



## SALADS & BOWLS

### AHI TUNA COBB SALAD \$22

confit ahi tuna • spinach • baby kale • avocado • heirloom tomato • pickled cucumber • guanciale • crispy quail egg • parmesan reggiano • lemon vinaigrette

### CAULIFLOWER CHICKEN SALAD \$20

roasted cauliflower • shaved brussel sprouts • pea shoots • baby spinach • smoked chicken • heirloom tomato • feta • almonds • green goddess dressing

### VEGAN POWER BOWL \$17

green chickpeas • radish • sunflower sprouts • cabbage • carrot • edamame • tomato • beet • spinach • brown rice • chia flax seed crumble • avocado lime vinaigrette

### TUNA POKE \$18

marinated ahi tuna • radish • sunflower sprouts • cabbage • carrot • beet • kimchi edamame • wakame • brown rice • sesame soy ginger

### ASIAN STEAK SALAD \$24

6oz flank steak • radish • carrot • pea shoots • wonton • edamame • spicy peanuts • sesame dressing

### ADD TOMATO BISQUE OR OUR DAILY SOUP TO ANY LUNCH SALAD \$2

## SANDWICHES

choice of soup or house green salad

### LA GROTTA PANINI \$16

trio of local salamis • arugula • provolone • aioli • bianca bread

### CHIPOTLE CHICKEN WRAP \$16

arugula • whole wheat tortilla • pepper jack • tomato

### CRISPY FISH TACOS \$17

cod • vegetable slaw • avocado • togarashi aioli • cilantro

### GRILLED CHEESE \$14

cheddar • gruyere • fontina • multi-grain

### SPICY CHICKEN SANDWICH \$18

sesame brioche bun • spicy fried chicken • bibb lettuce • heirloom tomato • fried onion • aioli

## FLATBREADS \$14

### MARGARITA

fior di latte • san marzano tomato • basil

### PROSCIUTTO

arugula • fontina • parmesan reggiano • balsamic

### BBQ CHICKEN

smoked chicken • chipotle bbq sauce • caramelized onion • avocado • fontina • parmesan reggiano

PLEASE ADVISE YOUR SERVER OF ANY DIETARY RESTRICTIONS OR ALLERGIES