

## appetizers

<b>poblano chilaquiles</b>	<b>17.50</b>	<b>desert jewels</b>	<b>12</b>
confit of local, pasture raised pork in rojo, corn tortillas, poblano cream sauce, salsa verde, kale rajas, cumin crema. add organic egg +4		medjool dates, organic cashew cheese, glazed pecans. raw, vegan, GF	
<b>vegan chilaquiles</b>	<b>16.50</b>	<b>roasted garlic and goat cheese</b>	<b>13.50</b>
house seitan in rojo, corn tortillas, chipotle con queso, salsa verde, kale rajas, cumin crema		grilled cuban bread, marinated goat cheese, roasted garlic, za'tar. vegetarian	
<b>calamari terra santa</b>	<b>15</b>	extra cheese +3, GF with chapati +2.50	
squid rings in oriental spices, lightly fried. with sauteed peppers and onions and sweet chili garlic sauce		<b>brie bernadette</b>	<b>13</b>
<b>medjool dates</b>	<b>11</b>	imported brie, almond encrusted. with crackers and honey. vegetarian	
luscious dates and goat cheese, served warm. vegetarian, GF		<b>jakarta rings</b>	<b>10.75</b>
<b>punjabi samosas</b>	<b>2 for 8.25</b>	tempura battered red onion rings with ketjap manis, our house version of the original ketchup. vegan	
indian dumplings with potatoes, peas, and traditional spices. with tamarind sauce. vegan		<b>old world hummus</b>	<b>12.75</b>
<b>asparagus frites</b>	<b>small 8   large 13</b>	chickpea tahini mousse, tomato cucumber relish, pita. vegan	
lightly breaded, topped with parmesan		GF with chapati +2.50	
<b>prawn kebobs</b>	<b>22</b>	<b>tuna tartare</b>	<b>17.50</b>
jumbo shrimp, skewered, with mango bbq and basil aioli		fresh tuna, red onions, avocado, cilantro in fresh lime. with fried wontons and wasabi sour cream. pescatarian	
<b>focaccia, the original</b>	<b>small 13.50   large 24</b>	<b>chipotle con queso</b>	<b>10</b>
our own italian flatbread, spiked with herbs and extra virgin olive oil, topped with pesto, tomatoes, feta, and parmesan. vegetarian, available vegan		melted cheeses, chipotle peppers, spinach, and artichoke hearts. with house tortilla chips. vegetarian	
GF on chapati +2.50		<b>vegan chipotle con queso</b>	<b>12</b>
<b>italian antipasto festival</b>	<b>16</b>	<b>quesadillas</b>	<b>11</b>
grilled shrimp, goat cheese, grilled onions, grilled squashes and portobellos. with grilled baguette. GF with chapati +2.50		spinach tortilla, colby jack, tomatoes, cilantro, scallions. with salsa and sour cream.	
		black beans +1.5   portobellos +2   chicken +4   shrimp +5	

## soups and salads

add 1 chicken breast +4 | add 2 chicken breast +8 | salmon +12 | shrimp +7 | tuna +12 | crab cake +10 | flank steak +11 | tofu +3.50  
add blackened seasoning to any protein +1.50

<b>jun kun stew</b>	<b>cup 6   bowl 9</b>	<b>greek salad</b>	<b>small 7   large 12.50</b>
root vegetables, broccoli, and limas in a Japanese inspired broth. vegan, GF		feta cheese, kalamata olives, tomatoes, red onions, croutons, organic greens, traditional Greek vinaigrette	
<b>crispy petal salad</b>	<b>15.50</b>	<b>old world salad</b>	<b>small 7   large 12.50</b>
roasted brussel sprout petals, lima beans, goat cheese crumbles, almond fig cake, crispy onions. olive oil and balsamic glaze. GF		roasted vegetables, warm goat cheese, mixed organic greens, with olive tapenade croutons and white wine dijon vinaigrette. vegetarian	
<b>garden side salad</b>	<b>4.25</b>	<b>raw hope salad</b>	<b>small 7   large 12.50</b>
organic baby greens, tomatoes, cucumbers, red onions. balsamic vinaigrette. vegan		organic baby greens and spinach, avocado, carrots, red onions, radishes, cucumbers, a light olive oil and lemon vinaigrette. vegan, raw	
<b>hibachi side salad</b>	<b>7.75</b>	<b>spinach salad</b>	<b>small 7   large 12.50</b>
crispy organic greens, carrots, radishes in a ginger carrot dressing. vegan, GF		organic baby spinach, strawberries, apples, and toasted almonds in basil balsamic vinaigrette. vegan, GF	
<b>tuna tartare + spinach salad</b>	<b>17.50</b>		
fresh tuna, red onions, avocado, cilantro in fresh lime over spinach. with wasabi sour cream. pescatarian			

