

## A FRESH START

**HUMMUS NACHOS** (SERVED COLD) crispy tortilla chips, hummus, feta cheese, spicy pear pico, basil & our southwest cream sauce **10.49**

**PESTO GOAT CHEESE** topped with roasted red peppers... served with crostini **7.39**

**SPINACH DIP** served with tortilla chips & crostini **11.09**

**CRISPY KOREAN BRUSSELS & CAULIFLOWER** tossed in our spicy sesame ginger sauce... topped with sunflower seeds **9.99**

**PEAR TABOULI & HUMMUS** chopped parsley, mint, cilantro, pears, red onions, tomatoes, jalapeños & quinoa... topped with feta cheese... served with hummus & fresh cucumber slices **9.99**

**TUKEE PEAR** a crispy quesadilla filled with pears, bacon, arugula & pepper jack cheese served with a side of our southwest cream sauce **10.19**

**BLACK & BLUE BRUSSELS SPROUTS** topped with crispy bacon, gorgonzola cheese & our spicy chipotle ranch **9.99**

**BUFFALO CAULIFLOWER** tossed in spicy buffalo sauce... topped with gorgonzola cheese, carrots & celery **9.99**

**GREEN CHILI CHEESE DIP** topped with our spicy pear pico... served with tortilla chips & crostini **9.69**

**SOUP OF THE MOMENT** please ask your server for details **5.99**

## SIGNATURE TACOS 11.59

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 12.29

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 13.09

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

## QUINOA BOWLS 13.09

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 11.49

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 13.09

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 14.99

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



## THE PERFECT PEAR YOUR CHOICE OF ANY...

½ SALAD & SOUP **12.79**

½ PASTA & SOUP **13.79**

½ SALAD & ½ PASTA **14.99**