



# DINNER MENU

## Getting Started

**Parmesan Crusted Cauliflower** 14  
lightly breaded and fried cauliflower,  
grated parmesan, and marinara GF

**Flemish Truffle Fries** 16  
flemish beef stew, parmesan fries, pickled  
mustard seeds, and truffle aioli

**Beet Carpaccio** 12  
roasted beets, heirloom tomatoes, arugula,  
candied pumpkin seeds, balsamic  
reduction, and jocoque sauce GF

**Fish Bites** 19  
lightly fried cod with house tarter

**Chips and Dip** 15  
house made chips, salsa, chipotle bean dip,  
and guacamole ♡ GF

**Lobster Guacamole** 18  
lobster, guacamole, and chips GF

**Nachos** 15  
*chicken or seasoned beef* 16  
melted three cheese blend with lettuce,  
pico de gallo, jalapeños, sour cream, black  
olives, guacamole, and salsa GF

**Roasted Jalapeno and Crab  
Wontons** 15  
cream cheese, roasted jalapeño, cilantro  
red pepper slaw, and sweet chili thai sauce  
(available without crab) ♡

**Wings** 13  
marinated, lightly smoked, and grilled,  
served with choice of two sauces ♡

**Sauce choices:** gorgonzola, ranch,  
barbecue, sweet chili thai, and amyssa

**Zucchini Boats** 16  
baked zucchini, cream cheese, parmesan,  
asparagus, and cremini mushroom  
filling GF

**Polenta Fries** 15  
polenta fries with herb garlic aioli GF

## Naan with Toppings

**Margherita** 14  
garlic butter, marinara, sliced  
mozzarella, marinated tomatoes,  
julienne basil, balsamic reduction,  
and parmesan

**Pepperoni** 15  
marinara, mozzarella, parmesan,  
oregano

**Sausage** 16  
marinara, roasted fennel,  
peppadew peppers, and provolone  
cheese

## Salads

*Complement your salad by adding  
chicken 5 steak 6 or salmon 7*

**House Salad** 15  
spring mix, cucumber, grape tomatoes,  
radish, roasted pepita seeds, parmesan,  
tequila-orange vinaigrette GF

**Be Well** 15  
baby spinach and mixed greens,  
cucumbers, grape tomatoes, red apples,  
dried cranberries, feta and parmesan,  
candied almonds, apple thyme  
vinaigrette GF

**Mean Green** 16  
kale, spinach, cucumber, cherry tomatoes,  
broccoli, hardboiled egg, shredded  
carrots, parmesan, spicy green  
goddess dressing GF

**South and West** 15  
mixed greens, romaine, roasted tomatoes,  
roasted corn, grilled pineapple, avocado,  
cucumbers, queso fresco, cilantro, tortilla  
chips, chipotle dressing GF

## Soup

Cup 6 Bowl 8  
*please ask your server for today's soup  
options*



♡ = a little heat GF = gluten free

Please notify your server of any dietary restrictions.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



## Burgers

*GF Bun available for an additional \$2.00 charge*

**Be Well Burger** 16  
beef patty, lettuce, tomato, house mayo, on a toasted brioche bun

**Hangry Burger** 22  
beef patty, grilled steak, sharp cheddar, crispy onions, barbecue sauce, on a toasted brioche bun

**Nacho Burger** 18  
beef patty, three cheese blend, tortilla chips, pico de gallo, guacamole, lettuce, on a toasted brioche bun

**Portobello Burger** 18  
beef patty, portobello mushroom, bacon, provolone cheese, fresh arugula with a truffle aioli, on a toasted brioche bun

**Chicken Burger** 17  
herb grilled chicken breast, fried cheddar cheese, grilled onions, marinara, arugula, avocado, toasted brioche bun

## Not Burgers

**Black Bean Patty** 15  
black bean patty, lettuce, tomato, avocado, onion rings and house mayo, on a toasted brioche bun

**Cod Hoagie** 20  
lightly fried beer battered cod fillet, lettuce, tomato, tarter, on a toasted hoagie bun

**Harissa Chicken** 17  
grilled sliced chicken, pickled carrot and red onion slaw, harissa aioli, avocado, pepper jack cheese, on a toasted naan

**Roasted Turkey** 17  
roasted turkey, smoked bacon, provolone cheese, spinach, avocado, sprouts, raspberry aioli, on cranberry bread

**Steak Sandwich** 20  
sautéed peppers, onions, mushrooms, provolone cheese, house mayo on the side, on a toasted hoagie bun

## Entrees

**Citrus Grilled Salmon** 29  
4 oz citrus marinated grilled salmon, angel hair, tomatoes, artichokes, garlic butter white wine sauce, and parmesan

**Chicken and White Sauce Enchiladas** 18  
shredded chicken, three cheese blend, tomatillo and jalapeno white sauce, corn tortillas, avocado, pickled red onion, and sour cream GF

**Filet Mignon** 52  
8 oz- seasonal veggies, and mashed sweet potatoes GF

**New York Strip** 53  
12 oz- seasonal veggies, polenta fries, and garlic aioli GF

**Lobster Linguini** 32  
spinach, asparagus, tomatoes, and grated parmesan

**Ramen Beef** 25  
baby bok choy, shiitake mushrooms, green onions, red pepper flakes, radish, hardboiled eggs, and sesame seeds

**Chicken** 20  
shiitake mushrooms, spinach, sesame oil, green onions, and hardboiled egg

**Zucchini Boats** 16  
baked zucchini, cream cheese, parmesan, asparagus, and cremini mushroom filling GF

**Chicken Tender Filets** 16  
fries, slaw, choice of sauce GF

**Spaghetti and Meatballs** 15  
angel hair pasta, marinara, and meatballs

**De Cajun's Shrimp** 25  
sautéed and seasoned with cajun butter sauce

## Extra Something

**Vegetable Medley** 8 GF

**Macaroni and Cheese** 10

**Sweet Potato Mash** 8 GF

**Spicy Green Beans** 8 GF



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