

PRESSED PANINI SANDWICH

Served with a side of Mixed Greens

CHICKEN SALAD 9.50

Herb Grilled Chicken, Dried Cranberry, Seasonal Apple, Celery, Red Onion, Feta Cheese, on Country Sourdough

CLUB 10.50

House-Roasted Turkey Breast, Applewood Smoked Bacon, Grape Tomato, Aged White Cheddar, and our homemade Hummus on Ciabatta

ALBACORE WHITE TUNA SALAD 9.75

Albacore White Tuna, Avocado, Grape Tomato, Celery, Red Onion, Fresh Dill, Aged White Cheddar, on Multigrain

GRILLED WRAP 8.95

Shagbark Mill 2-Bean Salad, Avocado, Black Rice, Fresh Cilantro, Roasted Corn, Manchego Cheese, Sweet Roasted Jalapeno Sauce, Whole Wheat Tortilla

*Add Adobo Chicken + 2.50

GRAIN BOWLS

QUINOA 8.95

Mediterranean Red, Lemon, Garlic, Cucumber, Mint, Chives, Grape Tomato, Roasted Beets, Tuscan Kale

Tossed With: Red Wine Vinaigrette

BLACK RICE 8.95

Seasoned Black Rice, Fresh Cilantro, Shallot, Jalapeño, Roasted Corn, Bell Pepper, Mesclun Blend, Manchego Cheese

Tossed with Spicy Avocado Ranch

*Add Adobo Chicken + 2.50

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Please make us aware of any food allergies and we will be happy to accommodate you.

SIGNATURE BOWLS

One substitute per signature, please

SIRLOIN 11.75

Grilled Sirloin Steak, Shagbark Mill 2-bean salad, Fresh Cilantro, Grilled Sweet Corn, Grape Tomatoes, Jalapeno, Tortilla Strips, Manchego Cheese, Chopped Romaine

Pair with:

Spicy Avocado Ranch

BOUNTY 8.95

Roasted Vegetable Skewer, Roasted Brussel Sprouts, Roasted Red Beets, Sunflower Seeds, Feta, Tuscan Kale

Pair with: Garlic Tahini

SAMJOKO 9.50

Korean BBQ Glazed Chicken, Watermelon Radish, Bell Pepper, Avocado, Bleu Cheese, Baby Spinach

Pair with:

Champagne Vinaigrette

ORCHARD 10.50

House-Roasted Turkey Breast, Candied Walnuts, Applewood Bacon, Seasonal Apple, Dried Cranberry, Aged White Cheddar, Baby Spinach

Pair With:

Caramel Apple Vinaigrette

ESTATE 9.75

Herb Marinated Chicken, Grape Tomato, Sauteed Mushroom, Orzo Pasta, Bell Pepper, Parmesan Crisp, Mesclun Blend

Pair with:

Balsamic Vinaigrette

WAKAME 9.50

Sesame Marinated Tofu, Sauteed Broccoli, Carrots, Sugar Snap Peas, Edamame, Wakame Seaweed, Sesame Seeds, Baby Spinach

Pair with:

Honey-Ginger

OMEGA 12.75

Roasted Salmon, Avocado, House-Pickled Red Onion, Artichoke Hearts, Goat Cheese, Sweet Bibb

Pair with:

Raspberry-Mint Vinaigrette

DELHI 9.50

Tandoori Spiced Chicken, Crispy Curried Chickpeas, Cucumber, Banana Pepper, Pickled Red Onion, Feta, Chopped Romaine

Pair with:

Greek Yogurt Dressing

GILMORE 9.25

Applewood Smoked Bacon, Pear, Grilled Zucchini, Roasted Buffalo Cauliflower, House Crouton, Tuscan Kale

Pair with: Parmesan Caesar

ADOBO COBB 9.95

Adobo Grilled Chicken, Grape Tomato, Shagbark Mill 2-Bean Salad, Roasted Sweet Corn, Boiled Egg, Bleu Cheese, Chopped Romaine

Pair with: Red Wine Vinaigrette

CREATE

\$7.95

FRESHLY CHOPPED GREENS:

Romaine • Baby Spinach • Iceberg
Mesclun Blend • Tuscan Kale • Sweet Bibb (+1.00)

ELEMENTS: (CHOOSE 4)

Roasted Corn	Dried Cranberry	Banana Pepper
Grape Tomato	Orzo Pasta	Sugar Snap Pea
Jalapeno	Carrot	Sunflower Seeds
Bell Pepper	Edamame	Sautéed Broccoli
Hard Boiled Egg	Kalamata Olive	Pickled Red Onion
Seasonal Apple	Cucumber	Roasted Beets
House Crouton	Artichoke Hearts	Crispy Curried Chickpea
Tortilla Strips	Pear	

CHEESE: (CHOOSE 1)

Bleu • Aged White Cheddar • Parmesan Crisps • Feta

PREMIUMS:

Grilled Sirloin: 3.75	Goat Cheese: 1.00
House-Roasted Turkey: 3.00	Roasted Brussel Sprouts: 1.25
Herb Grilled Chicken: 2.50	Roasted Buffalo Cauliflower: 1.00
Tandoori Chicken: 2.50	Sauteed Mushrooms: 1.00
Chicken Adobo: 2.50	Avocado: 1.25
Korean BBQ Glazed Chicken: 2.75	Wakame Seaweed: 1.25
Applewood Smoked Bacon: 1.50	Watermelon Radish: 1.00
Roasted Salmon: 3.75	Candied Walnuts: 1.00
Sesame Marinated Tofu: 2.25	

DRESSING LIST

Basil Pesto	Greek Yogurt	Champagne Vinaigrette
Buttermilk Ranch	Parmesan Caesar	Balsamic Vinaigrette
Caramel Apple	Lemon Juice	Red Wine Vinaigrette
Peanut	Honey-Ginger	Raspberry-Mint Vinaigrette
Garlic Tahini	Extra Virgin Olive Oil	Spicy Avocado Ranch

VER-AN-I-CO

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1. A period of unseasonably warm weather.
2. A summer break in the middle of your day.
3. Fresh, simple, honest meals, carefully executed by folks with a sincere commitment to locally sourced ingredients and first-class customer service.

HOURS

Monday - Friday: 10:30 AM - 8:00 PM
Saturday: 11:00 AM - 2:00 PM and Special Events

*We serve flatbreads, with homemade dough, starting at 4:00 PM.
But you can have a drink whenever you want!*

SCRATCH SOUPS

Soups, including stock, prepared in-house

8oz - \$4 • 12oz - \$5.50

Caribbean Black Bean Stew with Jamaican all-spice, nutmeg, cream
Chefs Choice, Changes Daily

SIDES, SNACKS, & TREATS

House-made Protein Bars with Homemade Granola: 3.50	Homemade Hummus: 3.50 Pita Chips: 1.75
Organic Yogurt, Homemade Granola, & Fresh Berries: 5.50	OH! Chips (Franklinton): 2.25 Deep River Chips: 1.75
Hand-made Cookies: 2.00	

BEVERAGES

HOUSE SQUEEZED JUICE - 5.00

Pressed Daily

Orange - 8oz

With Pear, Red Beet, Ginger Root

Carrot - 8oz

With Seasonal Apple, Pineapple

BOTTLED BEVERAGE

Steaz Organic Green Teas
Runa Teas
Aqua Panna
Boylan Sodas
San Pellegrino
San Pellegrino Flavors
Smart Water
Kombucha

HOUSE BREWED

ICED TEAS - 1.95

**Organic Fair Trade Tea Blends*

FRESH SQUEEZED

LEMONADE - 1.75

