

SOUPS AND SALADS

Split Pea Soup Bowl 11.00
with smoked turkey, and side bread

Cuban Black Bean Soup 11.00

Vegetarian Chili Bowl 14.50
with cheddar, corn tortilla strips, and sour cream

House Mixed Greens 11.00
mixed greens, cherry tomato, cucumber,
radish, citrus vinaigrette

Dried Cranberry and blue Salad 17.00
baby arugula, stilton blue cheese

WINGS--15

Country Fried Cajun Wings
Chili Plum Wing
Honey Mustard Glaze
Korean Barbeque
Jerk Wings
Tamarind Wings

BETWEEN BREAD

Sophia – vine ripened tomato, fresh
mozzarella, basil, olive oil, salt and pepper
15

Bruce – grilled herb chicken, greens,
Vine ripened tomatoes, chipotle mayo
17

Crispy Fried Chicken Sandwich
with choice of basil mayo, honey mustard,
or chipotle mayo
17

Fried Fish Sandwich (Kenny)
tilapia, lettuce, tomato, tartar sauce
17

BLT (Steve)
Thick sliced bacon, lettuce, stemmed tomato, mayo
17

Grilled Portobello and Mozzarella Burger
sun-dried tomato spread,
served with hand-cut French fries
17.50

8oz Grilled Burger
lettuce, tomato, grilled onions,
served with hand-cut French fries
18.50
add cheese 2.50-3.50
add bacon 3.50

BOWLS AND PLATES

Herb Grilled Chicken Bowl 19
jasmine rice, black beans, and house salsa

Jerk Wings Bowl 22
Jasmine rice, black beans, red cabbage slaw

Roasted Jerk Pork Bowl 22
jasmine rice and pickled veggies

Tonkatsu Bowl 22
panko breaded pork cutlet, sweet and sour sauce,
jasmine rice, and pickled veggies

Coconut Curry Wings Bowl 22
served with jasmine rice

Moroccan Spice Vegetable Tagine 21
eggplant, kabocha pumpkin, chick peas, tofu
Fennel, over couscous pilaf

Sake Glazed Salmon 31
jasmine rice, sautéed spinach, nori (seaweed)

Blackened or fried Catfish 28
Mac and cheese, sautéed spinach, cocktail sauce

Fish & Chips 24
tilapia, hand-cut French fries, tartar sauce

KIDS MENU 12

INCLUDES JUICE OR MILK
SERVED WITH CHOICE OF FRENCH FRIES OR SALAD

Burger
Cheeseburger
Chicken Tenders
Mac and Cheese
Grilled Cheese
on country white bread or 7 grain
Fish & Chips
served with hand-cut French fries

SIDES

French Fries, Hand cut \$8
Roasted Potatoes \$8
Jasmine Rice \$8
Macaroni and Cheese \$10
Sautéed Spinach \$8



Cheryl's

Global Soul