

the word “merge” means to combine, unite, or most literally to come together.

to recycle and save.

to practice sustainability.

to prepare fresh healthy food.

to serve organic meats.

to enjoy vegetables and nuts in new ways.

to provide alternatives.

to compost.

to conserve.

to innovate.

to listen to music.

to look at art.

to learn.

healthier habits for a healthier planet.

come together and **merge**.



soups

soup du jour	5
butternut squash bisque (VEG,GF)	5
french lentil with tarragon and thyme (V,GF)	5

salads

beet salad - roasted beets, sunflower seeds, mesclun greens, and a citrus vinaigrette (V,GF)	9
with goat cheese or sage cashew cheese	9.5
rosemary walnut - carrots, red onion, golden raisins, balsamic dressing (V,GF)	8
with gorgonzola	8.5
house salad - cherry tomato, carrot, cucumber, sprouts, mixed greens, green goddess dressing (V,GF)	5
dressings - green goddess/house (V,R,GF), rosemary vinaigrette (V,GF), balsamic vinaigrette (V,GF), citrus vinaigrette (V,GF), ranch (GF), vegan ranch (V,GF)	

add shrimp (GF)	4
add organic chicken (GF)	3
add seitan (V)	2
add tofu (V,GF)	2
add tempeh (V,GF)	2
add daiya (V,GF)	1.5
add cheese (GF)	1

appetizers and small plates

seitan wings - available bbq or hot, vegan ranch, carrot-celery salad (V)	7
fried pickles - with vegan ranch (VEG)	7
raw pizza - buckwheat crust, seasonal veg, sage cashew cheese (V,R,GF)	11
smothered sweet potato fries - spiced lentils, spinach, cheddar or daiya (V*,GF)	8
vegan pizza - zucchini ribbons, red onion, sundried tomato, sage cashew cheese (V,GF*)	10
farmfresh quiche - daily ingredients	9

sides (can be substituted for a side salad for \$2.50)

sweet potato fries (V,GF)	4
mac n cheese (V*, GF* upon request)	4
roasted local beets (V,GF)	4

V = vegan; VEG = vegetarian; GF = gluten-free; R = raw

rice bowls

kung pao - carrot, green pepper and red onions, brown basmati, and chicken or tofu (V,GF)	9
lentils and greens - curried lentils, swiss chard, brown basmati, and chicken or tofu (V,GF)	9
potato kale stew - red bell peppers, garbanzo beans, quinoa (V,GF)	9

wraps wraps served with small side salad

(GF wraps available upon request)

spicy <i>chicken</i> - chicken or tofu, spinach, blue cheese, roasted red potatoes, hot sauce (VEG*,GF*) ..	9
greek <i>chicken</i> - chicken or tofu, tomato, cucumbers, red onion, tzatziki (V*,GF*)	9
with feta	9.5
california <i>chicken</i> - chicken or tofu, avocado, sprouts, marinated tomatos (V*,GF*)	9
falafel - tahini, greens, tomatoes, sprouts (V,GF*)	7
bbq "pork" - bbq braised bean curd, housemade slaw, cheddar or daiya (V,GF*)	8
tuna salad - albacore, sprouts, tomato, greens (GF*)	9
burrito - basmati brown rice, black beans, pico de gallo, avocado (V,GF*)	8
with cheddar or daiya	8.5
with chicken	10
TLT - marinated tomatoes, fresh greens, basil mayo tempeh bacon (V) or turkey bacon.....	8



Chef Kate Elliott and Sous Chef Karl Derry.

18% gratuity will automatically be added to tables of 6 or more.

There is a \$.50 up charge for gf and vegan options.

we proudly serve organic free range chicken.

we process gluten, dairy, peanuts, and tree nuts in our facility - please use caution and alert your server prior to ordering if you have a severe allergy.