**Field of Greens** 11.09

ADD CHICKEN 3.5 • FALAFEL 3.5 • SHRIMP 5.5 • SALMON 5.5 • MCK CHICKN 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 elder 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 CHRAP 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 cinder 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

CAPRO 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…

Choose from with roasted chicken or falafel… wrapped in a flour tortilla

**Perfect Pear Bistro**

**Quinoa Bowls** 11.89

ADD CHICKEN 3.5 • FALAFEL 3.5 • SHRIMP 5.5 • SALMON 5.5 • MCK CHICKN 5.5

MexicoCAli (served cold): roasted butternut squash, black beans, avocado, egg, feta cheese, cilantro & sunflower seeds… served with our pesto vinaigrette

**Autumn Roast** (served cold): roasted beets, butternut squash, black beans, avocado, goat cheese & sunflower seeds… served with our pesto vinaigrette

**BERRY AVOCADO** (served cold): strawberries, avocado, arugula, mint, sunflower seeds, feta cheese & our cilantro cabbageslaw…

**Spinach Dip** (served warm): served with tortilla chips & crostini

**Soups**

- **Spinach Dip**
- **Hummus & Fresh Cucumber Slices**
- **Tomatoes, Dill Pickles, Sprouts & Spicy Pear Pico**

**Sandwiches** 11.89

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 crustini
dred bread

**Pesto**

- Tomatoes, arugula, four cheese blend & pesto sauce… served on grilled parmesan crustini
dred bread

**Bacon & Jalapeno**

- Crispy bacon, roasted jalapenos, caramelized onions, arugula, four cheese blend & our spinach dip… served on parmesan crustini
dred bread

**Green Garden**

- Served with our southwest cream sauce

**Grilled Cheese** 10.49

**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

**Quintana**

- Served on toasted focaccia bread

**Perfectly Grilled Cheese**

- Chicken, roasted red peppers, tomatoes, feta cheese & pesto aioli… served on toasted ciabatta bread

**Southwest P najbli**

- Served on toasted focaccia bread

**French Pastry**

- Chicken, brie, pears, red onions, arugula, grain mustard, balsamic glaze & four cheese blend… served on a toasted ciabatta

**Pasta** 13.99

Substitute gluten free pasta upon request

**Peri**

- Topped with feta cheese & basil

**Lemon Garlic Linguini**

- Topped with roasted zucchini, roasted red peppers & our signature red sauce…

**Pesto Mac & Cheese**

- Topped with fresh basil & parmesan cheese

**Toni's Perfect Pasta**

- Topped with feta cheese & basil

**Creamy Mushroom Marsala**

- Topped with its signature red sauce & feta cheese & basil

**Mozzarella Sticks**

- Topped with fresh basil & parmesan cheese

**Tuscan Rigatoni**

- Topped with roasted red peppers, sun-dried tomatoes, arugula & our cheesy pesto sauce… served with roasted zucchini, roasted red peppers, sun-dried tomatoes, arugula & our garlic lemon sauce… served with fresh basil & parmesan cheese

- Topped with roasted red peppers, sun-dried tomatoes, arugula & our cheesy pesto sauce… served with roasted zucchini, roasted red peppers, sun-dried tomatoes, arugula & our garlic lemon sauce… served with fresh basil & parmesan cheese

- Topped with fresh basil & parmesan cheese

- Topped with feta cheese & basil

- Topped with roasted red peppers, sun-dried tomatoes, arugula & our signature red sauce…

- Topped with roasted red peppers, sun-dried tomatoes, arugula & our garlic lemon sauce… served with fresh basil & parmesan cheese

- Topped with roasted red peppers, sun-dried tomatoes, arugula & our garlic lemon sauce… served with fresh basil & parmesan cheese

- Topped with fresh basil & parmesan cheese

- Topped with fresh basil & parmesan cheese