

Cold Plates

Winter Salad \$11 ✓

mixed greens, blueberries, carrot, tomato
goat cheese, lemon vinaigrette
chicken \$4 steak \$5 shrimp \$6 salmon \$7

Metropolitan Salad \$9 ✓

mesclun, beets, heirloom tomato, cucumber
goat cheese, red onion, balsamic vinaigrette
chicken \$4 steak \$5 shrimp \$6 salmon \$7

Arugula Salad \$10 ✓

arugula, bacon, tomato, cucumber
lemon vinaigrette
chicken \$4 steak \$5 shrimp \$6 salmon \$7

Greek Salad \$12 ✓

cucumber, heirloom tomato, bell pepper,
olives, onion, spinach, feta, evoo, vinegar
chicken \$4 steak \$5 shrimp \$6 salmon \$7

Brie Bruschetta \$10

house-made red pepper jelly, brie cheese
arugula, cracked black pepper
served on ciabatta crostini's

Wedge Salad \$11 ✓

ice berg lettuce, tomato, carrot, cucumber
red cabbage, avocado, ginger-soy dressing
chicken \$4 steak \$5 shrimp \$6 salmon \$7

Hummus \$7

roasted pumpkin, evoo, micro greens
house-made grilled flatbread

Caprese Bruschetta \$10

grilled ciabatta, basil pesto, marinated
heirloom tomato, fresh mozzarella, balsamic
reduction

Baba Ganouj \$7

evoo, katamala, micro greens, citrus zest
house-made grilled flatbread

Ahi Tuna Pokè \$14

raw tuna, cucumber, red onion, sesame seeds
original sesame marinade or spicy hawaiian
served with wonton chips

Marinated Olives \$6 ✓

mixed olives, evoo, chiffonade basil, crushed
garlic, chili flake, goat cheese, citrus zest
served with house-made grilled flatbread

Cheese & Charcuterie

served with chef's daily selection of accouterments

Pick two \$11 Pick Three \$13 Pick Four \$16 Pick Six \$22

✓ "Tillamook" aged sharp cheddar (OR)
Smoked "Moody" Blue (CA)
Red Wine "Drunken" Goat (ES)
Triple Crème Brie (NY)
Humboldt "Fog" Goat (CA)
Cheese of the moment

Shaved Prosciutto (IT) Hind leg
Pepperoni (US) Ground beef & pork
Spicy Capicola (IT) Haunches
Tasso Ham (LA) Shoulder
Sopressatta (CAL) Ground pork
House Cured Pancetta (MD) Belly

Chefs Board

Chef's selection of 4 cheeses & 4 charcuterie \$25

gluten & nut free upon request

Hot Plates

Brussel Sprouts \$9

fried, tossed with raisin, walnut, garlic,
honey, & chili flake

Cauliflower \$8

fried, zathar, cayenne, garlic
basil pesto

Rockfish Wraps \$13 ✓

cajun seared, radicchio slaw, pico de gallo
served on bibb lettuce with lemon

BLT \$11

bacon, lettuce, tomato, spicy mayo, wheat
toast served with Met fries

Grilled Cheese \$12

cheddar, provolone, basil pesto,
caramelized onions on texas toast
with met fries

Chipotle Fried \$13

buttermilk chicken, pickled jalapeño relish,
radicchio slaw, spicy aioli, met fries

Lamb Burger \$14

aleppo encrusted, feta, apricot chutney,
basil pesto, arugula, with met fries

Chef's Burger \$13

daily crafted flavor, with Met fries

Black Bean Burger \$12

caramelized onion, spicy mayo, lettuce,
tomato, with met fries

Pesto Flatbread \$13

basil pesto, mushrooms, heirloom tomato,
onion, mozzarella cheese, orange-hemp
reduction

Fig & Goat Flatbread \$13

onion jam, arugula, fig, goat cheese, bacon,
chili flake fig reduction

Cured Flatbread \$13

red sauce, mozzarella, pepperoni,
salami, bacon, basil leaves

✓ - Vegetarian friendly

🐿️ - Contains Nuts

✓ - Gluten free

Executive Chef, Christopher Newark

Consuming raw or undercooked meat, seafood, or poultry may increase your risk of food-borne illness

Gratuity is added to parties of 6 or more