

# STARTERS

**Roasted Red Pepper Hummus (v) ♦ 8**  
crisp vegetables, grilled pita

**Faroe Island Salmon Tacos ♦ 10**  
shredded cabbage and cilantro slaw, avocado with fresh lime, served with flour tortillas

**Featured Flatbread ♦ 14**

**Today's Soup ♦ 6**

**Pound of Jumbo Wings ♦ 12**  
Choice of Buffalo ♦ BBQ ♦ Ancho Dry rub  
port blue cheese and celery

# SALADS

**Add to any salad:** Chicken ♦ 6 / Salmon ♦ 6 / Chilled Jumbo Shrimp ♦ 8

**Fork and Knife Caesar ♦ 12**  
crispy pita shards, cured tomato, shaved parmesan

**Mesclun and Almond Salad (v) ♦ 12**  
green beans, artisanal tomatoes, shaved radish, balsamic and extra virgin olive oil

**Blueberry and Feta Salad (v) ♦ 12**  
sunflower and hemp seeds, cranberry, cucumber, arugula, dressed with blueberry pomegranate vinaigrette

# HANDHELDS

**Served with your choice of:** Garden Salad / Caesar Salad / Kettle Chips / Thick Cut Fries  
Many of these can be made gluten-free upon request

**Featured Sandwich ♦ 12**

❖ **Black and Blue Burger ♦ 15**  
thick sliced peppered bacon, sliced stella blue cheese

**Sweet Potato and Quinoa "Burger" ♦ 15**  
slaw, spicy ketchup, heirloom tomatoes, spicy Havarti

**Pastrami on Rye ♦ 15**  
spicy pickles, sauerkraut, melted swiss, whole grain mustard

**The C-Bus Chicken Stack ♦ 15**  
spicy crispy goodness, spicy slaw, spicy pickles

**Boar's Head® Turkey Club ♦ 15**  
Boar's Head® turkey, peppered bacon, cured tomato, arugula, creole aioli served with toasted True Grains Seed'licious bread

# EAT WELL

**Zucchini Fettuccine (gf & v) ♦ 14**  
with sugar peas and tomatoes

**Sliced Roasted Beet Salad ♦ 9**  
arugula, goat cheese with pistachio

**Organic Farro "Risotto"(gf) ♦ 9**  
pepitas, mushrooms and kale

**Warm Brussel Salad ♦ 10**  
with apples and spicy orange maple glaze

**Cauliflower Flatbread (gf & v) ♦ 14**  
kale pesto, roasted summer vegetables

**Ginger-Hoisin Chicken Drumstick ♦ 9**

We believe that feeling good starts with eating well. We empower choice by crafting a variety of food and beverage offerings to suit your individual preferences. We strive to source ethical, sustainable and organic produce wherever possible. We are passionate about providing options that refuel and energize the body, mind and soul.

❖ May be cooked to order. The Board of Health suggests that raw or undercooked meats or seafood may increase your risk of foodborne illnesses, especially if you have certain medical conditions.

(gf) Gluten Free ♦ (v) Vegetarian

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