## sides

pesto lima beans	4	quinoa pilaf	5.75	house fries	3.50
spinach alfredo	5.75	basmati rice	3	z-potatoes	4
stir fried vegetables	4	brown rice	4.50	mashed potatoes	4.25
vietnamese braised greens	5.75	mexican rice	4	roasted potatoes	4.25

please ask your server about dietary restrictions and preferences.

most items can be made to accommodate your dietary restriction or preference.

\*consuming raw or uncooked food may lead to foodborne illness

## entrees

<b>peanut-ginger thai noodles</b>	<b>17</b>	<b>prawn gorgonzola</b>	<b>27</b>
crispy tofu, snow peas, carrots, green onions, rice noodles, peanut-ginger sauce. vegan, available GF		sauteed jumbo shrimp, blue cheese cream sauce, capellini.	
substitute chicken +5, shrimp +7		substitute chicken, 21.50	
<b>crab cakes</b>	<b>28</b>	<b>egyptian kitchen (kusheri)</b>	<b>14</b>
pan-sauteed crab cakes, creole remoulade, basmati rice and stir-fried vegetables		traditional dish of egypt: ditalini, lentils, chickpeas, toasted angel hair, basmati rice, fried onions. fiery harissa on the side. vegan.	
<b>louis marsala</b>	<b>22.50</b>	add poached eggs +4	
chicken breast sauteed with mushrooms in marsala wine. with mashed potatoes and shrimp garnish		<b>pollo nuevo havana</b>	<b>23.50</b>
<b>cubean burrito</b>	<b>16.50</b>	blackened chicken breast, tamarindo jalapeno sauce, boursin cheese. with basmati rice, stir-fried vegetables. extra boursin +3, substitute whitefish +2	
cuban black beans and colby jack cheese in a flour tortilla. with chipotle con queso, sour cream, tomato cilantro salsa, and house tortilla chips. vegetarian available vegan +2		<b>z-man steak</b>	<b>39</b>
<b>salmon sonesta</b>	<b>30</b>	blackened beef tenderloin, boursin cheese. with grilled z-potatoes and spinach alfredo. GF. add poached eggs +4	
blackened scottish salmon, sun-dried tomato cream sauce. with mashed potatoes and stir-fried vegetables. available GF		<b>the sari wrap</b>	<b>14</b>
<b>ribs of the caribbean</b>	<b>half 22   full 36</b>	indian spiced potatoes, peas, chickpeas, and spinach in tortilla. tomato curry, red onion raisin chutney and raita. vegan	
smoked pork ribs, mango bbq sauce, and grilled z-potatoes		<b>faithful falafel</b>	<b>15.50</b>
<b>empress chicken</b>	<b>20</b>	baked. with pakistani salad of sweet potatoes, tomatoes, and cucumber in vegan yogurt with fresh mint sauce. leafy green garnish. vegan, GF	
crispy chicken, broccoli, and mushrooms in a sweet red chili oyster sauce. with basmati rice		<b>fish tacos</b>	<b>21.50</b>
<b>hoisin tuna</b>	<b>21.50</b>	lightly battered whitefish, mexican rice, pico de gallo, mozzarella, napa coleslaw, avocado, soft corn tortillas and cuban black beans. available vegan with tofu sea filet	
pan-seared, vietnamese braised hearty greens and roasted sweet potatoes, wasabi cream. pescatarian, available GF		<b>spicy jamaican tofu</b>	<b>15.25</b>
<b>east indian paella</b>	<b>16</b>	with brown rice pilaf and cucumber yogurt sauce.	
julienned snow peas, carrots, red bell peppers, peas, and broccoli in light curry sauce with brown rice pilaf. vegan, GF.		vegan, available GF	
add poached eggs +4		<b>moroccan lamb chops</b>	<b>36</b>
<b>curried chicken and shrimp paella</b>	<b>24</b>	pan-seared lamb chops, moroccan quinoa pilaf, bourbon tomato jam, pumpkin mint sauce. available GF	
chicken breast and shrimp, snow peas, carrots, red peppers, and peas in thai inspired, light curry sauce. with brown rice pilaf. GF		<b>east meets south fajitas</b>	<b>27</b>
<b>capellini marinara</b>	<b>10.50</b>	beef strips, sauteed bell peppers and onions, mexican rice, sour cream, and guacamole. with indian paratha for wrapping	
cappellini, plum tomato sauce, ricotta, and mozzarella.		available vegan with vegan beef	
available vegan		<b>shanghai stir-fry</b>	<b>17</b>
<b>tortellini graciella</b>	<b>19</b>	broccoli, snow peas, carrots, and other garden vegetables. with basmati rice.	
cheese tortellini, broccoli, mushrooms, and tomatoes in pesto cream sauce.		choice of spicy chili garlic sauce or mild black bean sauce. vegan. available	
vegetarian		gluten free with tamari sauce +1.50. substitute brown rice +1.50	
add chicken +5, tofu +3.50, shrimp +7		add chicken +5, tofu +3.50, shrimp +7	
<b>mr. krabs</b>	<b>28</b>	<b>bbq tempura salmon brochette</b>	<b>25</b>
sauteed whitefish topped with crab cakes in a pesto cream sauce. stir-fried vegetables and basmati rice		tempura battered salmon brochettes, mango bbq sauce, and red onion chutney. with pesto lima beans and basmati rice. pescatarian	

