

## Lunch

### Soup & Salads

#### Homemade Soup of the Day

\$4

#### Woodlands Palm Salad <sup>GF</sup> ♥

Baby greens, hearts of cabbage palm, heirloom grape tomatoes, candied walnuts, bleu cheese crumbles, balsamic vinaigrette

Small \$7 Large \$9

#### Caesar Salad

Hearts of romaine, housemade dressing, whole wheat croutons, shaved Parmigiano-Reggiano

Small \$7 Large \$9

#### Grilled Asparagus Salad <sup>GF</sup> ♥

Arugula, topped with grilled asparagus, heirloom grape tomatoes, goat cheese crumbles, black mission figs, roasted garlic herb vinaigrette

\$9

#### Spinach Salad <sup>GF</sup>

Baby spinach, chopped egg, vine-ripe tomatoes, matchstick carrots, crispy leeks, warm smoked bacon vinaigrette

Small \$7 Large \$9

#### Goat Cheese Salad <sup>GF</sup> ♥

Baby greens tossed in a raspberry vinaigrette, fresh strawberries, roasted almonds, topped with warm herb crusted goat cheese

Small \$8 Large \$10

#### Asian Salmon

Sesame seed crusted grilled salmon, served on an Asian slaw of lettuce, cabbage, bell peppers, carrots, and red onions, tossed in a peanut vinaigrette, drizzled with teriyaki and wasabi cream, pickled ginger

\$14

#### The Wedge

Wedge of Romaine, heirloom grape tomatoes, matchstick carrots, crispy smoked bacon, red onions, whole wheat croutons, bleu cheese crumbles and bleu cheese dressing

\$8

#### Black and Blue Salad <sup>GF</sup>

Blackened Petite Filet Mignon, served over baby greens, romaine, red onions, matchstick carrots, cucumbers, and heirloom grape tomatoes, tossed in a gorgonzola vinaigrette, sprinkled with gorgonzola crumbles

\$16

#### Add to any Salad

Grilled or Blackened Chicken \$4 Shrimp \$6 Salmon \$8 <sup>GF</sup> ♥

*Consuming raw or undercooked food may increase your risk for foodborne illness.*

<sup>GF</sup> Indicates Heart Healthy Items

♥ Indicates Heart Healthy Items