

we realize you have a limited time at lunch. not to mention you are coming from a place where you are probably overworked and underappreciated. we are here to try and change your day.



our mission is to incorporate as many locally sourced and organic ingredients as they are available. for that reason our menus sway with the seasons and product availability.

**crispy calamari & rock shrimp**

LEMON AIOLI & MARINARA 9

**hummus among-us**

HUMMUS WITH OLIVE OIL DRIZZLE, GRILLED FLATBREAD & CHILLED VEGETABLES 5.5

**warm house made potato chips & dip**

HOUSE CREATED ONION DIP 5.5

**smoked chicken quesadilla**

LIGHTLY SMOKED FAJITA CHICKEN, JACK & CHEDDAR PICO DE GALLO, GUACAMOLE & SOUR CREAM 9

**wild mushroom & spinach quesadilla**

JACK CHEESE, PICO DE GALLO, GUACAMOLE & SOUR CREAM 7.5

**orange & tomato bruschetta**

BUFFALO MOZZARELLA & A FRESH MEDLEY OF ROMA TOMATOES, ORANGES, SWEET BASIL, GARLIC & AGED BALSAMIC 7

**SOUP - SANDWICH - SALAD - SINCERITY**

CREATE YOUR PERFECT SOUP, SALAD & SANDWICH COMBINATION

**PICK TWO FROM THE LISTS BELOW**

COMES WITH OUR SIGNATURE ICED TEA OR TENDERLY MADE LEMONADE 9.5

**1/2 sandwich selections**

- IOWA BLT
- TRUFFLED EGG SALAD
- ROASTED BEEF ON BAGUETTE
- TWO STRAWBERRY & RHUBARB PORK SLIDERS

**1/2 salad selections**

- MIXED GREEN SALAD
- BABY ROMAINE & ARUGULA CAESAR
- MINI WEDGE
- LITTLE SPRING

**cup-o-soup**

- ORGANIC TOMATO BASIL
- FRENCH ONION
- CUCUMBER & TOMATO GAZPACHO

**organic tomato basil soup**

VEGETARIAN TREAT WITH A LOCAL CHEESE TRIANGLE 7

**french onion**

TOPPED WITH CROUTON & GRUYERE 7

**cucumber & tomato gazpacho**

WITH A BASIL CHIFFONADE 7

**local tomato sample**

EVOO, BABY BASIL, SEA SALT & FRESH CRACKED PEPPER 5.5

**spring salad**

GREENS, FRESH GRAPES, CANDIED WALNUTS, CRUMBLED FETA CHEESE WITH HONEY & HOUSE MADE BLOOD ORANGE VINAIGRETTE 11

**seafood salad**

FRESH SEAFOOD BLEND, SPRING MIX, TOMATO, RED ONION, CORN, LOUIS DRESSING & FRESH SQUEEZED LEMON 11

**roasted pear salad**

ROMAINE AND BABY ARUGULA MIX, SLIVERED ALMONDS, CRUMBLED MAYTAG BLEU CHEESE, FEATHERED RED ONIONS, GRILLED PEARS WITH HOUSE MADE PEAR CHAMPAGNE VINAIGRETTE 12

**portabella & prosciutto salad**

GREENS, JULIENNED BEETS, CRUMBLED GOAT CHEESE, AGED BALSAMIC MARINATED PORTABELLA, THINLY SLICED PROSCIUTTO DE PARMA & GARLIC CROUTONS WITH HOUSE MADE GINGER SOY VINAIGRETTE 12

**italian salad**

SPRING MIX, SMOKED MOZZARELLA, CRISP PANCETTA, ROMA TOMATOES, SWEET BASIL, ARTICHOKES, BLACK OLIVES, ROASTED PEARL ONIONS WITH HOUSE MADE ITALIAN DRESSING 13

**iowa city cobb**

GRILLED CHICKEN, AVOCADO, TOMATO, MAYTAG, SCALLION, BACON, EGG & FRESH CORN 12.5

**SHARE SLIDERS**

LEMON SHRIMP, SKIRT STEAK WITH PEPPERJACK, STRAWBERRY & RHUBARB PULLED PORK INCLUDES YOUR CHOICE OF HOUSE MADE CHIPS, FRIES OR FRESH FRUIT

**TRY ONE OR TRY ALL THREE. ANY COMBINATION WILL DO.**

10 FOR EVERYTHING

3 A LA CARTE

**iowa blt**

LOCAL FRIED GREEN TOMATOES, LETTUCE, BACON & HOUSE MADE FRENCH ONION SPREAD ON WHEAT BERRY BREAD 8.5

**shrimp po'boy**

LEMON GREMOLATA TIGER PRAWNS ON A HOAGIE ROLL WITH LETTUCE, TOMATO, RED ONION HAY & CAJUN REMOULADE 11

**the club you want to join**

HOUSE ROASTED TURKEY BREAST, AVOCADO, SWISS CHEESE, TOMATO, LETTUCE, SMOKED BACON & MAYO ON TOASTED CRUNCHY WHEAT BERRY BREAD 8.5

**caprese chicken**

FRESH BASIL, OVEN ROASTED TOMATOES, BUFFALO MOZZARELLA WITH FRESH SUN DRIED TOMATO & ROASTED GARLIC PESTO ON A CIABATTA BUN 8.5

**pedmall dog**

JUMBO VIENNA BEEF FRANK, SAUTÉED VIDALIA ONION & LOCAL MUSHROOMS, TOMATO & AVOCADO RELISH, WITH STONE GROUND MUSTARD 8

**mushroom & swiss**

LOCAL & ORGANIC ON TOP OF A BLACK ANGUS BURGER 8.5

**island chicken sandwich**

TERIYAKI & PINEAPPLE MARINATED GRILLED CHICKEN BREAST, GRILLED PINEAPPLE, BACON, SWISS, LETTUCE, TOMATO & RED ONION ON A CIABATTA BUN 8.5

**the tasty basic**

BLACK ANGUS WITH CHOICE OF CHEESE, LETTUCE, TOMATO & RED ONION 10

**roasted beef on baguette**

SHAVED HOUSE ROASTED BEEF & PROVOLONE ON A BAGUETTE LOAF WITH AU JUS 8.5

**portabella sandwich**

ROASTED RED PEPPERS, GRILLED ONIONS, OVEN ROASTED TOMATOES ON A CIABATTA BUN 9.5

**local grilled cheese**

LOCAL KALONA WHITE CHEDDAR, OYSTER & SHITAKE MERLOT MUSHROOMS ON THICK CUT SOURDOUGH 7

**steak & frites**

8 OZ CHIMICHURRI SEASONED SKIRT STEAK, LEMON GREMOLATA FRIES & A MINI WEDGE SALAD 16.5