



SOUP - SANDWICH - SALAD - SINCERITY

CREATE YOUR OWN SCRUMPTIOUS COMBINATION

PICK THREE FROM THE LISTS BELOW

COMES WITH LOCAL ROOT BEER, TAZO ICED TEA OR TENDERLY MADE LEMONADE
9.5

on bread

TURKEY BLT ON FRENCH ROLL
MEDITERRANEAN SALMON
TWO FALAFEL SLIDERS
TWO SIGNATURE DRY CHERRY BBQ
PULLED PORK SLIDERS

with leaves

MIXED GREEN SALAD
BABY ROMAINE & ARUGULA CAESAR
LIL SPINACH
MINI PEAR

besides

ORGANIC TOMATO BASIL
CHEFS SOUP OF THE DAY
CHEFS VEGETABLE
FRESH CUT SLAW
NATURAL CUT FRIES

falafel sliders

CUCUMBER YOGURT, SPICY TOMATO JAM
AVOCADO & CABBAGE SALAD 8

crab cake

JUMBO LUMP CRAB WITH SNOW PEA & CITRUS SALAD 8

hummus among-us

ANCHO CHILI & NATURAL HUMMUS WITH OLIVE OIL
DRIZZLE, GRILLED FLATBREAD & VEGETABLES 6

smoked chicken quesadilla

LIGHTLY SMOKED FAJITA CHICKEN, JACK, CHEDDAR
SALSA, GUACAMOLE & SOUR CREAM 10

wild mushroom & spinach quesadilla

JACK, CHEDDAR, SALSA, GUACAMOLE & SOUR CREAM 9

house made potato chips & dip

HOUSE CREATED ONION DIP 6

green chili chicken flatbread

SHREDDED CHICKEN, TOMATOES, CILANTRO, TOMATILLO
SAUCE & JALAPENOS 9

roasted beef flatbread

SLOW ROASTED BEEF WITH PICKLED RED ONION
ARUGULA & HORSE RADISH 9

iowa pork flatbread

FENNEL & HERB SAUSAGE, PEPPERONI, SMOKED BACON
MOZZARELLA & ARUGULA 9

artichoke & parmesan flatbread

ARTICHOKE, BRAISED KALE, HERB GOAT CHEESE
PARMESAN, CARMELIZED ONIONS & CANDIED TURNIP 8

5 cheese flatbread

PARMESAN, GRUYERE, MOZZARELLA, GOAT &
PROVOLONE 8

organic tomato basil soup

VEGETARIAN TREAT WITH A LOCAL CHEESE CRISP
CUP 4 BOWL 7

chefs seasonal soup

OUR SOUP FOR YOU TODAY
CUP 3 BOWL 6

romaine & arugula caesar

CLASSIC DRESSING, SHAVED PARMESAN WITH GARLICKY
CROUTONS HALF 6 FULL 10

iowa city cobb

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

spinach & dried cherry salad

SPINACH, SWEET & SPICY PECANS, GOAT CHEESE
TRUFFLES, SHAVED RED ONION, DRIED CHERRIES &
SMOKED BACON WITH HOUSE MADE RED WINE
VINAIGRETTE 12

roasted pear salad

GRILLED PEARS, MIXED GREENS, SLIVERED ALMONDS,
CRUMBLLED MAYTAG BLEU CHEESE, FEATHERED RED
ONIONS, WITH HOUSE MADE PEAR CHAMPAGNE
VINAIGRETTE 12

turkey blt

SHAVED TURKEY, SMOKED BACON, SWISS
SEASONAL TOMATO, LETTUCE, AVOCADO WITH HONEY
CHIPOTLE MAYONNAISE ON NINE GRAIN 9

mediterranean salmon

MIXED GREENS, SEASONAL TOMATO, KALAMATA
OLIVES & ARTICHOKE ON CIABATTA 9

the tasty basic

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

roasted beef on baguette

SHAVED HOUSE ROASTED BEEF & PROVOLONE ON A
BAGUETTE LOAF WITH AU JUS 10

pulled pork sandwich

OUR SIGNATURE DRY CHERRY BBQ PULLED PORK WITH
THICK CUT PICKLES ON BRIOCHE 9

herb marinated grilled chicken

GOAT CHEESE, SEASONAL TOMATO, LETTUCE WITH
HERB LEMON AIOLI ON BRIOCHE 9

SOUPS & SALADS
UNIQUE AND HOUSE CREATED

SMALL PLATES
IDEAL FOR CONVERSATIONS & HEALTHY DEBATE

SANDWICHES
WITH YOUR CHOICE OF FRIES OR CHIPS

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.