

A FRESH START

HUMMUS NACHOS (SERVED COLD) crispy tortilla chips, hummus, feta cheese, spicy pear pico, basil & our southwest cream sauce **9.49**

PESTO GOAT CHEESE topped with roasted red peppers... served with crostini **6.69**

SPINACH DIP served with tortilla chips & crostini **10.19**

CRISPY KOREAN BRUSSELS & CAULIFLOWER tossed in our spicy sesame ginger sauce... topped with sunflower seeds **8.99**

PEAR TABOULI & HUMMUS chopped parsley, mint, cilantro, pears, red onions, tomatoes, jalapeños & quinoa... topped with feta cheese... served with hummus & fresh cucumber slices **8.99**

TUKEE PEAR a crispy quesadilla filled with pears, bacon, arugula & pepper jack cheese served with a side of our southwest cream sauce **9.29**

BLACK & BLUE BRUSSELS SPROUTS topped with crispy bacon, gorgonzola cheese & our spicy chipotle ranch **8.99**

BUFFALO CAULIFLOWER tossed in spicy buffalo sauce... topped with gorgonzola cheese, carrots & celery **8.89**

GREEN CHILI CHEESE DIP topped with our spicy pear pico... served with tortilla chips & crostini **8.89**

SOUP OF THE MOMENT please ask your server for details **5.89**

SIGNATURE TACOS 10.59

SERVED WITH A SIDE OF OUR SOUTHWEST BLACK BEANS

PACO'S roasted chicken, crispy bacon, cheddar cheese, avocado & sprouts... topped with our spicy pear pico & southwest cream sauce

SPICY ASIAN PORK sesame ginger braised pork, roasted jalapeños, cucumber, carrots & sprouts... topped with southwest cream sauce

CARNITAS roasted pulled pork & our cilantro cabbage slaw... topped with our spicy pear pico & southwest cream sauce

BUTTERNUT SQUASH roasted butternut squash, caramelized onions, quinoa, arugula, feta cheese & black beans... topped with cilantro & our southwest cream sauce

FALAFEL crispy falafel, hummus, dill pickles, sprouts & spicy pear pico... topped with feta cheese & our creamy pesto vinaigrette

FIELD OF GREENS 11.09

ADD CHICKEN 3.5 ■ FALAFEL 3.5 ■ SHRIMP 5.5 ■ SALMON* 5.5 ■ MOCK CHICK'N 5.5

Choice of **BABY SPRING MIX** or
our **HOUSE BLEND** of baby kale, spinach & arugula

PERFECT PEAR CLASSIC pears, dried cranberries, mint, red onions, gorgonzola cheese & toasted hazelnuts... tossed with our cider vinaigrette

LA LUCY mandarin oranges, strawberries, cucumbers, avocado, feta cheese & sunflower seeds... tossed with our lime vinaigrette

BAJA LIME black beans, roasted red peppers, red onions, avocado, cucumbers, cilantro, feta cheese & quinoa... tossed with our lime vinaigrette

STRAWBERRY FIELDS strawberries, crispy bacon, walnuts, red onions & gorgonzola cheese... tossed with our balsamic vinaigrette

PEAR COBB pears, crispy bacon, avocado, red onions, egg & gorgonzola cheese... tossed with our creamy pesto vinaigrette

WILD CHOP SALAD dried cranberries, feta cheese, quinoa, cucumbers, roasted red peppers, pears & sunflower seeds... tossed with our pesto vinaigrette

FALL LEAVES roasted butternut squash, beets, crispy bacon, walnuts, quinoa & goat cheese... tossed with our cider vinaigrette

MEDITERRANEAN cucumbers, tomatoes, roasted red peppers, red onions, feta cheese & sunflower seeds... tossed with our mediterranean vinaigrette

ROASTED SPROUT roasted brussels sprouts, crispy bacon, red onions, feta cheese & pumpkin seeds... tossed with our creamy pesto vinaigrette

CABO SPICY COBB crispy bacon, roasted butternut squash, black beans, red onions, avocado, egg, pepper jack cheese, cilantro & sunflower seeds... tossed with our spicy chipotle ranch

WRAP IT 11.89

SERVED WITH OUR SEASONAL SIDE, FRIES OR SWEET POTATO FRIES

Substitute **BOWL OF SOUP** or **HOUSE SALAD 2.99**

CHOOSE FROM ANY OF OUR SIGNATURE SALADS...

tossed with choice of roasted chicken or falafel... wrapped in a flour tortilla



THE PERFECT PEAR YOUR CHOICE OF ANY...

