



## Mint Lunch

ORZO CAPRESE SALAD BOWL- ORZO PASTA, FRESH MOZZARELLA, GRAPE TOMATO, FRESH BASIL, SUNDRIED TOMATO PESTO

PRESERVED LEMON & CURRY SCENTED BULGAR BOWL- ORGANIC BULGAR, ROASTED KING MUSHROOM, BUTTERNUT SQUASH SPINACH & TOASTED ALMONDS.

ORGANIC QUINOA BOWL- ZUCCHINI, RED PEPPER, GRAPE TOMATO, RED ONION, ARUGULA & GOAT CHEESE, MISO MAPLE DRESSING

LEEK & MUSHROOM MILLET BOWL- ROASTED LEEKS AND MUSHROOM, WILTED KALE JALAPENO LIME DRESSING

ORGANIC BUCK WHEAT ZUCCHINI, RED PEPPER, GRAPE TOMATO, RED ONION, ARUGULA & EGGPLANT CAPONATA

BULGAR KALE SALAD- TOASTED PUMPKIN SEEDS, ROASTED BEETS & LEMON THYME DRESSING

ADD GRILLED WILD SALMON

MINT SIGNATURE SAUCE SCENTED FRESH STEEL HEAD TROUT

SUNDRIED TOMATO OLIVE TAPENADE SCENTED CHICKEN BREAST

ADD BEEF STRIPLOIN 6OZ

ADD TOFU

ADD FALAFEL

ADD HALF AVOCADO

### SANDWICHES

AAA ANGUS ROASTED BEEF, SWISS CHEESE, HORSERADISH MAYONNAISE, GRAINY MUSTARD, BUTTER

LETTUCE, VINE RIPENED TOMATO, PORTUGUESE BREAD

ROSS DOWN FARM GRILLED CHICKEN CLUB, BACON, LETTUCE, TOMATO, AND CHIPOTLE AIOLI, CIABATTA.

GENOA SALAMI & MORTADELLA, PESTO AIOLI, ROASTED PEPPERS, TOMATO, AND SPINACH ON FOCACCIA BREAD

SHAVED EMPEROR HAM, FARMHOUSE CHEDDAR CHEESE, BUTTER LETTUCE, VINE RIPENED TOMATO, TRIPLE CRUNCH  
MUSTARD, SOURDOUGH BREAD.  
SHAVED TURKEY BREAST, ARTISAN LETTUCE, TOMATO, CRANBERRY SAGE MAYONNAISE, WHOLE WHEAT ROLL.  
TUNA SALAD, CAPER, BUTTER LETTUCE, RED ONION, RED PEPPER, LEMON CHIVE AIOLI, WHITE ROLL ·  
FREE-RANGE EGG SALAD, BUTTER LETTUCE, SCALLIONS, CELERY, GRAINY MUSTARD MAYONNAISE, CROISSANT ·

## VEGETARIAN

BRIE, ARUGULA, ROASTED PEARS, CARAMELIZED ONION MAYO ON SOUR DOUGH BREAD.  
MEDITERRANEAN SALAD WRAP, CUCUMBER, VINE RIPENED TOMATO, ARTISAN LETTUCE, HUMMUS & FETA CHEESE,  
KALAMATA OLIVES, FLOUR TORTILLA

HOT ALA CARTE

ALL GRAIN BOWLS OR FAMOUS SIDE DISHES COMES WITH 4 YOUR CHOICE OF SIDE AND ONE DRESSING OR SPREAD  
COMES WITH \$7.99.

FAMOUS GRAINS TOPPINGS

CHOOSE ONE CHOOSE 4

MILLET ROASTED MUSHROOM

FARRO BRUSCHETTA

COUSCOUS FRESH AND DRIED FRUITS

BULGAR GRAPE TOMATO

QUINOA ROASTED VEG (BUTTERNUT SQUASH, BELL PEPPER, CARROT & ZUCCHINI

WILD RICE ROASTED NUTS (ALMONDS, CASHEW, WALNUTS, PECAN)

BUCK WHEAT BEANS (EDAMAME, BLACK BEAN, KIDNEY BEANS, CHICKPEA)

TEFF LOCAL AND SEASONAL- CHEESE

SORGHUM FRESH GREENS, ARUGULA, SPINACH

AMARANTH KALAMATA OLIVES

DRESSING AND SPREAD CHOOSE YOUR PROTEIN

CHOOSE 1

SUNDRIED TOMATO OREGANO DRESSING LEMON PARSLEY SALMON 4oz \$7

ORIENTAL SESAME DRESSING GRILLED STEEL HEAD TOUT 4oz \$7

GRILLED SCALLION & APPLE CIDER DRESSING WILD CAUGHT SHRIMP \$8 (8 SHRIMP PER PORTION)

CURRY SCENTED PRESERVED LEMON GREEK SPICED CHICKEN BREAST 6oz \$6

CARROT TOP PESTO BULGOGI BEEF (SLICED RIBEYE) 4oz \$7

WHITE WINE AND THYME DRESSING 12 HOUR BRAISED BEEF CHUCK RIB 4oz \$6/ 6oz \$9

JALAPENO & LIME MASCARPONE & YAM STUFFED CHICKEN 6oz \$8

CHARRED SHALLOT & TAMARIND OVER NIGHT ROASTED BEEF BRISKET\*\*\* 4oz \$6/ 6oz \$9

EGGPLANT CAPONATA SALMON TIKKA 4oz \$7

POPULAR SIDES CHICKEN HARIYALI TIKKA 6oz - \$6

CREAMY MASH POTATO SAGE ROASTED TURKEY\*\*\* 4oz \$5

GINGER SESAME MASH POTATO JERK CHICKEN 6oz \$6

POTATO AU GRATIN \*\*\*20 PORTION- MINIMUM ORDER REQUIRED.

POTATO PAVE

GREMOLATA FINGERLING POTATO

PAPRIKA SCENTED ROASTED POTATO