



# LUNCH

## »» → SANDWICHES ← ««

**Goat Cheese & Bacon Grilled Cheese** – \$6.49

**BLT** – Local bacon, local hydroponic tomatoes, lettuce. \$7.29

**Pork BBQ Grilled Cheese** – Local pulled pork, house BBQ, & goat cheese. \$7.69

**Hot Ham & Cheese** – Local ham & cheddar cheese. \$7.69

**Chicken Salad Sandwich** – Your choice of : Original, Maple Bacon, or Buffalo Chicken salad on whole grain toast with lettuce & tomato. \$7.69

**Chicken Bacon Ranch Club** – Pastured chicken, local bacon, local tomato, romaine, & house ranch dressing. \$8.89

## »» → FLATBREADS ← ««

**BBQ Chicken** – Pastured chicken, house BBQ, cheddar, and red onion. \$11.19

**Chicken Avocado Ranch** – Pastured chicken, house avocado ranch, hydroponic tomatoes, red onion, dubliner cheese, local bacon. \$11.19

**Buffalo Chicken** – Pastured chicken, house buffalo sauce, bleu cheese, & red onion. \$11.19

**Nacho Pork** – Local pulled pork, nacho cheese, jalapenos, house pico, sour cream, & house bbq sauce. \$11.19

**Chipotle Chicken** – Pastured chicken, nacho cheese, organic black beans, jalapeños, house pico, & sour cream. \$11.19

## »» → NACHOS ← ««

**Pork or Ground beef Nachos** – Served on tortilla chips topped w/lettuce, house nacho cheese, pico, sour cream, jalapeños. \$13.79

## »» → SALADS ← ««

– All dressings are made in house: Ranch, Bleu Cheese, Honey Mustard, Caesar, Sweet & Sour, Vinaigrette, & Buffalo Ranch. –

**Chicken Salad on Mixed Greens** – Original, buffalo, or maple bacon paleo chicken salad on local mixed greens. \$9.89

**Sweet & Sassy Salad** – Local mixed greens, pastured chicken, goat cheese, walnuts, strawberries, and house sweet and sour dressing. \$12.89

+ Sub caramelized salmon for \$4.99

**Chicken Caesar Salad** – Organic romaine, pastured chicken, house croutons, dubliner cheese, and house caesar dressing. \$12.69

**Chicken BLT Salad** – Local mixed greens, local hydroponic tomatoes, local bacon, pastured chicken, dubliner cheese, and house ranch. \$13.89

**Avocado Bacon Chicken Salad** – Local mixed greens, pasture raised chicken, pastured bacon, dubliner cheese, organic black beans, and our house avocado ranch. \$13.89

**Rough & Rowdy Salad** – Local mixed greens, buffalo chicken, carrots, radishes, goat cheese, hard boiled egg, and ranc. \$13.49

## »» → WRAPS ← ««

– All wraps are served on GLUTEN FREE tortillas with hummus & Veggies. –

**Buffalo Chicken Wrap** – Pastured chicken, buffalo sauce, romaine, tomatoes, & bleu cheese. \$10.09

**Chicken Caesar Wrap** – Pastured chicken, romaine, caesar dressing, & cheese. \$10.09

**Chipotle Chicken Wrap** – Seasoned pastured chicken, organic black beans, pico, jalapenos and dubliner cheese. \$10.09

**Chicken Salad Wrap** – Original, Maple Bacon, or Buffalo chicken salad, romaine, & tomato. \$10.09

+ Add Chips to any Meal: (BBQ, Sweet Potato, Salt & Vinegar, Salt)...\$1.99 +