

## SALADS *from the* CHEFS . . .

**BEETS & GREENS** mixed greens, roasted beets, mixed summer berries, grilled balsamic onion, herbs, candied pecans, garlic croutons, goat cheese & balsamic vinaigrette \$10

**SPINACH** baby spinach, chicory chop, cherry tomato, mixed gypsy peppers, carrot, cucumber, red onion, sunflower seeds, garlic croutons & pt. reyes blue dressing \$9.75

**ARUGULA** mixed greens, arugula, sundried tomato, marinated artichokes, grilled balsamic onion, almonds, crispy chickpeas, grated manchego & whole grain mustard vinaigrette \$9.75

**FATTOUSH** romaine, chicory chop, cherry tomatoes, cucumber, red onion, scallions, chickpeas, nicoise olives, herbs, crispy pita, feta cheese & champagne-sumac vinaigrette \$10.25

**DETOX** chicory, spinach, dino kale, quinoa, carrot, cucumber, celery, apple, radish, dried cranberries, herbs, super seed-flax mix & our acai-lemon "master cleanse" vinaigrette \$10.5

**TOSTADA** romaine, chicory chop, toasted corn, black beans, cherry tomatoes, jicama, scallions, herbs, pumpkin seeds, tortilla strips, white cheddar & chipotle-agave vinaigrette \$10.25

**CAESAR** romaine, chicory chop, avocado, cherry tomatoes, scallions, garlic croutons, parmesan reggiano & roasted garlic caesar dressing \$9.75

**CHINESE CHICKEN** romaine, chicory chop, roasted chicken, orange, carrot, snow peas, scallions, herbs, slivered almonds, sesame seeds, soba noodles & sweet 'n sour vinaigrette \$12

**COBBER** romaine, chicory chop, roasted chicken, niman bacon, soft boiled egg, avocado, cherry tomatoes, scallions, garlic croutons & house "ranch" dressing \$14

**SPICY TUNA** mixed greens, chicory chop, spicy ahi tuna, avocado, mango, snow peas, cucumber, scallions, sesame seeds, **SUMMER HEIRLOOM** mixed greens, heirloom & cherry tomatoes, basil, roasted long beans, blue cheese crumbles, pine nuts, scallions, garlic croutons & balsamic vinaigrette \$11



\* Chicory Chop includes romaine, escarole,

## PROTEINS . . . *add to any salad*

chopped mary's chicken \$3.5  
grilled niman flank steak \$5.75  
grilled garlic-chile shrimp \$4.5  
pepper-seared ahi tuna \$5.5  
niman smoked bacon \$1.5

albacore tuna salad \$3  
chicken-apple curry salad \$3  
sliced organic egg \$1.5  
grilled organic tofu \$2.5  
house falafel \$3

## Sides

**SIDE SALAD** mixed greens, herbs & balsamic vinaigrette...\$2.5

**FRENCH FRIES SM/LG...**\$2.50 /\$4.50  
-add a side of our ranch for 50 cents

Add a side salad or small fries to your sandwich order for \$1.5!

## Soup

YES...WE HAVE SOUP!  
Please ask for today's seasonal offerings...

small (12oz) \$5.75

LARGE (16oz) \$7

## SANDOS *from the* PRESS . . .

**BARN BLT** niman bacon, goat cheese, heirloom tomato, mixed greens & pesto aioli on sliced country levain \$10.25

**TRUFFLE** peppered turkey breast, brie d' affinois, balsamic onion, roma tomato, mixed greens and truffled garlic aioli on herbed focaccia \$10

**TURKEY** roasted turkey breast, goat cheese, sundried tomato, watercress & pesto aioli on a ciabatta roll \$9.5

**HEN** deli chicken breast, swiss cheese, roma tomato, arugula, thyme aioli & honey mustard on sliced pain de mie \$9.5

**CLUBBER** deli chicken breast, niman bacon, pepper jack, roma tomato, red onion, romaine & jalapeno-bacon aioli on sliced sourdough \$10

**MASALA** curried chicken-apple salad, almonds, dried cranberries, cucumber, red onion & sprouts on seeded whole wheat \$9.25

**RAGIN' CAJUN** peppered turkey, breast artisan ham, sopressata, smoked gouda, pepperoncinis, pickles, arugula & cajun aioli on a ciabatta roll \$9.75

**ROOSTER** chili-lime grilled chicken, niman bacon, white cheddar, avocado, roma tomato & chipotle aioli on a ciabatta roll \$10.75

