

L U N C H

SERVING: 11 P.M. - 4 P.M.

Vegetarian Gluten Free Vegan

APPETIZERS

HOUSE-MADE CUP OF SOUP	\$5
HOUSE-MADE BOWL OF SOUP	\$8
MEDITERRANEAN MAZA	\$13
<i>Chipotle, Roasted Pepper, and Roasted Beet Hummus, Mixed Olives, Pita Bread</i>	
FRIED CRISPY CALAMARI	\$14
<i>Monterey Fresh Calamari Strips, Chipotle Marinara Sauce</i>	
LOBSTER AND ARTICHOKE BAKED DIP	\$18
<i>Roasted Artichoke, Panko Parmesan Crust, Gruyère, Toasted Sliced Baguette</i>	
ARTISANAL CHEESE BOARD	\$20
<i>Artisanal Cheese Board, Marcona Almonds, Quince Jam, Dried Fruit, Flat Bread Crisp, Apple Chutney</i>	

SALADS

ARUGULA SALAD	\$9
<i>Gorgonzola Cheese, Cranberry, Candied Pecans, Aged Balsamic Vinaigrette</i>	
BEAR MOUNTAIN SALAD	\$8
<i>Organic Greens, Pear Tomato, English Cucumber, Matchstick Carrots, Sliced Radish</i>	
CAESAR SALAD	\$9
<i>Romaine Hearts, Blue Cheese, Pesto Croutons, Shaved Parmesan</i>	
KALE CAESAR SALAD	\$10
<i>Pesto Croutons, Shaved Parmesan</i>	

ENTRÉE SALADS

CLASSIC CAESAR SALAD	\$21-18
<i>Crispy Romaine, Shaved Parmesan, Pesto Croutons, Crispy Vidalia Onions, Grilled Salmon, Grilled Shrimp or Grilled Chicken</i>	
SUPER FOOD SALAD	\$18
<i>Tri-Colored Quinoa, Ferro, Tuxedo Barley, Ancient Grain Blend, Aztec Blend, Organic Black Rice, Black Forest Blend, Grilled Asparagus, Roasted Cherry Tomatoes</i>	
THE LOCAL	\$24
<i>Grilled Tofu, Tri-Colored Grilled Peppers, Avocado, Grilled Eggplant, Portobello Mushroom, Grilled Radicchio, Vidalia Onions, House Balsamic Vinaigrette</i>	
COBB SALAD	\$25
<i>Organic Mixed Greens, Free Range Grilled Chicken, Crispy Applewood Bacon, Crumbled Blue Cheese, Hard-Boiled Free Range Eggs, Pear Tomatoes, Ripe Avocado, Garlic Parmesan</i>	

BURGERS AND SANDWICHES

FRESH WILD ROCK COD TACOS	\$22
<i>Crisp Wild Rock Cod, Avocado, Radish, Crispy Slaw, Pickled Onions, Cilantro Lime Cream, Garlic Fries</i>	
GRILLED GRASS-FED ANGUS BEEF BURGER	\$18
<i>Sharp Cheddar Cheese, Portobello Mushroom, Grilled Onions, House Sauce, Garlic Fries</i>	
CURRY CHICKEN SANDWICH	\$16
<i>Grilled Free Range Chicken, Apple Raisin Chutney, Organic Greens, Baguette, Curry Mayonnaise, Terra Chips</i>	
GRILLED CHEESE B.L.T.	\$15
<i>Applewood Bacon, Oven Roasted Tomato, Blended Cheese, Spring Mix, Hot Peach Chutney</i>	
FRIED CHICKEN SANDWICH	\$18
<i>Korean Style Fried Chicken, Spicy Aioli, Kimchi Slaw, Daikon, Brioche Bun, Garlic Fries</i>	

ENTRÉES

ENGLISH FISH AND CHIPS	\$20
<i>Fresh Crisp Wild Rock Cod, Ale Batter, Mashed Peas, Chips, Tarragon Tartar Sauce, Lemon Wedges</i>	
BISTRO STEAK	\$34
<i>Angus Gress Fed Strip Steak, Peppercorn Sauce, Garlic Fries, Crispy Leeks</i>	
BIG WAVE SALMON	\$32
<i>Saffron Beurre Blanc Sauce, Local Wilted Spinach, Crispy Leeks, Organic Chard Tomatoes</i>	