

Handcrafted in-house and served with grilled flatbread, house chips, or raw veggies



Chickpea Mash, Roasted Garlic, Tahini, Lemon, Toasted Sumao

ROASTED EGGPLANT @ 40 5.50

Tahini, Lemon, Parsley, Capers, Roasted Red Onion

SPICY AVOCADO @ @ 6.50 Avocado Mash, Roasted

## Garlic, Yellowbird **HOUSE GUEST**

Ask about our Seasonal Feature

## WRAPS or GRFFNS

Served wrapped with your choice of complement, or on a bed of greens

### UNLEAVENED I1.25

Chicken Salad, Currants, Golden Raisins, Celery, Chia, Leaf Lettuce, Shaved Carrot, Garden Sprouts, Tomato, Ranch

### CLUBHOUSE @F 11.75

House-Roasted Turkey, Pepper Bacon, Leaf Lettuce, Garden Sprouts, Tomato, Avocado Mash, Harissa Crema

## SEASIDE (F) 11.75

Skinny Tuna Salad, Arugula, Garden Sprouts, Tomato, Pickled Onion, Shaved Carrot, Avocado Mash, Green Goddess

## DFFP SOUTH (F) 11 75

Bourbon-Glazed Pulled Pork. Chopped Horseradish Pickle, Shaved Kale, Pickled Onion, Ranch

## FPIC (GF) 11 75

Grilled Chicken, Arugula, Pico de Gallo, Feta, Kalamata Olive, Cucumber Dill, Balsamic Vinaigrette

#### **HOUSE GUEST**

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### FARMSTAND GF 9 11.75

Portobello, Arugula, Hot Cherry Peppers, Grilled Zucchini, Pickled Onion, Feta, Roasted Eggplant, Green Goddess

#### HAVANA GF 12.50

Guava-Glazed Pulled Pork, Ham, Chopped Horseradish Pickle, Sliced Red Cabbage, Swiss, Honey Mustard

## SOUTHWESTERN @ 13.50

Grilled Fajita Steak, Sautéed Peppers and Onions, Sliced Red Cabbage, Hominy, Pico de Gallo, Cotija, Avocado Mash, Salsa

### WEEKENDER @ 13.50

Buttermilk Fried Chicken, Pepper Bacon, Leaf Lettuce, Tomato, Shaved Carrot, Green Onion, Ranch

### WEST COAST © 13.75

Corn Starch Fried Shrimp, Arugula, Iceberg, Green Onion, Cilantro, Shaved Carrot, Sliced Avocado, Sweet Thai Chili Aioli

## **COMPLEMENTS**



HOPPIN' ILIAN GF 4 00

Mexican Chorizo, Cotija. Black-Eyed Peas, Shaved Kale

## GRILLED SWEET CORN @F 9 4 00

Fresh-Shucked Corn. Shallot, Harissa Crema, Lime, Ancho, Cilantro, Cotija

CHIPS @ 2.50

#### DAILY HOUSE-MADE SOUP

Cup 4.00 | Bowl 6.00

#### HOUSE GUEST

Ask about our Seasonal Feature

FRESH FRUIT GF 4.00

Seasonal Selection

### BROCCOLL SLAW GF 9 4 00

Chopped Broccoli, Red Cabbage, Carrot, Raisins, Chia, Sunflower Seeds, Green Goddess

> HOUSE SALAD GF 9 4 00 Seasonal Selection Balsamic Vinaigrette

#### OUINOA & FARRO SALAD 4.00

Quinoa, Farro, Shaved Golden Beet, Dried Cranberries, Smoked Pecans, Lemon

# DRINKS

**SOFT DRINKS. ICED TEA** 2.50

COFFEE, COLD BREW, HOT TEA 2,50

BEER A.Q.

WINE ON TAP A.O.

ICE CREAM SANDWICH 9 4.50

POPSICIF (F) (9) 3 25

HOUSE-MADE TRAIL MIX (GF) (9) 3.00

**COOKIE** 2.00

Served with fresh fruit or chips and kid's drink -12 and under -

LIBERTY 6.75

Peanut Butter,

Sliced Strawberries

Shaved Cheddar Grilled Cheese

**CHICKEN LITTLE** 6.75

Tenders (fried or grilled) Ranch or Honey Mustard

Pepperoni, Mozzarella, **WYNNE** 6.75

Pizza Sauce

DELANEY 6.75

Chicken, Shaved Cheddar,

Sour Cream

**RUTH** 6.75

### **GLUTEN-FREE** Available upon request







# WRAPS or HASH

Served wrapped or on potato hash; accompanied by fresh fruit

DAGWOOD GF 9.25

Pepper Bacon, Egg, Potato, Arugula, Shaved Cheddar

MARKET OFFER 9.25

Veggie Sausage, Egg. Garden Sprouts, Tomato, Avocado Mash

FARLY BIRD (F) 9 25

Turkey Sausage, Egg White, Spinach, Arugula, Swiss

BORDER TOWN @F 9.25

Mexican Chorizo, Egg. Cotija, Avocado Mash

**HOUSE GUEST** 

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# À LA CARTE

STEEL-CUT OATMEAL 97.50

Berries Chia Mix

SPLIT GRAPEFRUIT BRÛLÉE 6 20 7.50 Blackberries

FRESH SEASONAL FRUIT @F @ 4.00

SUPER MUESLI 9 7.50

Oats, Farina, Almonds, Citrus, Chia Mix. Seasonal Fruit

AÇAÍ BOWL @ 00 8.25

Açaí, Strawberries, Banana, Agave, Granola, Peanut Butter, Almond Milk, Chia Mix

OUINOA PORRIDGE GF @ 7.50

Smoked Pecans, Almond Milk, Strawberries

HOUSE GRANOLA (F) 9 6.25

Greek Yogurt, Berries, Agave

Served with fresh fruit and kid's drink -12 and under -

MINI DAGWOOD 5.75

Bacon, Egg, Potato, Shaved Cheddar

Turkey Sausage, Egg, Shaved Cheddar

BABY BIRD 5.75

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