

Salads



Bowls

Table One Avocado Salad 13.99

Avocado, tomato & orange supremes tossed in a light vinaigrette and topped w/ crumbled feta cheese and dried cranberries

Beet & Goat Cheese Salad 12.99

Roasted Beets w/ Orange Slices, Goat Cheese & Candied Pecans tossed in a House Vinaigrette

Cobb Salad 13.99

Turkey, avocado, tomato, hard boiled egg, bacon & cheddar cheese served over crisp lettuce w/ choice of dressing

Super Salad 13.99

Mixed greens w/ avocado, beets, roasted sweet potato, garbanzo beans, hard boiled egg and pickled vegetables.

Grilled Chicken Caesar Salad 13.99

Marinated Grilled Chicken Romaine Lettuce & House Croutons, tossed in Caesar Dressing and Pecorino Romano

Add Chicken.....\$3.00Blackened \$3.00
Add Shrimp.....\$4.00Blackened \$4.00

Black Bean Bowl

Black Beans, corn, red pepper and onions - white rice w/ Grilled Chicken or Shrimp

Chicken 12.99 Shrimp 14.99

Korean Bowl

Sauteed Red Peppers and Onions - white rice w/ Grilled Chicken, Beef or Shrimp.

Chicken 13.99 Beef 14.99 Shrimp 15.99

Grilled Veggies & Rice

Grilled Vegetables served plain or with Asian BBQ Sauce with white rice.

12.99

New Items

Chicken Teryaki Rice Bowl

Grilled Chicken and Broccoli served with Rice

13.99

Cheesesteak Bowl

White Rice & Queso covered with Grilled Steak Red Peppers & Onions

15.99

New Items

Under 500 Calorie Menu

BLT w/ Soup 10.99

444 Calories

Turkey BLT on Hawaiian Roll 11.99

435 Calories

Turkey Sandwich with Soup 11.99

466 Calories

Grilled Chicken w/ Soup 11.99

451 Calories

Shrimp Salad Wrap w Soup 12.99

483 Calories

Asian Lettuce Wraps 11.99

450 Calories

Plant Based Sandwiches

Grilled Veggie Wrap

Grilled Veggies with goat cheese and balsamic reduction. Served on a soft wrap

12.99

Vegetarian Reuben

Grilled Rye, with Swiss Cheese, Sauerkraut, Thousand Island Dressing and Grilled Eggplant

12.99

Avocado Toast

Classic 8.99

Fresh Avocado seasoned with lemon juice and crushed red pepper on Sourdough

Bacon 10.99

Bacon and Tomato 10.99

Fried Eggs 10.99

Fried Eggs & Bacon 11.99