

GRILL STATION (MON - FRI)

Cardinal Burger **7.29**
Grass-fed beef on a pretzel bun

Spicy Chicken Sandwich **6.99**
Fried chicken on a soft bun

Turkey Burger **6.99**
Diestel turkey on a rosemary roll

Chicken Sandwich **7.29**
Free-range chicken on a rosemary focaccia bun

Vegetarian Burger **V** **6.99**
Black bean burger on a rosemary roll

Beyond Burger **VGN** **10.49**
100% plant-based patty on a pretzel bun

Add-Ons:

Gruyère or Cheddar Cheese, Bacon, Avocado

COMFORT FOOD

Grilled Cheese Sandwich **V** **4.99**
Cheddar cheese on toasted sliced sourdough

Chicken Tenders (4) **5.99**

Tuna Melt **7.50**
Tuna salad and cheddar cheese on sourdough bread

Lentil Dal **VGN** **GF** **7.49**
with steamed rice (Only available Mon & Fri)

Mixed Green Salad **VGN** **GF** . . . **3.00** Side Basket

Delicata Squash Salad **VGN** **GF** . **4.50**

Fries **VGN** **GF** **1.99** **3.29**

Sweet Potato Fries **VGN** **GF** . . . **2.29** **3.99**

ISLAND STATION (MON-THURS)

BUILD-YOUR-OWN

Small Large

Grain Bowl **9.49**

Salad Bar **7.99** **11.99**

Add-Ons:

Chicken, Diced Bacon or Tofu, Half Avocado,
 Hard-Boiled Egg, Tuna Salad, Chicken Salad,
 Salmon Fillet (4oz)

Sandwich Bar **8.79**

Soups **3.75**

Mon: Chicken Coconut Curry, **GF** Potato Leek **V** **GF**

Tue: Italian Wedding, Garden Vegetable **VGN** **GF**

Wed: Clam Chowder, Lentil **VGN** **GF**

Thu: Chicken Tortilla, Broccoli Cheddar **V**

Pizza by the Slice **4.00**

Vegetarian **V** or Pepperoni

Vegetarian Chili **V** **GF** **5.99**

VGN Vegan **V** Vegetarian **GF** Gluten Free

GLOBAL BOWL (TUE-THU)

FIESTA TUESDAY

Build-your-own Torta **10.99**

Toasted bread with refried beans, lettuce, tomato, avocado, queso fresco, spread of mayo and choice of protein (al pastor or carne asada)

Vegetarian Torta **10.99**

Breaded eggplant, arugula, cotija cheese, roasted bell pepper, sun-dried tomato aioli, tomato, lettuce and avocado **V**

Pork Pozole **GF** **9.99**

WEEKLY SPECIAL (WED-THU)

Chicken Adobo **GF** **12.00**

with garlic fried rice and roasted broccoli

NOODLE BOWLS (WED-THU)

Pho **GF** **9.00**

Rice noodles, beef or chicken, sprouts and Thai basil in a classic broth

Laksa **GF** **9.50**

Malaysian coconut red curry broth with rice noodles, beef or chicken, boiled egg, cilantro and lime. Broth contains shellfish.

