

HEARTBEAT

Lunch

STARTERS

MATZO BALL SOUP
pulled chicken, fine noodles, carrots, celery, dill

FRENCH ONION SOUP
vidalia onion & aged sherry infused beef broth, crouton, three cheese gratin

GRILLED SEASONAL VEGETABLES
aged balsamic, roasted sweet pepper dip

MEDITERRANEAN SAMPLER
hummus, marinated olives, grilled flatbread, raw vegetables

GRILLED GULF SHRIMP
ginger garlic marinade, crispy shallots, green papaya slaw, sriracha

BLUE CLAW CRAB CAKE
chorizo, white beans, baby arugula, piquillo pepper aioli

SANDWICHES

CHAR-GRILLED SIRLOIN BURGER
New York white cheddar, swiss, jack, american, fries, chips or house salad

ORGANIC TURKEY BURGER
New York white cheddar, swiss, jack, american, fries, chips or house salad

FALAFEL SANDWICH
crunchy chickpea fritters, tahini, lettuce, tomato, onion on grilled flatbread, mixed vegetable couscous

CLASSIC TURKEY CLUB
bacon, lettuce, tomato, mayo, chips or house salad

GRILLED CHICKEN CAESAR WRAP
grilled chicken breast, baby kale, focaccia crouton, smoky parmesan emulsion

PASTA

RIGATONI RAGU
organic turkey meatballs, fennel sausage, rustic pomodoro, fresh basil, pecorino reggiano

ANGRY SPAGHETTI
sautéed shrimp, whole wheat pasta, plum tomatoes, spicy arrabbiata sauce

SALADS

BABY KALE CAESAR 17
tomato, radish, focaccia crouton, parmesan emulsion
add grilled chicken \$6 or grilled shrimp \$9

CLASSIC COBB 18
grilled chicken breast, tomato, blue cheese, applewood smoked bacon, hardboiled egg, green onion, buttermilk ranch dressing

ORGANIC FIELD GREENS 12
shaved carrot, cucumber, sprouts, balsamic vinaigrette
add grilled chicken \$6 or grilled shrimp \$9

PETITE SPINACH SALAD 17
goat cheese, candied pecans, roasted pears, sherry vinaigrette
add grilled chicken \$6 or grilled shrimp \$9

SEARED AHI TUNA COBB 27
watercress, green papaya, bean sprouts, peppers, crushed peanuts, red onion, quail egg, sesame ginger vinaigrette

GRILLED ATLANTIC SALMON 29
shaved fennel, arugula, preserved lemon, cherry tomato confit, capers, cherry balsamic

FLATBREADS

TRADITIONAL MARGHERITA 16
san marzano tomato, buffalo mozzarella, basil, pecorino reggiano

FLATBREAD OF THE MONTH 17
Chef's seasonally inspired & locally sourced ingredients

SIDES

PARMESAN TRUFFLE FRIES 10
parmesan cheese, truffle oil, secret spice, pommery aioli

SWEET POTATO FRIES 10
sea salt, honey mustard

GRILLED ASPARAGUS 9
pecorino reggiano, aged balsamic

REFRESHMENTS

GOURMET COFFEE/ASSORTED TEAS 5

ESPRESSO, CAPPUCCINO, LATTE 6
Add a shot \$2

Please be advised. It may be hazardous to your health to consume raw or undercooked products. A 20% gratuity will be added to parties of 6 or more. Gluten free options available upon request