

SMALL PLATES

Tuna Tartare Ahi Tuna Tartare, served over avocado creme, roasted wontons	11.99
Crab Meat Tower Avocado, heart of palm, crab gazpacho, crostini & red wine aioli	13.49
Spicy Sashimi Ahi Tuna on Crispy Rice Sambal aioli, lime sweet soy sauce glaze, candied ginger	11.99
Fried Calamari Served with house-made arrabbiata sauce & tartar sauce	10.49
Braised Short Ribs Served over creamy mashed potatoes, roasted baby carrots & onions	11.99
Stuffed Risotto Balls Served with garlic spinach, arrabbiata sauce, shaved parmigiana cheese	11.99
Homous Garbanzo bean dip, served with pita bread. Add sautéed filet mignon with garlic pomegranate molasses +\$3.99	6.99

SALADS

Carpaccio Double Beet Salad Thinly sliced yellow and red beets, arugula, goat cheese, candied walnuts	10.99
Layered Quinoa & Faro Salad with Chicken Quinoa, Faro, baby heirloom tomatoes, roasted sweet peppers, greek olives, pickled onions, Persian cucumbers, feta cheese, roasted tomato vinaigrette	12.99
Asian Chicken Salad Mandarin oranges, cashew nuts, carrots, red peppers, dried cranberries, romain lettuce, red cabbage & ginger sesame dressing	11.99
Cobb Salad Grilled Chicken, apple wood smoked bacon, smoked turkey, asparagus, Roma tomatoes, mozzarella cheese, avocado, Italian Vinaigrette	12.99
Nicoise Salad Marinated artichoke hearts, French green beans, heirloom tomatoes, capers, kalamata olives, red potatoes, onions, hard-boiled egg, red wine herb dressing add chicken breast 3.99	12.99
Ahi Tuna Salad Seared, sliced ahi tuna, served over mixed greens, sweet ginger and wasabi sauce	13.49

SANDWICHES

Crispy Buttermilk Chicken Sandwich Country Coleslaw, pepper jack cheese, tomatoes, avocado, garlic mayo	9.99
Truffle Angus Beef Hamburger Onion rings, tomatoes, lettuce, cheddar cheese, garlic truffle aioli	10.99
White Seabass Sandwich Seared seabass, fresh herbs, pepper jack cheese, sweet peppers, sautéed spinach, avocado, tartar sauce	13.99
"Not Your Average" Chicken Wrap Organic flour tortilla, shredded lettuce, avocado, tomatoes, red onions, home-made garlic ranch	10.99
Carne Asada Burrito Spanish rice, black beans, guacamole, pico de gallo, Monterey jack cheese, ranchero sauce	12.99
Rosemary Tri-Tip French Dip Caramelized onions, swiss cheese, horseradish, Au Jus dip	10.99

BOWLS

Mediterranean Chicken Quinoa Bowl Marinated chicken breast, quinoa, roasted broccoli, cherry tomatoes, feta cheese, shredded carrots, Greek olives Served with Italian balsamic vinaigrette	11.99
Shrimp Fajita Bowl Shrimp, rice, roasted peppers, white onions, pickled jalapeno, cilantro lime sauce	13.99
Grilled Tequilla Lime Shrimp Bowl Served with black beans, sour cream, baked tomatoes, rice, guacamole, jalapeno cream sauce	13.49
Thai Coconut Curry Chicken Bowl Served with Bok Choy, shaved carrots, mushrooms & sticky rice	12.99
Shrimp & Shitake Mushroom Bowl Shrimp & shitake mushroom served over rice, grilled garlic asparagus, topped with roasted baby heirloom tomatoes, garlic cloves, Greek spices, feta cheese	13.99
Vegan Chicken & Tofu Bowl Served with spinach, arugula & garden blend rice	11.99

ENTRÉES

Pistachio Crusted Salmon Served with arugula, garbanzo beans, and beet salad, polenta cake lemon caper sauce	13.99
Seared Ahi Tuna Sesame seed crusted ahi tuna. Served with avocado & mango salsa, wasabi cream & ginger soy sauce	14.49
Fresh Seabass Fresh seabass, crusted with crispy onions, served with garlic kale, roasted potatoes, dijon mustard sauce	16.99
Stuffed Dover Sole Dover sole, stuffed with fresh spinach, fresh crab meat, shrimp, served over ratatouille vegetables, creamy lemon sauce	15.99
Filet Mignon Served with roasted garlic potatoes & seasonal vegetables. Topped with mushroom demi-glace sauce	16.99
Hanger Steak Seared, served with grilled portobello mushroom, asparagus & tomato medley	16.99
Jambalaya Andouille sausage, chicken, shrimp, mushrooms, bell peppers, cajun tomato sauce	15.99
Stuffed Seafood Canneloni Shrimp, white fish, mushrooms, spinach, ricotta cheese, mozzarella cheese, house-made marinara	15.49
Saltimbocca Chicken Breast Served with Italian prosciutto, creamy risotto, sautéed broccoli, sage lemon white wine sauce	13.99
Spaghetti & Grilled Shrimp Pasta Grilled Shrimp, Italian pancetta, broccoli, garlic checca sauce	13.99
Linguine Pasta with Alaskan Salmon Alaskan salmon, sun-dried tomatoes, capers, lemon herb white wine sauce	14.99
Penne Pasta with Boneless Short Ribs Boneless braised short ribs, sautéed mushrooms, creamed spinach creamy pink sauce	14.99
Chicken & Vegetable Risotto	12.99

SNACKS

House Green Salad	3.99
Small Caesar Salad	3.99
Chicken Breast or Marinated Chicken Kabob	3.99
Garlic Kale	3.99
Ratatouille Vegetables	3.99
Italian Caponata	3.99
Roasted Beets with Candied Walnuts & Goat Cheese	3.99
Wild Rice with Cranberries & Pinenuts	3.99
Sautéed Baby Tomatoes, Garlic Green Beans & Quinoa	3.99
Avocado Wheat Toast	3.99

KIDS MENU

Chicken Fingers & Fries	8.99
Mac and Cheese	7.99
Kids Cheese Burger & Fries	8.99
Grilled Cheese Sandwich & Fries	6.99
Pasta Alfredo	7.50

DRINKS

House Coffee	1.99
Café Latte	3.99
Mocha Latte	4.39
Café Americano	3.49
Espresso Single 2.99 Double 3.49	
Hot Tea	3.25
Hot Chocolate	3.49
Ice Tea or Soda	2.49
Pellegrino	3.49
Bottled Water	2.49



CATERING MENU

| Ask us about our catering menu. Let us cater your next event. If you cant make it to us, we will bring our wonderful food to you! Whether you need to feed a crowd at the office, school event or open house, we can do it all. Either pickup the order, or have it delivered.

ASK ABOUT OUR WEEKLY THEME SPECIALS

Meal Prep Monday

| Order your Meal Prep on Monday and get 10 percent off the entire order

Taco & Tamale Tuesday

| Not your average tacos. Join us for tacos every Tuesday and never think of tacos the same again.

Poke Bowl Thursday

| Bringing the famous Hawaiian dish to Urban Society all day every Thursday.