

Appetizers/Small Plates

Beet Carpaccio

Marinated, braised organic local beets, extra virgin olive oil, crumbled gorgonzola, grilled flatbread. 5.5

Ceviche

Chef's choice. 8

Fried Green Tomatoes

Tempura batter, lemon-caper rémoulade. 5.5

Falafel

Fried garlic-sesame chickpea "croquettes". Home-made tzatziki sauce. 6

Salmon Terracotta

House-cured salmon wrapped around organic local clover sprouts. Wasabi aioli, Sunburst caviar. 7.5

Baked Pimento Cheese

Sharp cheddar, Monterey jack, roasted red pepper, and poblano peppers. Grilled flatbread. 6.5

Shrimp Spring Rolls

Domestic wild shrimp, julienne vegetables, soba noodles wrapped in rice paper. Sweet Thai chili sauce. 7

Salmon Cakes

Wild Alaskan Salmon, capers, red bell pepper, and scallions. Garlic-lime aioli. 7.5

Scallops Bruschetta

Blackened Carolina scallops, rosemary-olive crostini, gorgonzola-walnut butter. 9.5

Bread Plate

Organic rosemary-olive bâtard, grilled flatbread. Tapenade, extra-virgin olive oil. 3

Soup/Salads

Chef's Soup Creations

Made fresh daily. Cup 3 Bowl 5

Add roast chicken breast, grilled tilapia or local tempeh to any salad for 3.

House

Organic baby greens, organic carrots, red onion, cucumber and tomato. Choice of dressing.

Side 3.5 Large 6.5

Caesar

Romaine hearts, homemade garlic croutons, anchovies and Parmesan.

Side 3.5 Large 6.5

Ahi Sprout Salad

Pan-Seared Ahi tuna, sweet pea shoots mung bean, daikon and clover sprouts. Red cabbage, spiced toasted pepitas and soy-lime vinaigrette. 12.5

The Med

Organic baby greens, beets, pistachios, goat cheese, roasted red pepper, dried cherries. Citrus vinaigrette. 8.5

Gourmet Flatbread Pizza

Thin, crispy flatbread drizzled with extra virgin olive oil, topped with your five favorite choices.

Half pizza 8.5 Whole pizza 15

Toppings: Artichoke Hearts, Basil, Sliced tomatoes, Feta, Mozzarella, Gorgonzola, Pesto, Anchovies, Kalamata Olives, Julienne Onions, Bell Pepper, Roasted Red Pepper, Shiitake mushrooms, Roasted garlic, Eggplant, Summer squash, sundried tomatoes,

Premium Toppings: (Count as two toppings) Grilled Chicken Breast, Andouille Sausage, Smoked Trout, Goat Cheese, Fresh Mozzarella, Chorizo.

Burgers and Panini

Served with seasoned fries, cup of soup or a side house or Caesar salad.
All burgers are 1/3 pound and hand-patted using only local Foothills Farms beef.

Ahi Panini

Grilled fresh ahi tuna, olive tapenade, fresh spinach and lemon mayo on grilled organic rosemary-olive bread. 12.5

Panini Caprese

Fresh mozzarella, basil and tomatoes drizzled with extra-virgin olive oil then grilled between organic rosemary-olive bread. 8.5

Chow-Chow Burger

Classic Southern spicy-sweet relish of green tomatoes and cabbage. Topped with Monterey jack cheese. 9.5

Black-and-Bleu Burger

Spicy Cajun seasoning, Gorgonzola cheese, smoked bacon and garlic mayo. 10

Back-to-Basics Burger

Lettuce, tomato, onion, and choice of cheese. Period. 9

Entrées

Most entrées come with daily vegetable or greens.
Add a cup of soup or a side house or Caesar salad 2.

Moroccan Roast Chicken

Coleman farms organic chicken breast, lemon zest and Moroccan spices. Tropical-fruit chutney and chopped pistachios. Israeli couscous. 13.5

Sunburst Farm Trout

Pan-seared local trout with classic lemon-caper & garlic picatta sauce. Parmesan risotto. 17

Fish or Shrimp Tacos

Tempura-battered tilapia or shrimp taco with fresh cabbage and cilantro-lime sauce. Fried plantains, organic brown rice, black beans and salsa.

One fish taco. 8.5

Two fish tacos. 11

One shrimp taco. 10.5

Two shrimp tacos. 13

Shrimp and Grits

Domestic wild shrimp, andouille sausage, poblano peppers and fresh tomatoes. White wine lemon & butter sauce. Local parmesan grits. 14.5

Thai Chicken Quesadilla

Lime-grilled chicken, spicy peanut sauce, green onion, shaved carrots and sweet red chili sauce, fresh cilantro. Organic brown rice, black beans and plantains. 13

Carolina Scallops

Jumbo Carolina diver scallops over lemon-basil risotto with shiitakes, summer squash, red bell pepper and leeks. 20
(As a vegetarian entrée 12.5)

Wasabi Tuna

Ahi Tuna steak pan-seared to order. Wasabi Mashed potatoes, ginger-pineapple chutney. 16

Vegetable Tagine

Chickpeas, carrots, tomatoes, bell peppers and eggplant simmered in coconut milk with Moroccan spices. Served over Israeli couscous with tzatziki sauce. 12.5

Lamb Chop

Free-range lamb chop rubbed with Greek oregano then grilled to order. Home made tzatziki sauce, fresh chive mashed potatoes. Single chop 14.5 Double chop 19

Steak au Poivre

Six ounce local grass-fed beef tenderloin filet encrusted with smoked peppercorns, grilled to order. Cognac crème, sour cream & chive mashed potatoes. 20