



BRUNCH

swedish mini pancakes 14

seasonal fruit compote - whipped cream

fried egg sandwich 16

fried egg - bacon - arugula - havarti cheese
country wheat toast - lemon aioli - oven roasted potatoes

breakfast burrito 17

chicken sausage - cheese
black beans - peppers & onions - oven roasted potatoes

SHARED PLATES

chicken and broccoli quesadilla 15

whole wheat tortilla - pepper jack cheese - tomatoes
green onions - broccoli florets - sriracha aioli

newport nachos 15

corn chips - queso - red salsa - black beans - sour cream -
green onions - pickled chilis

cauliflower crust pizza 21

pesto - tomatoes - shaved cauliflower

SALADS

raw brussels sprout salad 16

mustard lemon dressing - arugula - shaved almonds

blt caesar 16

caesar dressing - kale - romaine - tomatoes
bacon bits - parmesan cheese

vegan chopped salad 17

red wine vinaigrette dressing - kale - romaine - butternut squash
beets - avocado - garbanzo beans

bacon bits 3 - avocado 4 - chicken 8 - salmon 11 - steak 12

SANDWICHES

grilled cheese panini 13

havarti & cheddar cheese - lemon aioli
country wheat toast

chicken sandwich 18

lemon aioli - arugula
red onion - country wheat toast

steak sandwich 20

lemon aioli - arugula
red onion - country wheat toast

chicken ricotta bacon burger 18

spicy aioli - arugula
tomato - red onion - brioche bun

lido beef burger 20

dijonnaise - havarti cheese - arugula
tomato

MAINS

vegan coconut curry 21

tofu - zucchini - onion - bell pepper
asparagus - green beans - broccoli
coconut curry sauce - red quinoa & rice

spaghetti lasagna 20

spaghetti squash - creamed spinach bechamel
marinara - mozzarella - ricotta - jack cheese

diy branzino fish tacos 29

pickled cabbage - pepper jack cheese
pico de gallo - avocado crema
red quinoa rice

GRAB & GO SNACKS

pico de gallo w/ chips 3

avocado crema w/ chips 5

hummus w/ crudite 10