

## STARTS

### SALMON FLATBREAD / 15.75

Cream cheese, mozzarella, provolone, goat cheese, salmon, capers, red onions, walnuts, dill, and lemon with pesto aioli drizzled on top

### CAPRESE SALAD / 9

House-made mozzarella, tomatoes, and basil with olive oil and balsamic reduction drizzled on top

### HOUSE-MADE MEATBALLS / 8.5

Prosciutto de parma, ground pork and sirloin served with house-made marinara and baguette slices (substitute gluten-free bread for +3)

### CHEESY GARLIC BREAD / 6.5

Parmesan, mozzarella, provolone, & garlic spread on 8 pieces of house-made baguette

### AVOCADO PESTO DIP / 7.

Avocado, basil pesto, fresh garlic, and cold pressed olive oil served with our house-made baguette slices (gluten-free bread 3. extra)

## SALADS

*add protein:* roasted chicken - 4 turkey - 4 crab cakes (2) - 8.75 ahi tuna\* - 7.5 4 oz.cold salmon - 7.5 8 oz. warm salmon - 12.75 chicken salad - 4.50

### MARYE'S

Organic spring mix, wild baby arugula, granny smith apples, onions, organic caramelized pecans, feta, and house-made balsamic **half 7.5 - whole 10.5**

### CAESAR

Organic romaine, Tuscan croutons, parmesan, and house-made caesar dressing **half 8. - whole 11.**

### GARDEN

Organic spring mix, wild baby arugula, tomatoes, red onions, parmesan, olives, cucumbers, and house-made raspberry vinaigrette **half 7.5 - whole 10.5**

### QUINOA

Organic arugula, organic quinoa, grapefruit, avocado, touch of fresh jalapeño, cilantro, honey, lime, shallots, and house-made lemon mustard vinaigrette **half 8.25 - whole 11.25**

### GREEK

Organic spring mix, wild baby arugula, artichoke hearts, kalamata olives, tomatoes, red onions, pepperoncinis, feta, and house-made red wine vinaigrette **half 8. - whole 11.**

### KALE & BRUSSELS SPROUT

Organic curly kale, organic shaved brussels sprouts, dried cranberries, mandarin oranges, marcona almonds, manchego, and house-made lemon mustard vinaigrette **half 8.25 - whole 11.25**

### DETOX

Toasted almonds, dried cranberries, diced jalapeños, and sunflower seeds on a bed of chopped broccoli, kale, cabbage, carrots, collard greens, brussel sprouts, parsley, and cilantro with house-made lemon mustard vinaigrette **half 8.25 - whole 11.25**

### BEET

Organic spring mix, wild baby arugula, beets, organic blueberries, caramelized pecans, bacon, manchego cheese, and house-made raspberry vinaigrette **half 8.25 - whole 11.25**

## PIZZAS

**8" / 8.75    10" / 12.75    12" / 17.75    14" / 19.75**  
Gluten-free crust for 10" & 12" pizzas only. GF seasoned cauliflower crust available in 10" only.  
Vegan cheese available upon request. All GF & vegan options include a small upcharge.

**MOTHER LODE** House-made marinara, mozzarella and provolone blend, pepperoni, Italian sausage, ground sirloin, canadian bacon, onions, mushrooms, green & red bell peppers

**STACK** House-made marinara, mozzarella and provolone blend, pepperoni, mushrooms, Italian sausage, black olives

**QUE** Barbeque sauce, mozzarella/provolone blend, chicken, red onions, jalapeños, cilantro, smoked gouda

**MARGHERITA** Olive oil, mozzarella / provolone blend, tomatoes, garlic, basil

**FLORENTINE** Olive oil, mozzarella/provolone blend, sun-dried tomatoes, garlic, goat cheese, organic baby spinach

**GREEK** Olive oil, mozzarella/provolone blend, garlic, tomatoes, spinach, artichoke hearts, feta

**NATURE'S TREAT** Olive oil, mozzarella/provolone blend, tomatoes, organic baby spinach, mushrooms, red onions, green & red bell peppers, garlic

**MARION** Olive oil, mozzarella/provolone blend, feta, basil, spinach, Canadian bacon

**BELGIAN** Olive oil, mozzarella/provolone blend, organic shaved brussel sprouts, applewood smoked bacon, parmesan, cracked black pepper, goat cheese

**MARYE'S** Olive oil, mozzarella/provolone blend, tomatoes, feta, organic baby spinach, red onions, ground sirloin, jalapeños, red bell peppers

