

SALADS SERVES 5 | SERVES 10
add chicken +25 | 45, shrimp or steak +35 | 65

CALI CHOPPED GF V
22 | 32

crispy chopped mixed greens, grapes, walnuts, green & red peppers, chopped veggies, gorgonzola crumbles, gorgonzola-shallot dressing

CAESAR V
18 | 30

crispy romaine, parmesan croutons, tomatoes, kalamata olives, parmesan cheese, classic caesar dressing

KALE & CAULI GF V
22 | 32

shredded kale, cauliflower avocado rice, chopped romaine, walnuts, dried cranberries, shaved goat cheese, smashed avocado, balsamic-cashew vinaigrette

PASTA SERVES 5 | SERVES 10 served with rigatoni V
add sliced chicken or sausage +25 | 45 or shrimp +35 | 65

BROCCOLINI & HERB DF
60 | 110

extra virgin olive oil, panko bread crumbs, pepper flakes, parmesan
suggested with sausage

MUSHROOM MARSALA V
55 | 95

marsala wine-mushroom sauce

BASIL POMODORO PB DF
45 | 80

basil, pomodoro sauce with ricotta or plant-based ricotta

TRUFFLE THREE CHEESE V
55 | 100

parmesan, mozzarella, cheddar, panko bread crumbs, truffle oil

PESTO VERDE PB
52 | 95

parmesan, walnut-basil pesto, fresh arugula, lemon

BRICK OVEN PIZZA

Our 12" crust is made with naturally fermented sourdough, crafted locally by Gulfcoast. Substitute our locally crafted vegetarian (contains dairy), gluten-free crust (+2) toppings .75 each: pepperoni, sausage, broccoli, mushrooms

SIMPLE V 14

pomodoro sauce, basil, mozzarella or plant-based mozzarella

TUSCAN 16

pomodoro sauce, pepperoni, sausage, mozzarella, basil

HOT & SWEET 16

pomodoro sauce, charred pepperoni, mozzarella, Mike's hot honey

PLANT-BASED MUSHROOM WHITE PB 16

sliced mushrooms, onions, cracked black pepper, plant-based almond ricotta, plant-based mozzarella, truffle oil drizzle

MARSALA 15

sliced chicken, mozzarella, mushroom marsala-wine sauce

FOCACCIA V 15

house made, with a pomodoro dipping sauce

CALIFORNIA BOWLS

serves 5 - \$65 | serves 10 - \$130

CHOICE OF BASE

LEMON TURMERIC RICE | BROWN RICE
STICKY RICE | CITRUS SHREDDED KALE **GF DF**

SUB CAULIFLOWER AVOCADO RICE **GF DF** + \$6 | \$12

SUB SPAGHETTI SQUASH **GF DF** + \$6 | \$12

SUB UDON NOODLES **DF** + \$6 | \$12

MEXICAN **GF**

warm black beans, cheddar,
pico de gallo, avocado, lime sour cream,
toasted pepitas, balsamic vinaigrette

SPICY BRAZILIAN

sambal sauce, black beans, corn,
cheddar, crispy jalapeños, lime sour cream,
avocado, lime-caesar dressing

HOT & CRUNCHY **DF**

cucumber-jicama mix, scallions,
avocado, Tamari, tempura onions,
sesame seeds, Sriracha aioli
suggested with Ahi Tuna

CHOICE OF PROTEIN

GRILLED CHICKEN | BLACKENED CHICKEN
FLASH FRIED CITRUS TOFU **GF DF**

SUB GRILLED STEAK **GF DF** + \$10 | \$20

SUB GRILLED SHRIMP **GF DF** + \$10 | \$20

SUB AHI TUNA **GF DF** + \$15 | \$30

FITNESS **DF GF**

charred broccolini, roasted broccoli &
cauliflower, lime vinaigrette, pico
de gallo, hot sauce

THAI **DF**

scallions, jicama, carrot & mango mix,
cilantro, crisp wontons, curry
peanut sauce, togarashi

TAKE ME TO TERRI TOWN **DF**

teriyaki glaze, water chestnuts,
broccoli, baby corn,
carrots, cilantro, sesame aioli

add tortillas | corn **GF DF V** or flour **DF V** 15ct \$5 | 30ct \$10

WRAP PLATTERS

30 pieces - \$45

ALAMO

blackened chicken or grilled steak (+\$8),
sautéed onions, bell peppers, mushrooms,
jalapeño jack cheese, lemon-turmeric rice,
creamy horseradish dipping sauce

DIABLO

grilled chicken, avocado, mozzarella,
onions, lemon-turmeric rice,
chipotle tomato dipping sauce

VERDURA **PB**

crispy tofu, cauliflower avocado rice,
seasonal vegetables, kale slaw, dried
cherries, plant-based ricotta cheese

BASIC

grilled chicken, cheddar, yellow rice,
balsamic vinaigrette dipping sauce

SMALL BITES PLATTERS

SKEWERED CHICKEN **GF DF** \$35

20 piece platter served w/ balsamic vinaigrette

SKEWERED TOMATO, BASIL & FRESH MOZZARELLA **GF V** \$45

20 piece platter served w/ balsamic vinaigrette

SKEWERED STEAK **GF** \$50

20 piece platter served w/ horseradish sauce

SIDES

ROASTED VEGGIES **GF DF V** \$20

broccolini or cauliflower | serves 5

ASIAN GUACAMOLE **DF V** \$20

16oz house-made Asian guacamole
topped with sesame seeds, togarashi,
served with fresh tortilla chips

DRINKS

BOTTLED WATER \$2.5

ASSORTED SODA \$2.5

SEASONAL TEAS | LEMONADE

1/2 gallon or gallon

\$9 | \$18

DESSERTS

BROWNIES \$20

10 CT fresh baked brownies

CHOCOLATE CHIP COOKIES \$20

10 CT fresh baked chocolate
chip cookies

PB- PLANT BASED V- VEGETARIAN GF- GLUTEN FREE DF- DAIRY FREE