

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

AUTUMN CHOP • 12

Spinach, green cabbage, herbs, roasted cauliflower, fire roasted red pepper, feta, crispy chickpeas, dried cranberries, toasted pumpkin seeds, lemon dill vinaigrette **GF**
add chicken breast +3

VERDUGO VEG SANDWICH • 12.5

Sauteed kale, garlic, shallots, crimini and shiitake mushrooms, jalapeno cilantro veganise, roasted tomato on ciabatta **Vegan**

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

ROASTED ROOTS • 12

Spinach, green cabbage, roasted beets, spiced parsnips, herbs, pickled golden rasins, toasted walnuts, tahini maple dressing **GF + Vegan**
add chicken breast +3

TURKEY & AVOCADO SANDWICH • 12*

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

MEDITERRANEAN CHICKEN SANDWICH • 12*

Lemon chicken breast, fire roasted red peppers, herbed feta, greens, tomato, on toasted ciabatta

POLISH MELT • 13

Seared kielbasa, griddled red peppers and onions, shredded green cabbage, melted swiss, dijon, house aioli on seeded long 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