

SALADS

SERVES 5 | SERVES 10

add chicken +25 | +50, shrimp or steak +35 | +70

CALI CHOPPED GF V

32 | 60

crispy chopped mixed greens, grapes, walnuts, green and red peppers, chopped veggies, gorgonzola crumbles, gorgonzola dressing

CAESAR V

32 | 60

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

KALE & CAULI GF V

32 | 60

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

PASTA

SERVES 5 | SERVES 10 served with rigatoni V

add sliced chicken or sausage +25 | 50 or shrimp +35 | 70

BROCCOLI & HERB V

60 | 110

extra virgin olive oil, panko bread crumbs, pepper flakes, parmesan

MUSHROOM MARSALA V

60 | 115

marsala wine-mushroom sauce

BASIL POMODORO V

55 | 105

basil, pomodoro sauce with ricotta or plant-based ricotta

VODKA TOMATO V

60 | 115

creamy tomato sauce, garlic, basil, parmesan

TRUFFLE THREE CHEESE V

60 | 115

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

PESTO VERDE V

60 | 115

parmesan, walnut-basil pesto, fresh arugula, lemon

PLANT-BASED ALFREDO PB

60 | 115

plant-based mozzarella, creamy plant-based alfredo sauce

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 \$2 each: pepperoni, sausage, broccoli, mushrooms

SIMPLE V 14

pomodoro sauce, basil, olive oil, mozzarella or plant-based mozzarella

TUSCAN 16

pomodoro sauce, pepperoni, sausage, mozzarella, basil

MARSALA 15

sliced chicken, mushrooms, mozzarella, marsala wine-mushroom sauce

HOT & SWEET 16

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

CALIFORNIA BOWLS

serves 5 - \$70 | serves 10 - \$135

CHOICE OF BASE

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

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

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

MEXICAN **GF**

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

SPICY BRAZILIAN

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

HOT & CRUNCHY **DF**

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

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

CHOICE OF PROTEIN

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

SUB GRILLED STEAK **GF DF** + \$15 | \$30

SUB GRILLED SHRIMP **GF DF** + \$15 | \$30

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

FITNESS **DF GF**

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

THAI **DF**

scallions, jicama, carrot and mango mix,
cilantro, crispy wontons, togarashi,
curry peanut sauce

TAKE ME TO TERRI TOWN **DF**

broccoli, corn, carrots, cilantro,
Tamari, sesame aioli

WRAP PLATTERS

ALAMO

blackened and grilled chicken or
grilled steak (+\$10),
sautéed onions, green and red peppers,
mushrooms, jalapeño jack cheese,
lemon turmeric rice,
side of creamy horseradish

DIABLO

grilled chicken, avocado, mozzarella,
lemon turmeric rice,
chipotle tomato sauce

30 pieces - \$55

VERDURA **PB**

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

BASIC

grilled chicken, cheddar,
lemon turmeric rice,
side of balsamic vinaigrette

CALIFORNIA CLUB **DF**

grilled chicken, crispy bacon, lettuce,
tomato, avocado, side of honey
mustard

SMALL BITES PLATTERS

SKEWERED CHICKEN **GF DF** \$40

20 piece platter, side of balsamic vinaigrette

SKEWERED TOMATO, BASIL & FRESH MOZZARELLA **GF V** \$50

20 piece platter, side of balsamic vinaigrette

SKEWERED STEAK **GF** \$60

20 piece platter, side of horseradish sauce

DRINKS

BOTTLED WATER \$2.50

ASSORTED SODA \$3

SEASONAL TEAS | LEMONADE

1/2 gallon or gallon

\$9 | \$18

SIDES

ROASTED VEGGIES **GF DF V** \$25

broccoli or cauliflower | serves 5

ASIAN GUACAMOLE **DF V** \$20

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

FOCACCIA **V** \$20

house made, side of
pomodoro dipping sauce

DESSERTS

BROWNIES \$20

10 CT fresh baked brownies

CHOCOLATE CHIP COOKIES \$30

10 CT fresh baked chocolate
chip cookies

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