## sandwiches

all sandwiches are served with house fries unless otherwise noted. gluten free chapati +2.50

<b>smoked salmon tartine</b>	<b>16.75</b>	<b>selma's favorite fish</b>	<b>15.25</b>
cold smoked salmon, boursin cream cheese mousse, fried egg, capers, red onion, open faced on cuban toast. with roasted potatoes. available GF		creole battered whitefish, caper tartar, lettuce on focaccia	
<b>eggplant boursin panini</b>	<b>14.25</b>	<b>chicken parmesan</b>	<b>13.75</b>
breaded eggplant, marinara, boursin, mozzarella, cuban bread. with roasted potatoes		chicken, lightly breaded, marinara, and parmesan on cuban bread	
<b>jamaican chicken</b>	<b>16.50</b>	<b>isabelle pollo panini</b>	<b>16</b>
julienned chicken breast marinated in fiery jerk spices on focaccia. available GF over basmati rice or on chapati		chicken breast, ham, mustard, aioli, pickle relish, and swiss on cuban bread.	
<b>jamaican seitan or tofu</b>	<b>15</b>	with roasted potatoes	
housemade seitan or tofu in fiery jerk spices on focaccia. available GF with tofu over basmati or on chapati. vegan		<b>seitan parm panini</b>	<b>15.75</b>
<b>roasted vegetable panini</b>	<b>14</b>	housemade seitan, marinara, and vegan mozzarella on cuban bread. with roasted potatoes. vegan	
roasted red peppers, squashes, and red onions, basil aioli and cheddar on cuban bread. with roasted potatoes. vegan		<b>banh mi</b>	<b>15.75</b>
<b>sloppy falafel</b>	<b>13.50</b>	vietnamese bourbon braised beef, toasted baguette, spicy aioli, cucumbers on cuban bread. available vegan with vegan beef	
housemade falafel and tomato cucumber relish in pita. vegan		<b>hope farm burger</b>	<b>16.50</b>
<b>greek chicken fajita pita</b>	<b>15.75</b>	locally raised ground bison, roasted tomato, goat cheese, poached egg on pretzel bun	
grilled chicken, sauteed bell peppers and onions in pita. with cucumber yogurt sauce		<b>vegan bayou burger</b>	<b>15.75</b>
<b>spicy bacon cheeseburger</b>	<b>15</b>	char-grilled vegan burger, jakarta rings, creole remoulade and vegan cheese on cuban bread	
char-grilled beef, bacon, cheddar cheese, spicy aioli, lettuce, tomato, onion on pretzel bun		<b>kosta burger</b>	<b>17.50</b>
		locally raised ground lamb, feta, poached egg, shaved red onion, cumin aioli on pretzel bun	
		<b>po' girl</b>	<b>16.75</b>
		sauteed shrimp, sun-dried tomato aioli, lettuce on cuban bread	

