

# LUNCH

## Build Your Trio \$14

all items available a la carte with side \$14

### 1 Little Sandwich

#### Prosciutto & Fig Jam

whipped goat cheese, arugula, lemon vinaigrette

#### Burrata Caprese

arugula, tomato, balsamic, sunflower basil pesto

#### Ham & Cheese

house pimiento cheese, black forest ham, sweet pickles, tomato, arugula, lemon vinaigrette

#### BLT

applewood smoked bacon, duke's mayo, shredded lettuce, sliced tomatoes

#### Turkey Bacon Ranch

smoked turkey, applewood smoked bacon, green apple & ranch slaw

### 2 Soup or Salad

#### Roasted Red Pepper Soup

topped with whipped goat cheese & scallion

#### Mixed Greens Salad

local lettuce, cucumber, tomatoes, pickled red onions

#### Caesar (gfo)

hearts of romaine, garlic croutons, shaved parmesan, house caesar dressing\*

#### Edamame Crunch +2 (gfo, v)

peanuts, grains, cabbage and carrots, crispy noodles ginger honey vinaigrette

#### Local Greens +2 (gf, v)

mixed lettuces from greenswell growers, cherry tomatoes, cucumbers, pickled red onions, queso fresco, lemon vinaigrette, avocado goddess dressing

add a grilled chicken breast, grilled salmon or grilled shrimp skewer to any salad +7

### 3 House Sides

#### Kettle Chips

#### Potato Salad

dill pickle, roasted garlic

#### Pasta Salad

feta, lemon, cucumber

#### Fresh Fruit

## All Day Menu

#### Pimento Cheese (gfo) 9

made with duke's, served with sweet pickles and toasted billy bread

#### Wings\*\* (gf) 16

8 bone-in wings, choice of bbq dry rub, lemon pepper dry rub, black pepper bbq sauce or house buffalo

#### Fried Mozzarella (v) 14

bbq spice, pecorino romano, house buttermilk ranch

#### Nachos\*\* (gf) 12 / 16

pulled chicken, queso blanco, queso fresco, guacamole, pico de gallo, crema

#### Fried Chicken Sandwich 16

dill pickle aioli, lettuce, tomato  
want to make it spicy? just ask!

## \$12 Lunch

#### Everything Avocado Toast 12

smashed avocado, pickled onions, cilantro, radish greens, crema

#### Chicken Caesar Wrap 12

romaine, parmesan cheese, garlic crumbs & croutons, served with chips

#### Edamame Crunch Wrap 12

mixed greens, peanuts, grains, cabbage and carrots, crispy noodles, ginger-honey vinaigrette, served with chips  
add chicken +4

## Desserts

#### Coffee Toffee 8

blanchard's espresso ice cream, english date cake, toffee sauce

#### Key Lime Tart 7

house made, with graham cracker crust & whipped cream

## Afterglow Coffee

whole milk, oak milk, almond milk, half & half / raw sugar or splenda

#### Golden Hour

Drip Coffee 4

Perpetual Motion

Espresso 4

#### Cold Brew 6

Americano 5

Cappuccino 6

Latte 6

gf = gluten free, gfo = gluten free optional, v = vegetarian

Lunch Weekdays 11:30 - 3:00  
Brunch Weekends 10:00 - 3:00  
Dinner Daily Starting at 5:00  
Happy Hour Weekdays 3:00 - 6:00  
Closed Mondays

\*\*our fryer uses soy oil to cook gluten and non-gluten items

BAR  
WEST

Happy  
Hour

\$2 off Select Draft Pints  
\$5 Rail Liquor  
\$6 House Wine  
\$7 Frozen Drinks  
\$7 House Draft Cocktail

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.