

joyous

Starters

Kindly Choose Two of the Following to Begin Your Experience

Spring Vegetable Soup

Carrots, Onions, Celery, Vegetable Broth, Thyme, and Bay Leaf

80 cal    

Inquire with Your Server for Today's Soup Selection

A Chef-Inspired Creation Made Fresh Daily with Carefully Selected Ingredients

110 cal

Chopped Garden Side Salad

Romaine Topped with Tomatoes, Cucumbers, and Carrots

150 cal    

Caesar Side Salad

Romaine Lettuce with Croutons and Parmesan Cheese

91 cal 

Shrimp Cocktail

Steamed Shrimp Served with Cocktail Sauce and Lemon Wedge

110 cal     

Tomato Basil Bruschetta

Hearty and Flavorful Roma Tomatoes with Fresh Basil and Garlic. Served on Crunchy Parmesan Baguette Toast

290 cal 

Bleu Cheese Stuffed Mushrooms

Six Mushroom Cups Stuffed with Blue Cheese, Garlic, Chopped Onions, and Parsley

180 cal  



Gluten Free



Mindful



Vegan



Plant Based



Vegetarian



Vibrant Minds

Nutritional detail available upon request.

**Enhance Your Entree Salad with Chicken,
Shrimp, Salmon, or Steak for an
Additional \$3**



ENTREE SALADS / \$10

Cobb Salad

631 cal 

Blue Cheese, Avocado, Eggs, and Bacon on a Bed of Romaine Lettuce

Greek Salad

160 cal   

A Bed of Mix Lettuce with Red Onion, Feta Cheese, Tomatoes, & Black Olives

Caprese Salad

370 cal     

Mozzarella Cheese, Tomato Slices, and Basil Served with Balsamic Vinaigrette

Kale Caesar Salad

380 cal

Baby Kale with Croutons, Shredded Parmesan and Caesar Dressing

FROM THE GRILL / \$10 + 1 Side


Gluten Free Bun Available Upon Request 

Cheese Burger

444 cal

1/4 Pound Burger with American Cheese on a Kaiser Roll

Turkey Burger

277 cal 

1/4 Pound Turkey Burger on a Kaiser Roll

Shrimp or Cod Po Boy

297 cal 

Popcorn Shrimp or Cod with Lettuce, Tomato, Dill Pickle, & Remoulade Sauce on French Bread

Classic Grilled or Crispy Chicken Sandwich

297 cal    

Grilled or Crispy Chicken with Lettuce, Tomato, and Pickles

Grilled Garden Pesto Pita

419 cal  

Grilled Pita Stuffed with Grilled Zucchini, Yellow Squash & Eggplant, Fresh Mozzarella, Tomatoes & Basil Pesto

GRILL SIDES

French Fries

250 cal  

Battered Sweet Potato Fries

303 cal  

Coleslaw

95 cal 

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FRESH CATCH / \$12 + 2 Sides

Citrus & Herb Crusted Salmon

168 cal 

Baked Trout with Lemon Butter Sauce


170 cal  

Lemon Garlic Shrimp with Sun-Dried Tomatoes

115 cal  

ENTRÉES / \$12 + 2 Sides

Grilled Beef Strip Steak

390 cal 

Beef Strip Steak Grilled to Perfection

Horseradish Braised Pot Roast

222 cal   

Savory Braised Pot Roast with Horseradish, Carrots, and Red Potatoes

Herbed Grilled Chicken

130 cal  

Grilled Chicken Rubbed with Parsley, Thyme, Oregano, and Garlic

Roasted Pork Loin with Mustard

Herb Crust

360 cal  

Pork Loin Roasted with a Honey, Mustard, Garlic, Rosemary, and Thyme

ITALIAN CLASSICS / \$12 + 2 Sides

Penne with Vegetables

250 cal    

Penne Tossed with Fresh Spinach, Roasted Red Peppers, Sun-Dried Tomatoes, and Pesto

Eggplant Parmesan

405 cal  

Golden Eggplant Cutlets Baked and Layered with Basil Marinara Sauce and Mozzarella Cheese

Chicken Parmesan

550 cal

Crispy Breaded Chicken Baked with Marinara Sauce and Melted Mozzarella

Italian Meatloaf

233 cal

Italian Seasoned Meatloaf with Green Peppers, Onions, Garlic, and Tomato Sauce

Italian Turkey Sausage & Fennel

Manicotti

578 cal

Italian Turkey Sausage, Grilled Fennel, Onions & Ricotta Cheese Stuffed Manicotti Topped with Marinara Sauce & Parmesan



