



GLUTEN-FREE

HUMMUS BOARD *roasted vegetables, toasted pine nuts, basil pesto, orange blossom honey 16*

CHARRED OCTOPUS *roasted potatoes, chorizo, smoked tomato broth, micro green salad 16*

POKE TUNA* *wakame, daikon, toasted sesame, edamame, tobiko, spicy aioli 16*

SHRIMP & CRAB CEVICHE* *persian cucumber, tomato concasse, chilies, carrot, hearts of palm, avocado, citrus broth 14*

THE CHOPPED* *romaine, smoked salmon, toasted pepitas, blue cheese crumbles, tomato concasse, arizona dates, persian cucumbers 14*

THE FARM *roasted seasonal vegetables on a bed of baby field greens with a charred lemon vinaigrette 12*

SALADE NIÇOISE* *pepper-crust ed ahi tuna served rare, fresh greens, haricots verts, hardboiled egg, roasted potatoes, cherry heirloom tomatoes, niçoise olives, basil & tarragon, and a simple vinaigrette 15*

VEGAN FRIENDLY

HUMMUS BOARD *roasted vegetables, toasted pine nuts, house made pita 16*

THE CHOPPED *romaine, roasted pepitas, tomato concasse, toasted farro, dried arizona dates, persian cucumbers 14*

ARUGULA & MELON *brined melons on arugula with avocado, jicama, chili dust, chili lemon vinaigrette 11*

CAULIFLOWER STEAK *roasted cauliflower, parsley, almonds, chickpeas, and onions served with quinoa salad and a tomato cucumber relish 18*

COVENANT WRAP *whole wheat tortilla filled with hummus & fresh assorted vegetables including tomato, cucumber, roasted red pepper, smashed avocado and spinach served with house salad 13*

While we offer gluten-free menu options, we are not a gluten-free

kitchen. We practice serious caution in preparing our gluten-free items and do our best to ensure a gluten-free product. However, normal kitchen operations involve shared cooking and preparation areas, and cross-contact with other allergen containing foods may occur during preparation. We are unable to guarantee that any menu item is completely free from any particular allergen, and we assume no liability for the accuracy of the information provided or responsibility for guests with food allergies or sensitivities.

We will do our best to accommodate your needs.

Please alert your Server with any dietary restrictions.

**These items may be raw or cooked to order. Consuming raw or undercooked meat, eggs, poultry or seafood may increase your risk of foodborne illness.*



GLUTEN-FREE

HUMMUS BOARD *roasted vegetables, toasted pine nuts, basil pesto, orange blossom honey 16*

CHARRED OCTOPUS *roasted potatoes, chorizo, smoked tomato broth, micro green salad 16*

POKE TUNA* *wakame, daikon, toasted sesame, edamame, tobiko, spicy aioli 16*

SHRIMP & CRAB CEVICHE* *persian cucumber, tomato concasse, chilies, carrot, hearts of palm, avocado, citrus broth 14*

THE CHOPPED* *romaine, smoked salmon, toasted pepitas, blue cheese crumbles, tomato concasse, arizona dates, persian cucumbers 14*

THE FARM *roasted seasonal vegetables on a bed of baby field greens with a charred lemon vinaigrette 12*

SALADE NIÇOISE* *pepper-crust ed ahi tuna served rare, fresh greens, haricots verts, hardboiled egg, roasted potatoes, cherry heirloom tomatoes, niçoise olives, basil & tarragon, and a simple vinaigrette 15*

VEGAN FRIENDLY

HUMMUS BOARD *roasted vegetables, toasted pine nuts, house made pita 16*

THE CHOPPED *romaine, roasted pepitas, tomato concasse, toasted farro, dried arizona dates, persian cucumbers 14*

ARUGULA & MELON *brined melons on arugula with avocado, jicama, chili dust, chili lemon vinaigrette 11*

CAULIFLOWER STEAK *roasted cauliflower, parsley, almonds, chickpeas, and onions served with quinoa salad and a tomato cucumber relish 18*

COVENANT WRAP *whole wheat tortilla filled with hummus & fresh assorted vegetables including tomato, cucumber, roasted red pepper, smashed avocado and spinach served with house salad 13*

While we offer gluten-free menu options, we are not a gluten-free

kitchen. We practice serious caution in preparing our gluten-free items and do our best to ensure a gluten-free product. However, normal kitchen operations involve shared cooking and preparation areas, and cross-contact with other allergen containing foods may occur during preparation. We are unable to guarantee that any menu item is completely free from any particular allergen, and we assume no liability for the accuracy of the information provided or responsibility for guests with food allergies or sensitivities.

We will do our best to accommodate your needs.

Please alert your Server with any dietary restrictions.

**These items may be raw or cooked to order. Consuming raw or undercooked meat, eggs, poultry or seafood may increase your risk of foodborne illness.*