

organic restaurant

Lunch Menu

Appetizers

- Ahi Tuna Tartare** 12
pico de gallo, avocado, focaccia cracker
- Insalata Caprese** 9
fresh mozzarella with roasted grape tomatoes,
basil and extra virgin olive oil
- Fritti Calamari** 11
saffron aioli, smoked paprika, tomato coulis
- Gulf Tiger Shrimp Cocktail** 12
served with basil aioli, spanish avocado,
classic cocktail sauce
- Peking Duck Taco** 10
shredded peking duck, crêpe, spicy
hoisin dipping sauce
- Trio of Miniature Crab Cakes** 12
served with mango salsa, roasted
red pepper chutney
- Bruschetta** 9
vine ripened tomatoes, basil,
ciabatta bread, aged balsamic

Soups & Salads

- Vine-Ripened Tomato Soup** 8
roasted corn bruschetta
- Lobster Bisque** 8
cream fraiche and chive oil
- Crisp Iceberg Wedge** 9
smoked bacon, grape tomato, chives,
cucumbers, red onion, blue cheese dressing
- Chopped Greek** 9
kalamata olives, artichokes, cucumbers, pear
tomatoes, red onion and feta tossed in lemon
vinaigrette with spear of romaine
- Spinach, Frisée, Arugula and Gruyere Salad** 10
raspberry vinaigrette, balsamic reduction
- Caesar Salad** 8
rustic bread, parmigiano-reggiano, white
anchovy fillets, black pepper, caesar dressing

Sandwiches

- Barbeque Chicken Burger** 14
smoked bacon, mozzarella
- Grilled Portobello Mushroom Burger** 12
manchego cheese, caramelized onions, spicy
pear jam, baby arugula
- Grilled Beef Burger** 14
bacon, red onion, bibb lettuce, pickle, choice of
cheese
- Vegetarian Sandwich** 12
farm tomato, cucumber, avocado, confit
capsicum, grilled zucchini, olive tapenade,
feta hummus
- TBLT** 12
turkey, applewood smoked bacon,
pea sprouts, Virginia tomato on whole grain
bread, local herb aioli
- Steak & Cheese** 18
slow cooked aged beef with caramelized onions
and choice of cheese
- Healthy Club** 14
turkey, egg-white, avocado, heirloom tomatoes,
arugula, tomato pesto, 7-grain bread
- Carolina Pulled Pork BBQ** 14
pork smoked in house and dressed with your
choice of eastern carolina, western carolina
or south carolina style bbq sauce
- Oven-Baked Chicken &
Slow-Roasted Tomatoes on a Baguette** ... 15
spicy basil mayonnaise, caramelized onion,
sharp cheddar, baby arugula
- Classic Club with Chicken** 12
smoked bacon, lettuce, tomato, mayonnaise and
onion sprouts
- Chesapeake Crab Cake Sandwich** 19
fresh handpicked crab, veggie slaw and
caper-roasted tomato rémoulade
- Chipotle Chicken Quesadilla** 10
pepper jack cheese, corn, guacamole, tomatoes