

starters

ROASTED BEET HUMMUS V GF ♥
crudité, pita points - \$12

FRIED SHRIMP
petit greens, sweet thai aioli - \$16

BUFFALO WINGS OR TENDERS
blue cheese, hot sauce, celery sticks - \$13

BAKED SOFT PRETZEL V
swiss cheese sauce - \$9

CHILI & CHEESE NACHOS GFO
house-made chili, swiss cheese sauce,
jalapeños, sour cream, salsa - \$16
add guacamole, \$2

TUNA CARPACCIO GF
petit greens, red onions, capers, dill aioli - \$18

TASSO HAM & STEAMED CLAMS GFO
white wine garlic butter sauce, toast points - \$18

CHICKEN QUESADILLA
cheddar, onions, peppers, chili, cumin,
sour cream, salsa - \$15
add guacamole, \$2

MOZZARELLA FLATBREAD V ♥
tomatoes, white wine cream sauce, balsamic reduction - \$13

CRISPY BRUSSELS SPROUTS GFO DF
bacon, hot honey - \$12

soup & salad

TOMATO BASIL SOUP V GF cup / bowl - \$6 / 9

CHILI GF \$7 / 10

OR SOUP DU JOUR - \$mp

HOUSE SALAD V GF ♥
mixed greens, cucumber, carrots, red onions, grape tomatoes, basil balsamic vinaigrette - \$8 / 11

COBB SALAD GF
romaine, hardboiled egg, bacon, tomato, avocado, crumbled blue cheese, blue cheese dressing - \$12 / 16

CAESAR SALAD GFO
romaine, dijon caesar dressing, parmesan tuile, croutons - \$10 / 14
add anchovies, \$2

ICEBERG WEDGE GF
roasted tomatoes, english cucumbers, applewood bacon, crumbled blue cheese, blue cheese dressing - \$10 / 14

ADD-ONS
chicken - \$8 | shrimp - \$9 | salmon filet - \$12 | crabcake - \$15

GF gluten free as is

V vegetarian, or ask for the vegetarian option

GFO gluten free option available, please ask

♥ reduced calorie/sodium dish

DF dairy free as is

DFO dairy free option available, please ask

entrees

HOUSE-MADE RICOTTA GNOCCHI

asparagus, yellow squash, zucchini, spinach, mushrooms, sundried tomatoes, tomato coulis - \$19 / 26

add-ons: chicken - \$8 / shrimp - \$9 / salmon filet - \$12 / crabcake - \$15

BROWN RICE BOWL

peas, carrots, tofu, pickled ginger, fried egg, ginger soy dressing, red chili aioli - \$22

add-ons: chicken - \$8 / shrimp - \$9 / salmon filet - \$12 / crabcake - \$15

BACON CHEDDAR BURGER*

sautéed red onions, lettuce, tomatoes, toasted brioche - \$21

also available as a No Bull Burger, grilled chicken breast or grilled salmon filet (+\$3)

CHICKEN PICCATA

buttered asparagus, spaghetti, caper cream sauce - \$27

BEET & ORANGE CRUSTED SALMON

brown rice pilaf, crispy brussels sprouts, fresh herbs, lemon herb cream sauce - \$26 / 35

PAN ROASTED ROCKFISH

lemon tarragon risotto, carrot ribbons, tomato coulis - \$36

SEAFOOD POT-AU-FEU

shrimp, salmon, steamed clams, brown rice pilaf, lobster vegetable broth - \$26 / 33

SOUTHERN-STYLE GRILLED PORK RIBEYE

mac & cheese, tasso ham collard greens, maple mustard - \$34

SURF & TURF*

petite filet, seared crabcake, mashed potatoes, crispy brussels sprouts, red wine demi-glace - \$54

sides

\$ 6 EA

brown rice 

parmesan risotto 

mashed potatoes 

baked potato 

tasso ham collard greens 

steamed broccoli 

steamed asparagus 

crispy brussels sprouts 

mac & cheese

pizza

choose: white garlic cream or traditional tomato sauce,

medium or large - \$13 / 15

+ caramelized onions, mushrooms, tomatoes, olives, bell peppers, broccoli, artichokes, jalapeños, pepperoncini, extra cheese - \$1 ea

+ bacon, pepperoni, sausage, grilled chicken, bbq chicken, anchovies, spinach, sundried tomatoes, avocado, feta - \$2 ea

pizzas do not include a starter soup or salad

split plates are charged \$7 and are not offered on specials or any item available as a small size

please let us know about any dietary restrictions and we will do our best to accommodate

** consuming raw or undercooked meats, poultry, or seafood may increase your risk of foodborne illness*