








LUNCH MENU

STARTERS

* DEVILED EGGS	6
Dijon mustard, parsley, smoked paprika	
HOUSEMADE POTATO CHIPS	5
French onion dip, BBQ ketchup	
MIXED OLIVES	6
Thyme and citrus marinated with rep pepper flakes 	
MARGHERITA FLATBREAD	15
Tomato, mozzarella, basil	
SOUP OF THE DAY	
bowl	9
cup	6

* TUNA TARTARE	17
Avocado, chipotle mayo, cilantro, radish 	
ROCKY MOUNTAIN BUFFALO CHILI	10
Anaheim & poblano chilis, sour cream, cheese, onion with cornbread	
* SALMON CAKES	16
Capers, tomato, artichokes in a lemon butter sauce topped with pico de gallo and a lemon wedge 	

SALADS

* COBB SALAD	20
Chopped romaine, tomato, cucumber, roasted chicken, avocado, bacon, egg, blue cheese, chive vinaigrette 	
CAESAR SALAD	14
Creamy dressing, shaved grana padano 	
* With roasted chicken	19
* or grilled salmon	20
BABY SPINACH AND KALE SALAD	19
Honey smoked salmon shaved fennel, apple, walnut and pomegranate with pomegranate vinaigrette  	




BURGERS

*GRILL & VINE BURGER	19
Bacon and cheddar or Swiss cheese with garlic mayo	
* GUACAMOLE POBLANO BURGER	19
Jack cheese, caramelized onions and guacamole	
* WESTERN BURGER	19
Bacon, cheddar cheese, BBQ sauce and an onion ring	




All burgers served with choice of fries, sweet fries, onion rings, homemade chips or an arugula salad
All burgers come with lettuce, tomato and onion

SANDWICHES & MORE

Sandwiches served with choice of fries, sweet fries, onion rings, homemade chips or an arugula salad

ROAST TURKEY SANDWICH	17
Red pepper hummus, avocado, cured tomato and sprouts served on multi-grain bread 	
GRILLED PORTOBELLO SANDWICH	15
marinated in chimichurri, caramelized onions, poblano pepper, Swiss cheese on whole wheat Kaiser 	
FRENCH DIP	18
Caramelized onions, herb cheese spread and Au Jus	
BISON RUBEN	18
Bison pastrami, sauerkraut, Swiss cheese and thousand island dressing	
GRILLED CHEESE SANDWICH	15
Pimento cheese on sourdough bread	
*GRILLED CHICKEN SANDWICH	18
Whole wheat bun on a bed of spinach, tomato, red onion and fanned avocado 	
CHICKEN TENDERS four tenders	15

ENTREE

* STEAK FRITES	29
Topped with chimichurri and sea salted french fries	
SPAGHETTI SQUASH POMODORO	23
Served with romesco, pesto, arugala and pine nuts 	
* GRILLED CHICKEN BREAST	27
Served with a garlic soy glaze over spinach, watercress, kale, shaved apple and cucumber with a honey vinaigrette  	

SIDES

FRENCH FRIES sea salted	6	SWEET POTATO FRIES	6
SHARP CHEDDAR MAC & CHEESE	9	ONION RINGS	6
CARAMELIZED BRUSSEL SPROUTS with smoked bacon	8	HOUSE SALAD with balsamic dressing	6
ROASTED VEGETABLES	7		



"These nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous and vital." – Dr. Steven Pratt, author of SuperFoods Rx Fourteen Foods That will Change Your Life



We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions.



These items may be served raw or undercooked and consuming raw or undercooked meats, seafood, poultry, shellfish and eggs may increase your risk of food-borne illness