

LUNCH

SANDWICHES

THE BREAD: Gluten free focaccia, sour dough ciabatta roll, pumpkin rye loaf, pumpkin focaccia

TUNA SALAD 12
in a vinaigrette with baby spinach, mixed sprouts & avocado

ALL NATURAL SALAMI 13
served with shaved parmesan, tomatoes, homemade chunky arugula & walnut pesto

LAVASH WRAP WITH CHICKPEA FALAFEL 11
cumin-cinnamon yogurt, hummus, lettuce & tomato

PORCHETTA 14
wrapped in pork belly, mustard mayo & arugula

GRILLED PORTABELLA MUSHROOM 12
served with roasted red peppers, asiago cheese & balsamic glaze

ROASTED CHICKEN 13
sautéed pancetta, kale & havarti cheese

SLOW ROASTED PULLED BEEF 14
red beets, & aged English farmhouse cheddar

SIDES

HAND CUT FRIES *with lemon-basil aioli* 6

SMALL KALE CAESAR SALAD 8

SMALL HARVEST *with your choice of sauce* 8

LUNCH

SALADS

THE DEVILS ISLE KALE CAESAR

chopped kale, baby spinach, aged parmesan, croutons & smoky bacon Caesar vinaigrette

14

THE HARVEST BOWL

kale, greens, sprouts, beets, carrots, green onions, fennel, Napa cabbage, dill, flaxseed & cashews over warm brown rice 14

CHOOSE YOUR SAUCE:

*thai almond coconut curry
butternut squash with roasted garlic
tomato with fresh herbs and olives*

CHOOSE YOUR PROTEIN:

5 - *roast Amish chicken*

6 - *crackling pork*

15 - *grilled Scottish salmon*

5 - *warm falafel*

5 - *sautéed tofu*
