



SOUP AND SALAD

Soup of the Day

Greek Salad
romaine, cherry tomatoes, red bell pepper, cucumber, kalamata olive, red onion, feta cheese, red wine vinaigrette
GF 128 . 9 . 5 . 9 . 3 . 299

Arugula Amaranth Salad
cherry tomatoes, red onion, dried cranberries, everything bagel seasoning, citrus honey vinaigrette
GF . V 161 . 20 . 3 . 6 . 3 . 184

Kale Caesar Salad
organic baby kale, endive parmesan cheese, crispy garbanzos
GF 140 . 13 . 8 . 7 . 4 . 295

ADD A PROTEIN

- fruit bbq grilled tofu
- lemon herb salmon
- tuna salad
- cilantro lime chicken

HANDCRAFTED PIZZAS

Margherita
San Marzano tomato sauce mozzarella, parmesan cheese heirloom tomatoes, basil, olive oil
399 . 48 . 20 . 15 . 8 . 750

Italian
San Marzano tomato sauce, mozzarella roasted fennel, roasted red peppers chicken sausage
359 . 46 . 22 . 10 . 7 . 740

Arizona
bbq sauce, grilled chicken breast, roasted green chilies, Monterey Jack cheese
400 . 51 . 28 . 10 . 7 . 749

Flower Power
San Marzano tomato sauce, artichokes tofu ricotta, olives, caramelized onion peppers, arugula, prickly pear balsamic
V 394 . 60 . 20 . 10 . 12 . 654

Mushroom
pesto, caramelized onions toasted pine nuts, mozzarella
450 . 49 . 20 . 20 . 8 . 730

ENTREES

Tuna Salad Wrap
whole-wheat tortilla, spinach scallions, dill pickles, roasted tomatoes, mustard sauce
402 . 48 . 34 . 10 . 8 . 749

Turkey Apple Press
Barrio cranberry walnut bread, spinach brie cheese, chipotle mayonnaise
449 . 45 . 31 . 16 . 7 . 618

California Turkey Sandwich
Barrio whole grain bread, avocado spread, tomato, pickled onion, radish
447 . 58 . 30 . 11 . 11 . 577

Southwest Veggie Burger
wheat bun, lettuce, tomato, dill pickles avocado, smoked paprika aioli
V 443 . 59 . 25 . 14 . 7 . 406

Citrus Super Foods Bowl
black bean spaghetti, avocado, roasted carrot, arugula, roasted red peppers citrus vinaigrette, everything bagel seasoning, roasted pumpkin & sunflower seeds
GF . V 498 . 54 . 42 . 18 . 23 . 336

Chicken Curry Wrap
whole-wheat tortilla, garbanzo beans red onion, roasted red pepper, dried cranberries, curry mayonnaise
481 . 56 . 31 . 16 . 7 . 482

BBQ Pulled Pork Sandwich
wheat bun, pepper jack cheese creamy apple slaw, pickled onions
491 . 53 . 40 . 14 . 7 . 521

Salmon Burger*
wheat bun, lettuce, tomato, pickled onion scallion mayo, creamy apple slaw
455 . 48 . 35 . 13 . 7 . 497

Double U Green Chili Beef Burger*
wheat bun, lettuce, tomato, southwest aioli Monterey Jack cheese, creamy apple slaw
499 . 45 . 34 . 20 . 7 . 429

HONUT

NUTRIENT ANALYSIS
Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES
GF = Gluten-Free (no wheat, rye, or barley) | V = Vegan (contains no animal product. May contain honey.)
*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase seafood that is fished or farmed in ways that minimize their impact on the environment. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org



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