**KICKIN' CHICKEN** grilled chicken, barn bbq sauce, niman bacon, smoked gouda, caramelized onion & thyme slaw on a ciabatta roll \$10.75

**BUFFALO BLUE** spicy buffalo sauce'd grilled chicken, blue cheese dressing, celery greens, red onion and romaine on a ciabatta roll \$10

**SKIRT** grilled niman skirt steak, provolone, balsamic onion, roma tomato, arugula & rosemary aioli on a ciabatta roll \$13

**SMOKED** smoked wild king salmon, goat cheese, cucumber, red onion, watercress & horseradish aioli on sliced country levain \$9.5

**BIG TUNA** pole-caught albacore tuna salad, roma tomato, red onion & watercress on herbed focaccia \$9.25

**FALAFEL** house falafel, feta cheese, hummus, roma tomato, cucumber, red onion, sprouts & tahini crème fraiche on sliced whole

## GRILLED CHEESE (please allow ext

**SHEEP** manchego cheese, sopressata & mission fig jam on sliced country levain \$9.75

**BURRATA** fresh mozzarella burrata, heirloom tomato, arugula & pesto aioli on a ciabatta roll \$9.5

**SWISS** swiss cheese, peppered turkey breast, sliced apple, grilled balsamic onion & rosemary-roasted garlic aioli on sliced pain de mie \$9.75

**CHEDDAR** white cheddar, black forest ham & honey mustard on sliced sourdough 9.25

**POPPER** pepper jack, goat cheese, niman bacon and pepperoncinis on sliced pain de mie \$9.25

**PROVO** provolone, roasted turkey breast, avocado, roma tomato, arugula & thyme aioli on sliced country levain \$10



Please see the ingredient board or our separate U-Pick menu for details on how to build your own! \$9.5



\*Our aiolis, ranch & caesar dressings are homemade using raw eggs. Additionally, our ahi tuna is served raw/seared. We are told that eating raw or under-cooked foods may seriously increase the risk of food borne illness & should be avoided when pregnant.



<i>name</i>	<b>\$9.50</b>
<input type="checkbox"/> for here <input type="checkbox"/> to-go	

<b>1. CHOOSE YOUR GREENS</b> <input type="checkbox"/> no bread	
seasonal mixed greens	baby spinach
romaine hearts	chicory chop

<b>2. CHOOSE YOUR DRESSING</b> <input type="checkbox"/> tossed in <input type="checkbox"/> on the side <input type="checkbox"/> light dressing	
acai-lemon "master cleanse"	sweet & sour
balsamic vinaigrette	sweet & sour
chipotle-agave dressing	ginger-miso dressing
grain mustard vinaigrette	roasted garlic caesar
champagne-sumac vinaigrette	house "ranch" dressing
pt. reyes blue dressing	olive oil & vinegar or lemon

**3. CHOOSE SIX FIXINGS** *additional fixings \$.75 each*

<i>raw</i>	
carrot	mixed gypsy peppers
celery	red "purplette" onion
cucumber	scallion
jicama	arugula
snow peas	dino kale
cherry tomatoes	easter egg radish
herb mix (parsley, mint & cilantro)	avocado (add \$1.25)
basil	heirloom tomato (add \$1.25)

**cooked & cured**

roasted beets	blanched summer squash
toasted bi-color corn	roasted green & yellow beans
grilled balsamic onion	roasted eggplant
marinated artichokes	sun dried tomato
black beans	nicoise olives
garbanzo beans	pepperoncinis

*fruit*

apple	golden raisins
mango	dried cranberry
orange segments	summer berry medley

*cheese*

blue cheese	goat cheese
white cheddar	crumbled feta
parmesan reggiano	shaved manchego

**nuts & seeds**

slivered almonds	pumpkin seeds
candied pecans	sunflower seeds
pinenuts	super seed-flax mix
sesame seeds	crispy chickpeas

*crunch*

crispy pita	tortilla strips
garlic croutons	crispy soba noodles

**PROTEINS... add to any salad (extra \$)**

chopped mary's chicken \$3.5	chicken-apple curry salad \$3
grilled niman flank steak \$5.75	sliced organic egg \$1.5
grilled chile-garlic shrimp \$4.5	niman smoked bacon \$1.5
cajun-seared ahi tuna \$5.5	grilled organic tofu \$2.5
albacore tuna salad \$3	house falafel \$3
quinoa \$1	



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