

LUNCH MENU

Starters & Salads

Soup of the Day / Soup of the Month • reference daily special sheet	5
VEGAN GF Fire Roasted Vegetable Soup	5
V Veggie Quesadilla • peppers / onions / asparagus / mushrooms / cheddar cheese / flour tortilla • no substitutions Add: chicken...7 / shrimp...9	12
GF Shrimp Cocktail • poached / lemon / bay leaf / celery salt / spices / cocktail sauce	14
V GF Side or Entrée House Salad • choice dressing • Add: chicken...7 / shrimp...9 / salmon...10	5/10
Side or Entrée Caesar Salad • Add: chicken...7 / shrimp...9 / salmon...10	6/12
V GF Sweet Potato & Goat Cheese Salad • mixed greens / sweet potato / goat cheese / maple pecans / raisins / red onion / apple cider vinaigrette • *Add: chicken...7 / shrimp...9 / salmon...10	8/15

*Available Dressings: ranch / blue cheese / balsamic vinaigrette / honey mustard / Italian / Caesar / oil & vinegar / apple cider vinaigrette

Handhelds

V Grilled Cheese Sandwich • melted American cheese / toasted white • choice side	10
Full Deli Sandwich • ham / turkey / tuna salad / egg salad / or chicken salad / lettuce / tomato / choice cheese / choice bread • choice side	12
Soup & ½ Sand or ½ Salad • soup of the day / soup of the month / or fire roasted veg soup ham / turkey / tuna salad / egg salad / or chicken salad / lettuce / tomato / choice cheese / choice bread OR ½ house salad / ½ Caesar salad / or ½ specialty salad	12
BLT • bacon / lettuce / tomato / mayonnaise / choice bread • choice side	14
Amavida Burger • choice cheese / lettuce / tomato / onion / brioche bun • choice side *California Veggie Burger available upon request	15
Chicken Fingers • (3) breaded / white meat / honey mustard sauce • choice side	10
Grilled Hot Dog • choice side	10

*Available sides: French fries / sweet potato fries / fresh fruit / coleslaw.
soup and side house or Caesar salad available for an upcharge.

V Vegetarian GF Gluten Free

Consuming raw or undercooked meats, seafood, eggs, or unpasteurized milk may increase the risk of foodborne illness

LUNCH MENU

Fork & Hand

VEGAN ^{GF} Vegan Tostada • white corn tortilla / black bean & walnut purée / romaine / pepitas / corn / red pepper / salsa	13
^{GF} Shrimp & Grits • blackened or seared shrimp / grits / leeks / corn / cream / cheese	18
Daily Lunch Special • reference daily special sheet	TBD

Desserts

Fresh Baked Cookies • (2) chocolate chip / macadamia nut / oatmeal raisin	3
^{GF} Assorted Ice Creams • ask your server for daily flavors	5
Dessert of the Day • reference daily special sheet	6
Orange & Cream Cheesecake • Chantilly cream	7
^{GF} Pistachio Crème brûlée • crushed pistachio / Chantilly cream	7
Chocolate Lava Cake • vanilla ice cream	8

Non-Alcoholic Beverages

Fountain Soda • coke / diet coke / coke zero / lemonade / ginger ale / sprite zero	1.50
Canned Soda • coke / diet coke / coke zero / ginger ale / sprite / sprite zero	2
Bottled Water	2
Coffee / Decaf / Hot Tea / Iced Tea	1.50
Juice • apple / cranberry / orange / tomato • no free refills	1.50
Milk • skim / vitamin d - whole	2

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