

# Lunch

#### **Starters**

LEMON & ROASTED TOMATO HUMMUS gf v 8.00

Crisp Vegetables, Roasted Tomato, Grilled Pita

FAROE ISLANDS SALMON TACOS 8.00

Shredded Cabbage & Cilantro Slaw, Avocado Fresh Lime, Wheat Tortillas

HALF DOZEN BUFFALO WINGS gf 6.00

MINI BRIE & PEAR QUESADILLAS 7.00

Ancho BBQ Rubbed Jumbo Wings, Port Blue Cheese Dip

with a Small Salad or Soup 10.00

Wheat Tortilla, Arugula Orange Salad

with a Small Salad or Soup 11.00

BAKED SWEET POTATO gf v 7.00

Kale & Hemp Seed Hash, Ancho Yogurt with a Small Salad or Soup 11.00

GRILLED CHICKEN & BROCCOLINI FLATBREAD 10.00

Oven Cured Tomatoes, Pesto, Laurel Valley Cheese Curds

**FLATBREAD OF THE DAY** 10.00

Ask about our daily temptation

COLUMBUS BREWING CO. IPA PORK BELLY TACOS gf

10.00

Shaved Red Onion, Carolina Spiced BBQ Sauce,

Romaine Lettuce "Shell"

## **From The Kettle**

**SOUP DU JOUR** 6.00

PUMPKIN & CARAMELIZED APPLE gf v 6.00

Spicy Pepita's, Creme Fraiche

## From The Garden

add Chicken 5.00, Salmon\* 6.00, Angus Steak\* 7.00

ROASTED BEET & MESCLUN SALAD gf v 12.00

Fresh Herbs, Lemon Honey Vinaigrette

FORK & KNIFE CAESAR v 12.00 Crispy Pita Shards, Cured Tomatoes

**BRUSSELS SPROUTS & SWEET POTATO SALAD** gf 9.00

Dijon Maple Dressing

SESAME SEARED FAROE ALMON SALAD of 17.00

Edamame, Spinach, Grape Tomatoes, Ginger Soy Pomegranate Dressing

ANGUS STEAK SALAD\* gf 18.00 Grilled Shishito Pepper, Grilled Red Onions,

Live Watercress, Black Pepper Cheese Curds, Whole Grain Mustard & Balsamic Vinaigrette

**Hand Helds** 

all sandwiches served with chips, fries, or salad

**TODAYS FEATURE SANDWICH** 9.00

Half Sandwich with Soup or Salad 10.00

TURKEY SANDWICH 12.00

Thin Sliced Turkey, Pancetta, Kale & Tomato, Whole Wheat Bread Speed

BLACK & BLUE ANGUS BRISKET BURGER\* 12.00

Pepper Bacon, Sliced Stella Blue Cheese, Lettuce & Tomato, Toasted Potato Bun

THURBER'S ANGUS BRISKET BURGER\* 15.00

Caramelized Balsamic Onions, Sunny Side Egg, Middlefield Goat Cheddar, Brioche Bun

**CITRUS CUMIN CURED FAROE ISLANDS SALMON 12.00** 

Laurel Valley Cloverton, Live Watercress, Grilled Rye

**SEARED CHICKPEA GYRO** v 12.00

Adobo Yogurt, Petite Lettuce, Lemonette, Toasted Naan Bread

ANGUS POT ROAST & GRUYERE 16.00

Red Pepper Aioli, Caramelized Onions,

Garlic Bread Hoagie **TUNA MELT** 12.00

Live Watercress, Sweet & Hot Pickle Relish, Laurel Valley Cheddar Curds, Toasted Sourdough

**HOT CBUS CHICKEN** 13.00

Sweet Hot Pickle, Brussels Slaw

Grilled Potato Bun

## Sides

Side Salad 5.00 Side Caesar 5.00 Oven Roasted Brussels Sprouts 5.00 Herbed Rainbow Fingerling Potatoes 5.00 Sweet Potato Wedges 5.00 Seasoned Fries 5.00

### **Mains**

OHIO FIVE CHEESE MAC v 10.00

Ohio Artisinal Cheese, Gemelli Pasta

WHOLE WHEAT SPAGHETTI v 18.00

Spinach & Portobello, Edamame & Broccoli, Tomato Sauce

GRILLED BLACK ANGUS FLANK STEAK\* gf 22.00

Oven Roasted Root Vegetables, Bourbon Ketchup

**BROILED GREEN TEA LACQURED FAROE SALMON\*** gf 25.00

Sweet Potato, Shiitake Mushroom, Spinach, Pan Reduction

WHITE MISO PHO v 12.00

Rice Noodles, Cilantro, Green Onions, Thai Basil, Tofu Substitute Grilled Chicken 15.00 Substitute Poached Shrimp 16.00 Add Extra Veggies 2.00

## **Beverages**

FRESHLY BREWED STARBUCKS® BLEND COFFEE

Regular or decaffeinated 3.00

**COCA-COLA SOFT DRINKS** 3.00

**JUICE 3.00** 



Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

Service charges and government taxes are additional.

\*Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

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