



SNACKS & SMALL PLATES

Fire-Roasted Brussels Sprouts VEG	7
Served with sweet chili sauce	
Crispy Cajun Chickpeas VEG	4
Tossed with homemade Cajun seasoning	
Cocktail Meatballs	7
Topped with mozzarella, marinara, and basil threads	
Parmesan Roasted Cauliflower VEG, N	6
Tossed with garlic, olive oil, rosemary, caramelized onion, pine nuts, golden raisins and capers	
Caramelized Onion Dip	7
With bacon crumbles and served with homemade potato crisps	
Baked Goat Cheese	13
With your choice of homemade bacon jam or crumbled candied walnuts and dried apricots. Served with toasted baguette	
Crab Cakes	13
Two crab cakes topped with sweet roasted corn, red bell pepper, and chipotle chili sauce on a bed of baby greens	
Homemade Hummus VEG	8
Choice of Tuscan, jalapeño, beet or green goddess hummus with toasted pita bread	
Add carrots and Persian cucumbers	+2
Pick 3 and make it a trio	+6
Smoked Spinach Artichoke Dip VEG, GF	12
Homemade tortilla chips, pico de gallo and our signature tzatziki	
Sriracha Chicken Wings	8
Prepared and served in a cast-iron skillet and served with carrot and celery sticks, jalapeño, cilantro, and dipping sauce	
Avocado Toast VEG	9
Chipotle cream cheese, Persian cucumbers, avocado, capers, and red onions served with herb-roasted new potatoes and Persian cucumber dill salad	
Add fried egg	+2
Add smoked salmon	+4

NUTRITIONAL LABELS
 VEG- VEGETARIAN
 GF- GLUTEN-FRIENDLY
 N- CONTAINS NUTS

GREENS & BOWLS

Add Proteins

Add grilled chicken breast	+3
Add grilled shrimp	+4
Add grilled or blackened salmon	+5
Add seasoned lamb and beef	+3
Add tofu	+4

Vegan Smoky Poblano Bowl VEG, N 14
 Roasted corn, avocado, southwestern chickpeas, tomatoes, pickled vegetables, vegan mozzarella, herb basmati rice, arugula, and sliced jalapeño in a creamy vegan poblano sauce

Mango Avocado Chopped Salad VEG 13
 Chopped avocado and mango, tomatoes, jalapeño, green onions, chopped herbs and pepitas in a honey-lime dressing on a bed of arugula with pita

The Cardinal Cobb 13
 Crispy chicken, egg, bacon, red onion, tomato, and avocado drizzled with chunky feta jalapeño dressing and pita

Trio Salad 13
 Your choice of two of the following: chicken salad, tuna salad, or seafood salad. Served with black bean orzo pasta salad and pita triangles

The Greek VEG 10
 Persian cucumbers, cherry tomatoes, radishes, Kalamata olives, red onions, feta, herb-roasted garlic vinaigrette on mixed greens with pita croutons

Blackened Salmon Salad With Avocado Crema GF 16
 Blackened salmon served over a bed of quinoa and cabbage cilantro slaw and topped with crumbled feta

Beef Tenderloin Fajita Salad 16
 Mixed greens and tomato tossed in chunky feta jalapeño dressing and topped with beef tenderloin, avocado and homemade tortilla strips

Power Bowl VEG 13
 Two organic quinoa and kale patties garnished with honey habanero aioli, herb basmati rice, topped with black beans and pico de gallo, guacamole and seasonal vegetables
 Substitute cauliflower rice VEG, GF, N +2

Brussels Sprouts and Goat Cheese Salad VEG 13
 Roasted honey soy-glazed Brussels sprouts, goat cheese fritters, red pepper flakes, and mixed greens with pita

Vegan Winter Bowl VEG, N 14
 Two organic quinoa and kale patties, butternut squash, sautéed mushrooms, red bell pepper, and toasted pepitas, over a bed of lentil rice and warm spinach in a creamy vegan poblano sauce

Vegan Mediterranean Fusion Bowl VEG 13
 Basmati lentil rice with ginger-glazed Brussels sprouts, butternut squash, black beans, pico de gallo, avocado relish and cumin-cilantro vegan aioli
 Substitute cauliflower rice VEG, GF, N +2

Harvest Roasted Vegetable Salad VEG 12
 Tender roasted broccoli, Brussels sprouts, and butternut squash with lentils, fresh arugula, and grated Parmesan. Served with pita triangles

SOUPS & SIDES

Creamy Baked Potato	5
With bacon crumbles and topped with cheddar and chives	
Cuban Black Bean VEG, GF	5
Topped with feta and pico de gallo	
Chicken Tortilla Soup	5
With tostada strips, cheddar, and avocafo	
Mediterranean Cauliflower Rice VEG, GF, N	5
Smoked Gouda Cauliflower "Grits" VEG	5
House or Iceberg Wedge Salad	5

BURGERS

All burgers are topped with mayo, lettuce, pickles, onions, and tomatoes and served with seasoned hand-cut fries.

