

Nibbles & Nashes

HOUSEMADE PICKLES, SWEET 4
TANGY MIX OF ORGANIC VEGETABLES

MARINATED OLIVES 4
ITALIAN MIX, NO PITTS

GARBANZO BEAN HUMMUS 4
CROSTINI

WARM CORNBREAD, BUTTER 2

NIBBLE & NOSH PLATE 13
PICKLES, OLIVES, HUMMUS, CROSTINI

COWGIRL CREAMY CHEESE PLATE 15
THREE CHEESES, YUMMY THINGS THAT GO WITH CHEESE

SOUP OF THE DAY 5
ALWAYS VEGETARIAN, ALWAYS MADE RIGHT HERE, HOMEMADE CORNBREAD

BEEF & BEAN CHILI 6
ADD PARMESAN CHEESE & ONIONS, HOMEMADE CORNBREAD

NOTORIUS NACHOS 13
SHREDDED LETTUCE, TORTILLA CHIPS, BEEF & BEAN CHILI, CHEESE SAUCE, ONIONS, SALSA, GUACAMOLE, SOUR CREAM

FRITO PIE 8
LAYERS OF BEEF & BEAN CHILI, CREAMY CHEESE SAUCE, SOUR CREAM, JALAPENOS AND FRITOS

HAM & CHEESE CROISSANT 6

TOASTED BAGEL & CREAM CHEESE 4
(PLAIN BAGEL OR EVERYTHING BAGEL) ADD TOMATO, CUCUMBER, ONIONS .50 EACH | ADD SMOKED SALMON 3.50

Salads

CAPTAIN MANUEL CAESAR SALAD 7
HOUSEMADE GARLIC PARMESAN DRESSING, RED ONION, CROUTONS

POWER SALAD (GLUTEN FREE) 8
RED RICE, SPLIT PEAS, AMARANTH, QUINOA, ARTICHOKE, OLIVES, ROASTED RED PEPPERS, CHERRY TOMATOES, SHREDDED CABBAGE, FETA CHEESE, ROASTED GARLIC VINAIGRETTE

PT. REYES SALAD (GLUTEN FREE) 10
LITTLE GEM LETTUACES, FIGS, APPLES, RED ONION, CRISPY BACON, SPICY PECANS, PT. REYES BLUE CHEESE VINAIGRETTE
ADD CHICKEN 2.00 ADD SHRIMP 3.00 TO ANY SALAD

Hot Sandwiches

YOUR CHOICE OF HOUSEMADE POTATO SALAD OR GREEN SALAD WITH CITRUS VINAIGRETTE

OUR SPECIALTY™ WAY DOWN SOUTH PORK SANDWICH 14
SNAKE RIVER ALL NATURAL PORK SHOULDER, DRY RUBBED, SLOW COOKED, HOUSE MADE BARBEQUE SAUCE, SWEET & SPICY SLAW, CIABATTA ROLL

CUBANO WITH A TWIST 14
BEER BRAISED HOUSE MADE SNAKE RIVER FARMS PORK CARNITAS, HEARTHSTONE HAM, PROVOLONE CHEESE, ONIONS, HOUSE MADE PICKLES, SPICY MUSTARD, AIOLI, TALERA ROLL

POINT BLUNT TUNA MELT 12
ALBACORE TUNA SALAD, RED ONION, CAPERS, MAYO, CHEDDAR CHEESE, AIOLI, SLICED SOURDOUGH

Cold Sandwiches & Wraps

THE CLASSIC 8
ROASTED TURKEY BREAST, CHEDDAR, LETTUCE, TOMATO, PIMENTON AIOLI
\$1 OF EVERY CLASSIC DONATED TO CERES MARIN

MT. IDA 10
ROASTED TURKEY, CRANBERRY CREAM CHEESE CHUTNEY, LETTUCE, TOMATO, CHEDDAR

ALCATRAZ VEGGIE WRAP 9.50
HOUSE MADE HUMMUS, CABBAGE CRUNCH, ARTICHOKE HEARTS, CUCUMBERS, CARROTS, ROASTED RED PEPPERS, ONIONS, YOGURT SAUCE, WHOLE WHEAT TORTILLA | ADD POWER GRAINS 2.

NATHAN'S ALL BEEF HOT DOG, BRIOCHE BUN 6

NATHAN'S ALL BEEF CHILI DOG 8
BEEF & BEAN CHILI, CHEESE SAUCE, RED ONIONS, JALAPENOS, BRIOCHE BUN

Kids Corner

TURKEY CORN DOG 5
CORNMEAL BATTER

PEANUT BUTTER & JELLY 4
WHOLE WHEAT

PEANUT BUTTER & BANANA 4
WHOLE WHEAT

CHEESE PIZZA 9
EIGHT INCH, FOUR CHEESES

FIT KID MEAL 12
OUR HEALTHY ALTERNATIVE FOR KIDS, CHOOSE TURKEY OR PEANUT BUTTER, VEGGIE STICKS, SUN CHIPS, BOTTLE WATER AND A FIT KID PRIZE!