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SIDES

Baked Potato

Baked Idaho Potato with Your Choice of Toppings

113 cal      

Oven Baked Sweet Potato

Baked Sweet Potato with Your Choice of Toppings

187 cal     

Herb Roasted Carrots

Fresh Carrots Roasted with Butter, Sage, Parsley, Rosemary and Thyme

55 cal  

Roasted Garlic Mashed Potatoes

Creamy Mashed Potatoes with a Hint of Roasted Garlic

164 cal  

Sauteed Spinach

Spinach Sauteed with Olive Oil, Garlic, Salt and Pepper

45 cal   

Steamed Broccoli

Steamed Fresh Broccoli

40 cal     

Lemon Garlic Green Beans

Crispy Green Beans with Fresh Garlic, Lemon Zest & A Hint of Spicy Red Pepper

39 cal      

Vegetable of the Day

Ask Your Server For Today's Vegetable Special

35-100 cal 



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DESSERTS

Something Sweet to Complete Your Meal!

Almond Pomegranate Greek Yogurt Parfait

Vanilla Greek Yogurt Topped with Pomegranate Berry Compote and Toasted Almonds

223 cal  

Blueberry Cobbler

Sweet Blueberries Topped with a Baked Cobbler Crust

150 cal  

Flourless Chocolate Ganache Torte

Rich, Dense Flourless Chocolate Torte Topped with Glossy Ganache, Whipped Cream, and Strawberry Thyme Compote

455 cal  

Vanilla Panna Cotta

Tangy, Creamy Buttermilk Panna Cotta with Lemon and Strawberry-Thyme Compote

235 cal 

Ice Cream, Seasonal Fruit Cup, Berries, or Cookies

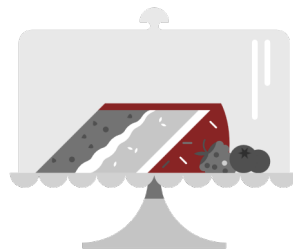
Available Upon Request

150 cal  

No Sugar Added Cheesecake

Smooth, Real Cream Cheese Vanilla Filling on a Buttery Graham Crust

350 cal 



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Week 1:

- Feta Stuffed Eggplant & Roasted Red Pepper Coulis
- Chicken Shawarma with White Pita

Week 2:

- Lamb Greek Burger
- Crispy Falafel Bowl with Tabbouleh Salad, Pickled Radishes & Feta Cheese

Week 3:

- Tossed Farro Salad
- Pork Souvlaki Skewers with Zucchini Pancakes & Red Cabbage Coleslaw

Week 4:

- Beef Kofta with Basmati Rice & Za'atar Roasted Carrots
- Crispy Polenta Squares Topped with Roasted Vegetables & Tomato Coulis

Week 5:

- Salmon Tzatziki Burger
- Chicken Piccata

5-Week Rotating Menu Special

SAVOR

Full-Service Bar Available Upon Request for Your Enjoyment

INTERESTING WHITES

		
Woodbridge Robert Mondavi-Moscato California, 2026	4	12
Sutter Home- White Zinfandel California, 2026	4	12
Woodbridge Robert Mondavi-Riesling California, 2026	4	12
Woodbridge Robert Mondavi-Pinot Grigio California, 2026	4	12
Woodbridge Robert Mondavi-Sauvignon Blanc California, 2026	4	12
Woodbridge Robert Mondavi-Chardonnay California, 2026	4	12
Oyster Bay-Sauvignon Blanc New Zealand, 2025	5.50	15
Seaglass-Sauvignon Blanc California, 2024	5.50	15
La Creme-Chardonnay California, 2023	5.50	15
Fre'- Red Blend (Alcohol Free) California	3.50	-
J. Roget- Brut Champagne California, 2025	5	15
Val Doca- Prosecco Italy, 2025	5	15

INTERESTING REDS

		
Woodbridge Robert Mondavi- Pinot Noir California, 2026	4	12
Woodbridge Robert Mondavi-Merlot California, 206	4	12
Woodbridge Robert Mondavi-Cabernet California, 2023	4	12
La Creme-Pinot Noir California, 2026	5.50	15
14 Hands-Merlot Washington, 2023	5.50	15
Rodney Strong-Cabernet Sauvignon California, 2021	5.50	15
Justin-Cabernet California, 2022	5.50	15
Fre'-Chardonnay (Alcohol Free) California	3.50	-

HAND-CRAFTED COCKTAILS

Sangria Berry Red or Sparkling Citrus White	5
Old Fashioned	5.50
Margarita Seasonal Flavors Available Upon Request	5.50
Manhattan	6
Espresso Martini	6

CURATED SELECTION OF DRAFT & BOTTLED BEERS

Including domestic and imported varieties. Kindly inquire with your server for available options.