



LUNCH 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, black olives, sour
cream, 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

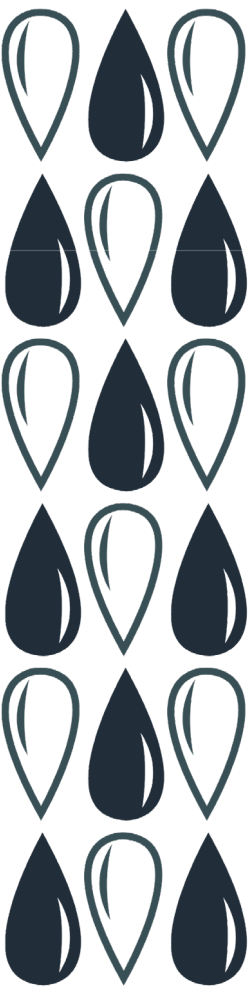
Soup

Cup 6 Bowl 8

*please ask your server for today's soup
options*



THE WELL
DINING



♪ = 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

Lunch Sliders 15

two 2.5 oz. Be Well sliders

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

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

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

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, tartar, 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

Meatball Hoagie 16

meatballs, provolone, marinara, and arugula, on a toasted hoagie bun

Grilled Cheese 15

pesto, provolone, sharp cheddar, and gouda, on toasted sourdough

Tuna Sandwich 15

tuna salad, lettuce, tomato, and house chips, on toasted sourdough

Grilled Chicken 15

chicken breast, lettuce, tomato, and house mayo, on a brioche bun

Extra Something

Vegetable Medley 8 GF

Macaroni and Cheese 10

Sweet Potato Mash 8 GF

Spicy Green Beans 8  GF

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