

MIND

Crafted Juices & Beverages to help you recharge

CARROT GINGER

Anti-oxidants, promotes vision and reduces inflammation 8

PINEAPPLE KALE

Hydrating and packed with anti-oxidants 8

ORANGE BEET

Improves circulation and lowers blood pressure 8

BODY

APPETIZERS

GARDEN HUMMUS DIP

14

Crudit  & Pita Chips with Housemade Hummus

GUACAMOLE & MANGO SALSA

14

Corn Tortilla Chips

SALADS

CAESAR

14

Heart of Romaine, Herb Croutons, Shaved Parmesan
Kalamata Olive, Caesar Dressing

SUMMER BERRY SALAD

14

Local Petite Lettuce, Vanilla-Infused Berries, Goat Cheese
Candied Pecans, White Balsamic Vinaigrette

GREEK QUINOA BOWL

16

Baby Spinach, Tomato, Feta, Olive, Onion,
Heirloom Quinoa, Red Wine & Oregano Vinaigrette

Add a protein to any salad:

Chicken Breast 9, Poached Shrimp 14, Shaved Turkey 6

Salmon 16, Hard Boiled Egg 4

SOUL

GLASS OF WHITE WINE

12.00

Chardonnay, Pinot Grigio, Sauvignon Blanc, Sparkling

GLASS OF RED WINE

12.00

Pinot Noir, Cabernet Sauvignon

20% service charge included



SANDWICHES

Served with choice of side

TURKEY CLUB WRAP

18

Shaved Turkey, Smoked Bacon, Arugula, Tomato, Swiss,
Red Pepper Boursin Aioli, Spinach Tortilla

GRILLED CHICKEN CAPRESE

18

Brioche Roll, Petite Greens, Buffalo Mozzarella,
Pesto Aioli, Vine Ripe Tomato, Balsamic Reduction

AVOCADO TOAST

18

Breakfast Radish, Sweet Drop Peppers,
Petite Herbs, Hard Boiled Egg

CHICKEN SALAD CROISSANT

17

Ballantyne Chicken Salad, Granny Smith Apple,
Cranberry Raisins, Bibb Lettuce, Buttery Croissant

SIDES

additional \$2 if selected as side ●

HOUSE CHIPS

4

PLANTAIN CHIPS ●

6

WATERMELON & FETA ●

6

Fresh Mint & Vanilla Syrup

FRUIT & BERRIES

4

DESSERTS

CHOCOLATE FONDUE

14

Valrhona Chocolate Sauce, Pretzel Rods
Local Strawberries, Housemade Marshmallows

BLUEBERRY PAVLOVA

12

Aerated Lemon Curd, Poached Blueberries, Candied Lemon

MANGO CHEESECAKE

12

Pineapple Tuile, Mint, Mango Jalape o Conserva