Substitute a gluten-free bun +3

The OG 13
Angus beef patty with American cheese

The Chicken Burger 13
Your choice of grilled or fried chicken, avocado, chipotle chili sauce and provolone

Bistro Chipotle Cheese 14
Applewood-smoked bacon, avocado and American cheese

The Garden Burger VEG 13
Kale and quinoa patty, avocado, black beans, pico de gallo, and provolone

SANDWICHES, WRAPS & TACOS

Beef Tenderloin Steak Sandwich 14
Provolone, caramelized onion, mushrooms, bell peppers and mayo. With hand-cut fries

Gyro Pita 13
Seasoned lamb and beef with tomato, onion and our signature tzatziki. With hand-cut fries

Sonoma Chicken Salad on Wheat N 11
All-natural chicken, walnut, apple, celery, arugula and mayo on whole wheat. Served with black bean orzo pasta salad

Baja Chicken Wrap 13
All-natural chicken, whole wheat tortilla, avocado, Cuban black beans, feta cheese, lettuce, tomato and chipotle chili sauce. Served with an iceberg wedge salad with jalapeño feta dressing

Mediterranean Wrap 13
Whole wheat tortilla, seasoned lamb and beef, tomatoes, onions, lettuce and tzatziki. Served with an iceberg wedge salad with jalapeño feta dressing

Classic Club 12
Ham, turkey, applewood-smoked bacon, American cheese, provolone cheese, lettuce, mayo and tomato on whole wheat. Served with hand-cut fries

Garden Veggie VEG 12
Jalapeño hummus, mushrooms, arugula, tomato, avocado, and Persian cucumber dill salad on whole wheat. Served with black bean orzo pasta salad

Tejas Tacos 14
Choice of Spicy Beef Tenderloin or Spicy Shrimp and corn or flour tortilla. Served with homemade slaw and black beans. 3 per serving

ENTREES

Gyros Plate 17
Slices of savory seasoned lamb and beef, our signature tzatziki, jalapeño hummus, lettuce, tomato, onion, with Persian cucumber dill salad, pita, and hand-cut fries

Kabob Plate GF 18
Skewers of beef tenderloin, grilled all-natural chicken or a combination of both with herb basmati rice, seasonal vegetables, Persian cucumber dill salad and warm pita

The Chicken '401 N 18
All-natural chicken topped with sun-dried tomato curried apricot and walnut cream sauce. Served with basmati lentil rice, sautéed seasonal vegetables and warm pita

Parmesan Crusted Rainbow Trout 20
Pan-seared rainbow trout with roasted Brussels sprouts and Mediterranean cauliflower rice

Sundried Tomato Lemon Pasta 17
Angel hair pasta tossed in lemon zest and olive oil with capers, sun-dried tomatoes parmesan and basil with garlic toast and your choice of grilled chicken or shrimp

Poblano Grilled Chicken GF 16
All-natural chicken with roasted poblano mushroom cream sauce. Served with creamy whipped potatoes, French green beans and warm pita

Mediterranean Salmon GF 19
Grilled salmon topped with feta, guacamole, and chopped tomatoes served with butternut squash, French green beans and warm pita

Creamy Spinach and Portabella Pasta 16
Spinach, portobello mushrooms, and grilled sausage tossed in a roasted tomato cream sauce and served with garlic toast

Ma...The Meatloaf 15
Homemade Certified Angus Beef meatloaf, whipped potatoes with roasted poblano mushroom cream sauce, French green beans and garlic toast

Pork Chops 22
Pork chops topped with bacon jam and served with sweet potato fries and French green beans

Southern Chicken-Fried Chicken 16
Crispy all-natural chicken breast, whipped potatoes with roasted poblano mushroom cream sauce, French green beans and garlic toast

Blackened Salmon 19
Spicy Cajun-blackened salmon served with basmati rice and sautéed seasonal vegetables

Eggplant Caprese Stack VEG 16
Lightly-breaded eggplant, tomato, yellow squash, portobello mushroom, mozzarella cheese, and basil drizzled with marinara and olive oil. Served over warm spinach and lentils

WOOD STONE PIZZAS

A vegetarian, gluten-free cauliflower pizza crust may be substituted on any of our pizzas for \$3.

Garden and Goat VEG 14
Brussels sprouts, goat cheese, caramelized onions, fire-roasted red bell peppers, crushed red pepper, Parmesan and balsamic reduction

Pesto Margherita VEG 13
Cherry tomatoes, fresh mozzarella, arugula and fresh homemade basil pesto

Rustica 14
Jalapeño sausage, fire-roasted red bell pepper, mushrooms, fresh mozzarella and homemade marinara sauce

Truffle Mushroom VEG 14
Button and portobello mushrooms, crushed red pepper, basil pesto marinara sauce, fresh mozzarella and Parmesan, topped with arugula and a fried egg

The Boss 14
Pepperoni, jalapeño sausage, parmesan cheese, crushed red pepper flakes, pico de gallo, spinach and artichokes

Hickory 14
Grilled all-natural chicken, applewood-smoked bacon, pineapple, red onion, fresh mozzarella and hickory sauce

Pepperoni 13
Pepperoni, fresh mozzarella, and homemade marinara sauce

Shrimp and Mango 14
Grilled shrimp, pesto sauce, fresh mozzarella, and cherry tomatoes topped with diced fresh mango, feta, arugula and drizzled with honey habanero sauce