

STARTERS

Chicken Tortilla Soup 7

Roasted free range chicken, guacamole, cheese, sour cream, & tortilla strips

Seasonal Inspired Soup 7

Market fresh ingredients

Sesame Seared Tuna 12

*Diakon slaw & peanut sauce

Spicy Chicken Lettuce Wraps 10

Sweet chili & char siu dipping sauce

Crispy Seared Pot Stickers 10

Vegetable ginger pot stickers, green onion, ponzu, & sweet chili dipping sauce

Apple, Endive Salad 8

*Feta cheese & lemon-thyme vinaigrette

Jumbo Crab Cake 14

Avocado relish, rosemary skewered shrimp, & red pepper aioli

Santa Barbara Organic Greens 8

Honey balsamic vinaigrette, radish, crispy bacon, & tomato wedge

SALADS

Thai Shrimp Salad 14

Napa cabbage, green onion, tempura shrimp & asian dressing

Classic Caesar Salad 10

Crisp romaine lettuce, fresh shaved parmesan, white anchovy, & warm garlic croutons

with grilled chicken or salmon 14

Traditional Cobb Salad 14

Grilled chicken, smoked bacon, egg, avocado, blue cheese, tomato, watercress, iceberg & romaine lettuce, tossed with lemon dijon dressing

Tandoori Chicken Salad 12

*Romaine, tomato, red onion, cucumber, green pepper, boneless chicken, & fatoush

SANDWICHES

Quick Fix 14

Seasonal inspired soup, half turkey wrap, caesar salad or fries

Roasted Turkey Wrap 14

Sonoma pepper jack cheese, avocado, lettuce, & chive aioli in a stoneground tortilla

Original Club Sandwich 14

Warm sliced grilled chicken, smoked bacon, crisp lettuce, sliced tomatoes, herbs spread on our signature ciabatta roll, served with a fresh cucumber salad

Angus Burger 14

Fresh ground sirloin, crisp lettuce, sliced tomato & red onion garnishes with french fries & herb dip

choice of bacon, avocado, point Reyes cheese, or sautéed mushrooms 15

Reuben 14

Corned beef, sauerkraut, swiss cheese, thousand island dressing, on rye bread

West Coast Cheese Steak Melt 14

French baguette, bell peppers, onions, all natural new york provolone cheese

Build-A-Panini 14

Choice of chicken, ham or roast beef pepper jack, swiss cheese, or provolone bibb lettuce, avocado, & tomato

MAIN COURSES

Seared Ahi Tuna Pasta 21

Rigatoni pasta, spinach, leeks, zucchini, peas, pesto cream sauce

Garden Vegetables Ravioli 18

Vegetables brunoise & sun dried tomato cream

Glaze Salmon 23

Vegetables piperade, chive ginger accent, & pomegranate glaze

All Natural New York Steak 34

Smoked smashed potatoes, baby vegetables, madagascar peppercorn sauce

Herb Roasted Free Range Chicken 24

Grilled jumbo asparagus, potato medley, carrot, tarragon jus

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. Please notify your server if you have any food allergies or require special food preparation & we will be happy to accommodate your needs.

For parties of eight or larger, a 20% gratuity will automatically be added to your bill.

A \$5.00 charge will apply to all split meals.

* Stay-Fit Cuisine: A tasty, well-balanced & nutritionally sensible menu option