## CREATE YOUR OWN

**8" / 7.25    10" / 8.75    12" / 10.75    14" / 12.75**  
*toppings:* +.75 / 8" & 10", +1. / 12" & 14" *gourmet toppings:* +1.5 / 8" & 10", +2. / 12" & 14"

jalapeño	pineapple	• tomatoes	artichoke hearts	Vegan cheese
cilantro	pepperoncini	• arugula	sundried tomatoes	pepperoni
garlic	red onions	• basil	kalamata olives	chicken
rosemary	green bell peppers	• spinach	Italian sausage	ground sirloin
green olives	red bell peppers	• mushrooms	Canadian bacon	anchovies
black olives		• gorgonzola		prosciutto

## CALZONES

Stuffed with fresh mozzarella, provolone, and house-made marinara.

**CHEESE / 7.5** (additional toppings available)

## PIZZA ROLLS

Stuffed with fresh mozzarella, provolone, and pepperoni.  
Comes with either house-made marinara or house-made ranch dressing

**2 rolls / 4.                    4 rolls / 7.5                    8 rolls / 14.**

## SANDWICHES

Served with fruit or gourmet chips. Substitute a side salad for 3. extra.  
All natural smoked turkey & chicken breast- no hormones, nitrates, or nitrites  
Served on organic sprouted wheat bread. Gluten-free bread for a small upcharge

### PESTO CHICKEN CLUB / 10.75

Toasted sandwich with chicken breast, pesto, bacon, tomatoes, onions, provolone, arugula, avocado, and chipotle mayo

### OLD 300 BRISKET / 13.75

Toasted sandwich with Old 300's Akaushi brisket, provolone, chipotle mayo, avocado, tomatoes, jalapeños, and red onions

### MEATBALL MARINARA / 9.75

House-made meatballs, mozzarella, parmesan, basil, and marinara on homemade French bread

### TURKEY DIABLO / 9.75

Toasted sandwich with turkey breast, avocado, red onions, tomatoes, green leaf lettuce, chipotle mayo, and jalapeño jack cheese

### GREEN TURKEY / 9.75

Turkey breast, tomatoes, green leaf lettuce, avocado, bacon, spinach, and house-made mayo

### CHICKEN SALAD / 9.75

Seasoned chicken breast, green leaf lettuce, tomatoes, organic caramelized pecans, and house-made mayo

### RED TURKEY / 9.75

Turkey breast, green leaf lettuce, tomatoes, swiss cheese, cran-raspberry spread, house-made mayo, and sunflower seeds

## SPECIALTIES

### MARYE'S BOWL / 16.5

Cauliflower rice, quinoa, edamame, crispy kale, cucumber, watermelon radish, tamari ginger dressing and crispy onions with choice of roasted chicken, warm salmon, a crab cake, ahi tuna\*, or double avocado

### CRAB CAKE SALAD / 15.5

Lump Maryland crab cakes, organic arugula, parmesan, watermelon radish, & diablo sauce

### JALAPEÑO ALFREDO PASTA / 11.75

Penne pasta, house-made Alfredo sauce with a kick of jalapeño, and garnished with bacon and parsley (optional: add chicken for +4)

### ASIAN SALMON SALAD / 18.75

Organic spring mix, wild baby arugula, mandarin oranges, grapefruit, and organic blueberries, with a warm filet of salmon and tamari ginger dressing

### AHI TUNA SALAD\* / 14.75

Seared ahi tuna, organic spring mix, watermelon radish, lemon curd, tomatoes, red onions with light lemon olive oil infused with dried chilis & sundried tomatoes

### CHICKEN LETTUCE WRAPS / 12.

Bella Verde Farms butterleaf lettuce, East Poultry roasted chicken tenders, English walnuts, carrots, cucumbers, red grapes, cilantro, green onions, a pinch of jalapeño, and drizzled with house-made sweet chili sauce

**LASAGNA / 13.** (INDIVIDUAL SERVING) Layers of pasta with ground sirloin, Italian sausage, mozzarella, provolone, ricotta, parmesan, and house-made marinara.

**VEGETARIAN LASAGNA** Layers of pasta, mozzarella, provolone, ricotta, red and green bell peppers, red onions, mushroom, spinach and basil

REGULAR OR VEGETARIAN TAKE & BAKE / full pan serves 6-8 / **42.75**  
GF REGULAR OR VEGETARIAN TAKE & BAKE / full pan serves 6-8 / **47.75**