½ SALAD & SOUP **11.59**

½ PASTA & SOUP **12.59**

½ SALAD & ½ PASTA **13.89**

QUINOA BOWLS 11.89

ADD CHICKEN 3.5 ■ FALAFEL 3.5 ■ SHRIMP 5.5 ■ SALMON* 5.5 ■ MOCK CHICK'N 5.5

MEXICALI (SERVED COLD) roasted butternut squash, black beans, avocado, egg, feta cheese, cilantro cabbage slaw, spicy pear pico & pumpkin seeds... drizzled with chipotle ranch

AUTUMN ROAST (SERVED COLD) roasted beets, butternut squash, black beans, avocado, goat cheese & sunflower seeds... drizzled with our pesto vinaigrette

BERRY AVOCADO (SERVED COLD) strawberries, avocado, arugula, mint, sunflower seeds, feta cheese & our cilantro cabbage slaw... drizzled with a sweet balsamic reduction

PEANUT COCONUT CURRY (SERVED HOT) broccoli, cauliflower & roasted red peppers... topped with our cilantro cabbage slaw

GREEN GARDEN (SERVED HOT) roasted zucchini, broccoli, tomatoes, roasted red peppers & arugula... tossed with our garlic lemon sauce... topped with pesto & feta cheese

SPICY GINGER (SERVED HOT) roasted butternut squash, roasted brussels sprouts, zucchini, spinach, caramelized onions... topped with pumpkin seeds

GRILLED CHEESE 10.49

SERVED WITH OUR SEASONAL SIDE, FRIES OR SWEET POTATO FRIES

Substitute **BOWL OF SOUP** or **HOUSE SALAD 2.99**

Substitute *gluten free bread upon request*

PERFECTLY GRILLED CHEESE brie, four cheese blend, arugula & crispy bacon... served on our grilled spiced pear bread

MUSHROOM MELT spinach, caramelized onions, mushrooms & four cheese blend... served on grilled parmesan crusted nine grain bread

PESTO tomatoes, arugula, four cheese blend & pesto sauce... served on grilled parmesan crusted nine grain bread

BACON & JALAPEÑO crispy bacon, roasted jalapeños, caramelized onions, arugula, four cheese blend & our spinach dip... served on parmesan crusted nine grain bread

SANDWICHES 11.89

SERVED WITH OUR SEASONAL SIDE, FRIES OR SWEET POTATO FRIES

Substitute **BOWL OF SOUP** or **HOUSE SALAD 2.99**

Substitute *gluten free bread upon request*

MARbled CUBAN roasted pulled pork, dill pickles, grain mustard & four cheese blend... served on toasted marbled rye bread

CHICKEN CLUB chicken, bacon, avocado, tomatoes, red onions, sprouts, gorgonzola cheese & chipotle aioli... served on toasted ciabatta bread

HARVEST cucumber, tomatoes, roasted red peppers, red onions, avocado, sprouts, feta cheese, hummus & pesto aioli... served on toasted focaccia bread

QUAD CITY MELT thinly sliced sirloin, caramelized onions, sautéed mushrooms, tomatoes, four cheese blend & chipotle aioli... served on toasted marbled rye bread

CHICKEN PESTO chicken, roasted red peppers, tomatoes, feta cheese & pesto aioli... served on toasted ciabatta bread

SOUTHWEST PHILLY thinly sliced sirloin, sautéed mushrooms, caramelized onions & our green chili cheese sauce... served on toasted ciabatta bread

B'L'T'A bacon, spring mix, tomatoes, avocado & chipotle aioli... served on toasted focaccia bread

FRENCH PANTRY chicken, brie, pears, red onions, arugula, grain mustard, balsamic glaze & four cheese blend... served on a toasted ciabatta

PASTA 13.99

ADD CHICKEN 3.5 ■ FALAFEL 3.5 ■ SHRIMP 5.5 ■ SALMON* 5.5 ■ MOCK CHICK'N 5.5

Substitute *gluten free pasta upon request*

G-MA'S MAC cavatappi... tossed in our creamy cheese sauce... topped with crispy bacon

CHIPOTLE VODKA SAUCE rigatoni... tossed with tomatoes... topped with fresh basil & parmesan cheese

TONI'S PERFECT PASTA rigatoni... tossed with zucchini, sautéed mushrooms, arugula & our roasted garlic alfredo sauce... topped with parmesan cheese

CREAMY MUSHROOM MARSALA rigatoni... tossed with caramelized onions, mushrooms & roasted garlic... topped with parmesan cheese

LEMON GARLIC LINGUINI tossed with broccoli, tomatoes, zucchini, arugula & our garlic lemon sauce... topped with fresh basil & parmesan cheese

PESTO MAC & CHEESE cavatappi... tossed with roasted red peppers, caramelized onions, arugula & our cheesy pesto sauce... topped with feta cheese

TUSCAN RIGATONI roasted zucchini, roasted red peppers, sautéed mushrooms, caramelized onions & our signature red sauce... topped with feta cheese & basil

GREEN CHILI MAC cavatappi... tossed with roasted green chili cheese sauce... topped with crispy bacon

ROSÉ AMATRICIANA rigatoni... bacon, caramelized onions, roasted red peppers & our signature creamy spicy red sauce... topped with parmesan cheese & basil

*Consuming raw or undercooked meat can increase your risk of food borne illness