE OR COCONUT RICE

#### PAN ROASTED FLOUNDER - \$25.00

SMOKED BACON, GRAPE TOMATOES, LOCAL SWEET POTATO, SWEET CORN PUDDING, ROASTED CHILI BUTTER FLOUNDER FROM RISD CAMPUS

#### PAN SEARED YELLOWFIN TUNA LOIN - \$29.00

CRISPY PORK BELLY OF TUNA, WITH GOLDEN BEETS, CELERY ROOT MASH, LOCAL PICKLED PEPPER GASTRIQUE, OREGANO, HOSE SMOKED SEA SALT

#### ROASTED HALF CHICKEN - \$19

SPINACH, BACON, FINGERLINGS, MORNAY

+ Add a side for \$6

## Pizza

#### AUTHENTIC PIZZA NAPOLETANA - \$12.95 \$16.95

GARDEN VEGGIE - \$13.75 \$15.95



OLIVES, ONIONS, GREEN PEPPERS, & TOMATOES

FOCACCIA - \$8.50

WHITE PIZZA WITH OLIVE OIL, FRESH ROSEMARY AND SEA SALT

## Lunch Specials

#### MEXICAN BEAN - \$6.85

BLACK BEAN PUREE AND PEPPER JACK CHEESE TOPPED WITH OUR HOMEMADE SALSA AND SPRINKLED WITH FRIED GARLIC

+ Make it vegan by substituting soy cheese \$0.50

### BUFFALO BILL BURGER - \$6.95 🔼 🔥 LOCAL



CLASSIC AMERICAN BURGER WITH YOUR CHOICE OF AMERICAN CHEESE, LETTUCE, TOMATO, RED ONION, MUSTARD, KETCHUP, PICKLES OR MAYO!

#### ARUGULA & PEAR - \$8.00

GORGONZOLA CHEESE, SHERRY VINAIGRETTE

#### GRILLED CHICKEN PANINI - \$11.25

FRESH MOZZARELLA, ROASTED RED PEPPERS, SLICED TOMATOES, MIXED FIELD GREENS AND BALSAMIC VINAIGRETTE

## Healthy Sides

COLE SLAW - \$3.00

FRESH ASPARAGUS - \$7.00

BROILED TOMATOES - \$5.00

## Specialty Teas

### WILD BLOSSOMS AND BERRIES - \$4.00 LOCAL

BLACK CURRANT INFUSED WITH LEMON GRASS, HIBISCUS CHAMOMILE AND MINT

#### JADE SPRING - \$4.00

GREEN TEA FROM THE ZHEJIANG AND FUJI PROVINCES OF

#### GINGER TWIST - \$5.00

MIX OF LEMON GRASS, GINGER, TROPICAL FRUITS AND FRESH

# TODAY'S SPECIAL

#### SOUTHWESTERN QUINOA - \$12.50

QUINOA, BLACK BEANS, SWEET CORN, TOASTED PUMPKINS SEEDS WITH MEZCAL-LIME DRESSING. + house-made daily, served after 6PM +

