

STARTERS

HEIRLOOM TOMATOES GF V	60 / 8•2•3 / 2	11
dressed with olive oil, basil, Maldon salt and cracked black pepper		
MIXED GREENS SALAD GF		9
with french vinaigrette	50 / 4•2•3 / 2	
with roasted lemon vinaigrette	110 / 6•2•9 / 2	
with bleu cheese dressing	60 / 4•4•3 / 2	
GRILLED CAESAR SALAD E	145 / 18•10•5 / 6	8
with grilled romaine and white anchovy		
ROASTED TOMATO GAZPACHO GF V E	80 / 10•2•5 / 2	7
with "Greek salad" garnish		
SOUP OF THE DAY	ask your server	6
BAKED ARTICHOKE 'FRIES' GF	90 / 10•4•5 / 5	6
CORN BREAD, 4 SLICES (Nutritional information per slice)	80 / 14•2•2 / 1	6

ENTREES

SEARED-SALMON SALAD* GF	275 / 12•22•15 / 4	19
julienne vegetables and horseradish tomato vinaigrette		
THAI BEEF SALAD	315 / 18•34•12 / 3	17
grilled grass-fed steak, baked wontons, spicy thai dressing, shaved jalapenos		
CHICKEN COBB SALAD GF E	365 / 21•33•16 / 5	16
butter lettuce, avocado, blue cheese, grilled chicken, turkey bacon, egg, red onion and vegetables with roasted lemon vinaigrette		
sub salmon	400 / 21•25•23 / 5	22
sub churrasco	395 / 21•31•20 / 5	22
sub shrimp	345 / 22•30•15 / 5	21
PASTA BOLOGNESE	380 / 52•22•8 / 3	18
whole grain pasta baked with rich bolognese sauce topped with parmesan cheese		
CHURRASCO* GF	375 / 21•46•11 / 3	19
argentine-style steak with arugula and herbed potatoes		
OMELET OF THE DAY GF	170 / 6•17•9 / 3	12
build your own with mushroom, tomato, onion, spinach, mozzarella served with mixed greens salad		
HEARTH-FIRED WHOLE-WHEAT MARGHERITA FLATBREAD	345 / 54•15•8 / 5	11
flatbread crust with hearth-roasted tomatoes, fresh buffalo mozzarella and basil		
CHICKEN STIR FRY	375 / 42•32•8 / 5	13
brown rice, ginger, garlic, cilantro, fresh vegetables and mongolian bbq sauce		
sub tofu	365 / 43•19•14 / 6	13
sub salmon	415 / 42•31•13 / 5	18
sub shrimp	370 / 43•29•8 / 5	18
SIDE SPRINGER MOUNTAIN FARMS CHICKEN BREAST GF	175 / 0•33•4 / 0	10
SIDE BLACK PEARL ORGANIC SALMON GF	220 / 0•24•13 / 0	15
SIDE TALLGRASS, PASTURE RAISED BEEF TENDERLOIN GF	220 / 0•33•9 / 0	22

SANDWICHES

COLONEL NEWSOM'S PROSCIUTTO ON CIABATTA	435 / 58•23•13 / 7	15
grilled figs, brie, fresh arugula, balsamic reduction served with fruit salad		
GRASS-FED BEEF BURGER*	495 / 53•34•17 / 8	11
tall Grass beef burger served on a whole-wheat roll served with coleslaw		
BLACK & BLEU CHICKEN BURGER	435 / 54•34•10 / 6	13
homemade blackened chicken patty, bleu cheese, arugula served with coleslaw		
ROASTED VEGETABLE CIABATTA	370 / 57•14•11 / 7	12
homemade ciabatta, pistou, grilled vegetables, oaxaca cheese served with coleslaw		
LOADED SOUTHWEST VEGGIE BURGER	425 / 71•17•14 / 12	11
homemade spicy, veggie burger patty served on a soft whole wheat roll with avocado pico de gallo, lettuce, tomato and onion served with coleslaw		
RANCH'S SHELLFISH CAKE SANDWICH	250 / 39•16•4 / 5	14
lobster, shrimp and crab cake with spicy 1000 island dressing served with fruit salad		
ALT E	400 / 52•12•18 / 11	11
florida avocado, lettuce and heirloom tomato with avocado mayo served with coleslaw		
FISH SANDWICH*	475 / 51•34•16 / 7	12
fresh fish of the day with chipotle aioli and fresh salsa served with coleslaw		
BBQ CHICKEN SANDWICH	475 / 63•32•11 / 5	11
pulled chicken in our fruit juice based bbq sauce served with pineapple coleslaw		

E=EXPRESS LUNCH OPTION GF=GLUTEN FREE V=VEGAN

Cals/Carb gm•Protein gm•Fat gm/Fiber gm (tr = trace (less than 1 gram)

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

18% gratuity will be added to all checks