

SALAD BOWLS

*Scratch Made Dressings: Balsamic Vinaigrette, Citrus Vinaigrette, Ranch, Honey Mustard
Herb Chicken Breast - 6, Gulf Shrimp - 8, Salmon Filet - 9, Half Avocado - 4*

SALADS ARE GLUTEN FREE

- AHI TUNA** – Seared MR, garden greens, olives, garbanzos, pepperoncinis, tomatoes, red onions, boiled egg 17
- CHICKEN SALAD** – All white chicken breast, celery, purple onions, mayonnaise, on greens with vegetables 15
- GULF SHRIMP CAESAR** – Romaine, Caesar dressing, parmesan & croutons 17
- CLUB** – Garden greens, grilled chicken, bacon, avocado, tomato, Danish blue cheese & hard boil egg 16
- SPINACH** – Baby spinach, bacon, egg, sauteed mushrooms, crispy onions, goat cheese crumbles 13
- CHINESE HACK** – Chicken, Napa cabbage, sesame soy dressing, crispy wontons & sweet chili sauce 15
- MANDARIN ORANGE** – Field greens, spinach, toasted pecans, green apples, Danish blue cheese, currants & citrus vinaigrette 13
- SALMON** – Quinoa, arugula, olive oil, lemon, avocado, green onions, tomatoes, carrots and cabbage 17
- BURGER BOWL** – Grilled burger on greens, mushrooms, tomato, avocado, Danish blue cheese crumbles topped w/French fries 16 (Add bacon 2)
- SIDE** – House or Ceasar salad 7

SEASONAL SOUPS

SOUPS ARE GLUTEN FREE

- GAZAPACHO** – Spicy cold tomato, cucumber and spices (seasonal) Bowl 8
- CHICKEN TORTILLA** – Chicken, peppers, onions, avocado, tortilla strips Bowl 10
- SOUP & SALAD** – Bowl of soup and house or Caesar salad 12

“FLAT BREAD” PIZZAS

Pizzas are hand made fresh to order on a thin, Semolina crust with light marinara sauce, provolone, pecorino & fresh herbs.

GLUTEN FREE CRUST AVAILABLE - SMART FLOUR

- BACON** – Bacon, mushrooms, grape tomatoes & red onion 14
- VENISON** – Venison summer sausage, goat cheese & roasted red peppers 15
- CHICKEN** – Roasted chicken, pesto & goat cheese 14
- MARGHERITA** – Roma tomatoes, mozzarella, garlic, & fresh basil 14
- KID’S PIZZA** – Cheese only 8

QUESADILLAS + CHALUPAS

Served with fire roasted salsa and sour cream.

QUESADILLAS - GLUTEN FREE AVAILABLE. CHALUPAS ARE GLUTEN FREE

- QUESADILLAS** – Two flour or corn tortillas filled with grilled chicken, black beans, cheese & Adobo 11
- SPICY CHICKEN CHALUPAS** – Two corn tortillas topped with cheese & Adobo, black beans, roasted chicken, carrots, cabbage, lettuce & tomato 13
- KID’S QUESADILLA** – Flour tortilla, shredded cheese 5 (Add chicken 3)

34TH STREET SANDWICHES

GLUTEN FREE BREAD AVAILABLE, TFB BREADS

- SMOKED PORK LOIN** – Foccacia, Chipotle aioli, balsamic onions, avocado, field greens 10
- BURGER** – Brioche roll, brisket chuck, lettuce, tomato, red onion, w/ mayonnaise & Zatarain's mustard 11
- CHEESEBURGER** – 13 **MUSHROOM SWISS** – 14 **BACON CHEDDAR** – 14
- TURKEY** – Foccacia, lettuce, tomato, Swiss cheese, balsamic onion, w/ herb mayonnaise 10
- REUBEN** – Rye bread, pastrami or turkey, Swiss cheese, w/ sauerkraut, & Zatarain's mustard
and Russian dressing on the side 14
- GRILLED CHICKEN** – Brioche roll, provolone cheese, lettuce, tomato, avocado, bacon, balsamic onion,
w/honey mustard 11
- VEGGIE SANDWICH** – Ciabatta roll, avocado, roasted eggplant, hummus, carrots, provolone cheese,
lettuce, tomato & balsamic onion w/ olive tapenade 10
- *CHICKEN SALAD** – WW bread, lettuce, tomato, w/ mayonnaise 12
- AHI TUNA** – Brioche roll, grilled MR, lettuce, tomato, balsamic onions, avocado sauce 15
- BLT** – Toasted sourdough w/mayonnaise, bacon, lettuce & tomato 13 (Add egg 2)
- ADD TO YOUR SANDWICH** – Avocado 1.50, 3-apple wood bacon 3, cheese 1.50

*Not Heated

SIDES

GLUTEN FREE

- | | |
|---------------------------|---------------------------------|
| FRENCH FRIES 3 / 6 | QUINOA ARUGULA SALAD 4 |
| POTATO CHIPS 2 | SAUTEED VEGETABLES 5 |
| POTATO SALAD 4 | CRISPY BRUSSEL SPROUTS 6 |
| COLESLAW 3 | |

HOT LUNCH

(UNTIL WE SELL OUT)

- MONDAY – MEATLOAF W/ WILD MUSHROOMS** – With roasted garlic mashed potatoes & vegetables 15 **GF**
- TUESDAY – PASTA** – We use only the freshest ingredients. Please ask for our selection 15
- WEDNESDAY – STIR FRY** – Chef's choice of a meat with fresh vegetables 15 **GF**
- THURSDAY – CHICKEN PICCATA** – Served on mashed potatoes with sautéed vegetables 15 **(GF available)**
- FRIDAY – CHICKEN ENCHILADAS** – Served with black beans, rice and pico 15 **GF**
- SATURDAY – MIGAS** – Served w/ black beans, corn tortillas, and fire roasted salsa 15 **GF**

[Please allow a 5% packaging charge for orders to go. Delivery (limited area) 10]