

LOCAL FOODS KITCHEN

CHEF'S MENU

STARTERS

- PIMENTO CHEESE AND FRIED SALTINES** 12
- SOUPS** House Tomato or Soup of the Day.....Cup...6.....Bowl...8
- KALE CAESAR** croutons, Parmesan Half...7.....Full...10
- HULEN WEDGE** iceberg, scallion, tomato, bacon, pecans, blue cheese & ranch Half...9..... Full...12
- STRAWBERRY SPINACH SALAD** green onion, crumbled feta, toasted almonds, lime strawberry dressing Half...8.....Full...11

Combos

COMBO 1
Soup or Wedge/Caesar/Spinach & ½ Sandwich....13-18

COMBO 2
½ Entree Salad & ½ Sandwich....18-23

COMBO 3
½ Entree Salad & Cup Soup....19

ENTREE SALADS

EXTRA DRESSING
2oz....no charge
4oz...1.00

- CHICKEN CAESAR** romaine, smoked bacon, red onion, garlic croutons, Parmesan..... Full...17..... Half...13 ...Wrap...15
- POWER SALAD** sweet potato, broccoli, edamame, carrot, sunflower, walnut, raisin, apple, lettuces, select a dressing
Full...17 Half...13 Wrap...15
Dressings: tzatziki • house vinaigrette • lemon • green goddess • ranch • caesar • sesame ginger • balsamic vinaigrette • creamy cilantro
- MEXCRUNCH** greens, black beans, pico, avocado, pepita seeds, corn tortilla, queso fresco, peppers, cabbage, creamy cilantro dressing & drizzled with chipotle orange bbq Full...17..... Half...13 ...Wrap...15
- KEBAB COBB** tandoori chicken, avocado, tomato, smoked bacon, onion, feta, peppers, greens, pita & Tzatziki dressing
Full...18 Half...14 Wrap...16
- CHINESE CHICKEN SALAD** crisp rice noodle, scallion, iceberg, cilantro, toasted almond and sesame ginger dressing
Full...16 Half...12 Wrap...14

SIDES & EXTRAS

- SWEET POTATO FRIES** 7
- CHEF'S GARLIC FRIES** 7
- GRILLED SALMON** half...6.50 full 12
- GRILLED CHICKEN** half...3.50 full 7
- BACON** slice...1.35 ...crumbled...2.50
- AVOCADO** half...3.00 full 6

SANDWICHES

Sandwiches come with a small salad chosen daily by our Chef

- HIPPIE CRUNCH** guacamole, tomato, lemon hummus, sweet potatoes, cucumber, fried onion and sprouts on walnut scallion 12
- ROAST TURKEY** smashed avocado, smoked gouda, garlic aioli, onion chow chow, tomato and greens on toasted jalapeno cheese bread.... 16
- ALBACORE TUNA SALAD** grilled or cold, white cheddar, red onion and greens on hippie wheat. *No splits on grilled* 13
- GRILLED CORNED BEEF REUBEN** topped with sauerkraut, swiss cheese, onion, Dijon, 1000 island on rye 16
- GRILLED FISH TACOS** slaw, pickled red onion, lime, cilantro, queso fresco, toasted cumin vinaigrette w/ avocado, tomato pico, chili fries 19
- WARM SMOKED CHICKEN PANINI** red onion, mozzarella, tomato, basil pesto, sriracha aioli on focaccia 15
- PIMENTO CHEESE BLT** sriracha, red onion on sourdough..... 14
- SBLTA** grilled salmon, bacon, lettuce, tomato, avocado and lemon aioli on grilled sourdough 18
- WARM GRILLED CUBANO** roasted pork loin, smoked ham, pickle, Swiss cheese & mustard on a pressed brioche roll (*not part of the combo*).. 15
- FARM BURGER (8oz)** Build your own and select from white or yellow cheddar, lettuce, tomato, onion, mayo, mustard and ketchup. Comes with choice of chips, fries or a vegetable salad from the center deli case..... 18
Add bacon, goat cheese, pimento cheese or Gorgonzola..... 2.50 - 2.70
Add guacamole 3.00

Kids Menu

UNDER 10 years....\$8-\$9

Select one: **GRILLED CHEESE • MAC & CHEESE • TURKEY CHEDDAR ROLLUP • PB & J • CHICKEN SKEWER**
fresh fruit or carrots & celery with ranch dressing

DRINKS

- GINGER LEMONADE**..... 3.50
- ICED TEA** (*classic or peach*)..... 3.00
- MIMOSA**glass... 6..... carafe...18
- ASSORTED JUICES, WATERS, REFRESHERS**
- AVOCA FRENCH ROAST** 3.50
- HOUSE COLD BREW**..... 4.00
- ARNOLD PALMER**..... 3.50
- WINE (SEE LIST)**
- IMPORT - LOCAL - DOMESTIC BEER**