



## QUINOA POWER SALADS

**MEDITERRANEAN (VEGAN)** 11.99  
 quinoa, chickpeas, cherry tomato, red onion, cucumber, kale, marinated artichoke and kalamata olives. Served with lemon vinaigrette.

**STRAWBERRY ALMOND** 11.99  
 fresh strawberries, goat cheese, almonds, cucumber and arugula. served with honey balsalmic dressing

## NOODLES + MORE

**MAC & CHEESE** 10.99  
 Rotini noodles tossed in a decadent cheese sauce made with five italian cheeses. Finished with parmesan cheese and toasted bread crumbs.

**BACON MAC & CHEESE** 11.99  
 Rotini noodles tossed in a decadent cheese sauce made with five italian cheeses. Finished with parmesan cheese, crispy applewood bacon and toasted bread crumbs.

**CHICKEN TINGA ENCHILADAS** 10.99  
 Slow cooked chicken with a hint of chipotle, cilantro, cheddar-jack cheese and finished ranchero sauce.

## SALADS & WRAPS

**LOADED CHICKEN CAESAR** 11.99  
 chicken breast, bacon, boiled egg, croutons, parmesan, cherry tomato, spring mix with caesar dressing

**FOODE COBB** 12.49  
 chicken breast, bacon, egg, feta, avocado, cherry tomato, spring mix with buttermilk ranch dressing

**FIESTA CHICKEN** 11.49  
 chicken breast, cheddar-jack, black beans, corn, avocado, cherry tomato, tortilla strips, spring mix with jalapeno ranch

**BBQ CHICKEN** 11.49  
 chicken breast, pepper-jack, bacon, corn, red onion, cherry tomato, spring mix with buttermilk ranch

**CUCUMBER FETA B.L.T.** 10.99  
 bacon, feta, avocado, cucumber, cherry tomato, spring mix with buttermilk ranch dressing

**AVOCADO CAPRESE (V)** 11.99  
 burrata, basil, avocado, cherry tomato, spring mix with balsamic glaze.

**GOAT CHEESE & PEAR** 13.99  
 fresh pear, walnuts, crumbled goat cheese, prosciutto, arugula, honey drizzle and dijon vinaigrette.

**SPRING HARVEST** 13.99  
 chicken breast, dried cherry, honeycrisp apple, candied pecans, gorgonzola and spring mix. served with dijon vinaigrette.

**CITRUS BURRATA** 14.99  
 cara cara orange, pomegranate arils, pistachio, burrata, arugula with honey balsamic vinaigrette.



## FROM SCRATCH SOUP

**BOWL & BAGUETTE** 8.49  
**BOWL, SIDE SALAD & BAGUETTE** 10.99

## SANDWICHES

**CALIFORNIA CLUB** 11.49  
 turkey breast, bacon, avocado tomato, ranch, spring mix on artisan pesto bread

**PESTO PRIMO** 10.49  
 turkey breast, provolone, sun-dried tomato, arugula, pesto, ranch on artisan pesto bread

**GUACAMOLE CHICKEN CLUB** 11.49  
 chicken breast, bacon, pepperjack, guacamole, chipotle aioli, tomato, spring mix on ciabatta

**CHIPOTLE TURKEY** 10.49  
 turkey breast, pepperjack, chipotle aioli, tomato, spring mix on artisan cheddar bread

**TURKEY & HAVARTI** 10.99  
 turkey breast, havarti, artichoke tapenade, aioli, tomato, spring mix on artisan pesto bread

**FOODE CLUB** 11.99  
 turkey breast, applewood ham, bacon, honey dijon, tomato, spring mix on thick sliced white bread

**B.L.T.A.** 12.99  
 bacon, avocado, aioli, tomato, spring mix on thick sliced white bread

**BURRATA CAPRESE (V)** 11.49  
 mozzarella, sun-dried tomato pesto, basil, tomato, arugula, balsamic glaze on ciabatta

**MEDITERRANEAN PITA** 12.49  
 roasted garlic hummus, olive mix, prosciutto, feta, cucumber, arugula, oil/vin

## ADD SOUP OR SALAD

**CUP OF SOUP** 4.99  
**SIDE SALAD** 4.99  
**BAGUETTE** 1.75

## MEAL DEAL

**CHIPS + DRINK** 2.99  
**COOKIE + DRINK** 3.99  
**CHIPS + COOKIE** 3.99  
**CHIPS, COOKIE + DRINK** 4.99

## MELTS

**TURKEY CIABATTA MELT** 11.99  
 turkey breast, provolone, aioli, basil pesto, red onion, tomato

**PRIME RIB MELT** 13.49  
 prime rib, gruyere, aioli, creamy horseradish, caramelized onions

**CIABATTA ITALIANO** 12.49  
 pepperoni, salami, prosciutto, aioli, roasted red pepper, olive tapande, arugula, oil & vin



## FLATBREAD PIZZA

**CHICKEN, BACON & RANCH** 11.49  
 chicken breast, italian cheese, bacon, tomato, ranch

**BBQ CHICKEN** 11.49  
 chicken breast, italian cheese, bbq, bacon, tomato, cilantro, red onion

**CIAO BELLA** 12.99  
 sundried tomato pesto, pepperoni, salami, italian cheese, burrata, arugula, balsamic glaze

**CHICKEN ARTICHOKE** 11.49  
 chicken breast, artichoke, tomato pesto, italian cheese, arugula

**TUSCAN VEGGIE (V)** 11.45  
 sundried tomato, artichoke, italian cheese, arugula, ranch, balsamic glaze