

## LUNCH SERVED AT 11AM



All sandwiches served with your choice of side - Mustard Cabbage Slaw • Classic Potato Salad • Leafy Greens with Champagne Vinaigrette & Croutons • Fresh Fruit +2

### COBB SALAD • 12

Smoked turkey, bacon, blue cheese, hard boiled egg, green leaf lettuce, spinach, cherry tomato, cucumbers with buttermilk blue cheese dressing **GF**

### MUSHROOM CAPRESE MELT • 12

Roasted portobello mushroom with roasted tomato, mozzarella, garlic lemon pesto on toasted ciabatta (veganize! sub avo for mozza)

### TUNA OF THE SEA MELT • 12\*

Albacore tuna, aioli, green onion, celery, house pickles, carrots, sliced tomato, melted swiss, on sunflower poppy seed toast

\*\*\* Works great as a salad! Please note, sandwiches as salads won't include side

### SUMMER KALE SALAD • 12

Kale, quinoa, green cabbage, carrots, pecans, crispy shallots, strawberries with tahini lemon dressing **GF + Vegan**

### TURKEY & AVOCADO SANDWICH • 12\*

Sliced smoked turkey breast, provolone, avocado, sliced tomato, green leaf lettuce, vinaigrette, aioli and mustard on ciabatta

### MEDITERRANEAN CHICKEN BURGER • 12\*

Chicken spiced with preserved lemons and red pepper, yogurt, marinated herbed feta, greens, tomato, on ciabatta

### CUBANO MELT • 13

House roasted pork shoulder, spicy capicola, swiss cheese, house bread and butter pickles, mustard slaw, aioli, on a seeded roll

## BEVERAGES

See the board for our espresso drinks & pour over coffee selection • Market Prices



### ICED COFFEE COLD-BREWED • 4

by Tectonic Coffee (order it Admiral style: with milk and honey!) Refills +2

### HOUSE DRIP COFFEE - SHOCKWAVE • 3.25

by Tectonic - full bodied, notes of chocolate, low acid

### HOT TEA & ICED TEA COLD-BREWED • 3.50

Selection of teas from China, India & Japan via Kilogram

### HANDMADE SODA • 3.50

House-made syrups poured over ice with mineral water

- Ginger Lime
- Lemonade
- Turmeric Ginger Lemon



## KIDS MENU!

Grilled cheese on sourdough • 7

Scrambled eggs with cheddar, toast, jam and butter • 7



Did you know that we make almost everything in house? When we source, we keep it local