

# LUNCH

Served until 3 pm

## SOUPS

- MANNY'S MUSHROOM SOUP** Made with fresh portabello, crimini & oyster mushrooms 6 *gf* *vg*  
**TORTILLA SOUP** Tomato purée, herbs, spices and no animal products 3.5 | 5.5 *gf* *vg*  
**BLACK BEAN SOUP** Made with fresh herbs and no animal products 3.5 | 5.5 *gf* *vg*  
**MAMACITAS CHICKEN SOUP** With veggies, rice, a sidebar of limes, cilantro, onions and jalapeños 13 *gf*

## SALADS

- LA PEPITA** chopped kale, roasted pepitas, cotija cheese, diced red peppers, roasted corn and whole black beans in curmin vinaigrette 9 *gf*  
**HALE KALE CAESAR** chopped kale, roasted marcona almonds, parmesan cheese in our citrus caesar dressing 9 *gf*  
**TACO SALAD** Chicken machaca, avocado, tomatoes, cheese & tortilla strips tossed in our lime cilantro dressing (sub flank steak for \$3) 12 *gf*  
**LIME CILANTRO CHICKEN SALAD** Lime cilantro marinated chicken, romaine, avocado & tomato 12 *gf*  
**SANTA FE CHOPPED SALAD** Grilled chicken, black beans, cheese, roasted corn, bell peppers, tomatoes, tortilla strips, chipotle dressing 12 *gf*  
salad add ons | lime cilantro chicken 5 | flank steak 7 | sesame crusted seared ahi 8 | blackened salmon 8

## SANDWICHES

served with roasted corn lentil salad, soup, organic greens or french fries

- TOMATO BASIL GRUYÈRE** Grilled cheese sandwich made with gruyère cheese, tomatoes & basil on sourdough 10  
**RANDY'S NORTSHORE** grilled chicken, roasted anaheim chili, jack cheese and chipotle creme on sourdough 11  
**SEARED AHI PEPITA PESTO** arugula, tomatoes, pepita pesto on sourdough 13  
**HAMBURGER** 1/2 lb lean burger, lettuce, tomatoes, pickles, onions and mayo on a brioche 10

## \$9 SOUP & SALAD COMBOS

served with a cup of soup and organic mixed greens (sub La Pepita or Hale Kale for \$2)

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|---|--|
| <b>KALE NACHOS</b> <i>gf</i>                              | <b>CARNE ASADA TACO</b> <i>gf</i>                |
| <b>CRISPY TOMATO BASIL QUESADILLA</b>                     | <b>BAJA FISH TACO</b>                            |
| <b>SMO QUESADILLA</b> spinach, mushroom, onion quesadilla | <b>OLE MOLE CHICKEN TACO</b> <i>gf</i>           |
| <b>CHILE RELLENO</b>                                      | <b>BLACKENED SALMON TACO</b> (add \$1) <i>gf</i> |
| <b>CHICKEN SUIZA ENCHILADA</b> <i>gf</i>                  |  |

## LUNCH BOWLS

- MAKE YOUR OWN BOWL**  
Rice, beans and add what you like 5.50 *gf*  
**CHICKEN FAJITA BOWL**  
Grilled chicken, bell peppers & onions, rice, black beans & guacamole 9 *gf*  
**GARDEN VEGGIE BOWL**  
Zucchini and squash sauteed in pepita pesto sauce over veggie wild rice 9 *gf*  
**CARNE ASADA PROTEIN BOWL**  
Chopped steak, black beans, guacamole, cheese, romaine & pico de gallo 12 *gf*  
**BLACKENED SALMON PROTEIN BOWL**  
Avocado, roasted corn, citrus slaw, black beans, pickled radish, salsa verde 12 *gf*

## BURRITOS & WRAPS

served with a cup of soup or organic mixed greens (sub La Pepita or Hale Kale salad for \$2)

- DESIGNER BURRITO**  
Rice, beans and add what you like 6  
**BAJA FISH BURRITO**  
Batter fried white fish, rice, oaxacan slaw, avocado, creamy chipotle 9  
**POLLO ASADO BURRITO**  
Grilled chicken, black beans, avocado, jack cheese and pico de gallo (sub steak \$3) 10  
**ACHIOTE CAESAR WRAP**  
Achiote marinated chicken, romaine tossed in caesar dressing, sun dried tomatoes, parmesan, tortilla strips (Todd's request) 10

### burrito and bowl add ons

chicken 3.5 | flank steak 5 | beef barbacoa 5 | cheese 1 | guacamole 2 | sour cream 1 | shrimp 7 | veggies 4 | achiote zuchinni 2



vegetarian dishes (*vg*) | gluten free dishes (*gf*) | always happy to accomodate allergies  
if your gluten allergy is severe, speak to a manager. as we use the same oil and pans to prepare several items.