





starters


ROASTED BEET HUMMUS   
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 
swiss cheese sauce - \$9


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

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

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

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

MOZZERELLA FLATBREAD  
tomatoes, white wine cream sauce, balsamic reduction - \$13




CRISPY BRUSSELS SPROUTS  
bacon, hot honey - \$12


soup & salad


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


CHILI  \$7 / 10

OR SOUP DU JOUR - \$mp

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

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

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

ICEBERG WEDGE 
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

 gluten free as is

 gluten free option available, please ask

 dairy free as is

 vegetarian, or ask for the vegetarian option

 reduced calorie/sodium dish

 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