Thai Curry Lentil Soup 9

Charred Jalapeño and Pumpkin Seeds Guacamole with Plantain Chips

Crispy Brussel Sprouts With Chili Maple & Lime 11

Buffalo Popcorn Chick'n with Ranch 13

Homemade Vegetable Dumplings with Garlic Chili Oil 12

Vietnamese Spring Rolls with Peanut Coconut Satay 11

Zucchini Fries with Citrus Aioli 9.5

Mini Quesadillas with Cheez, Poblano & Potato 12

Salt and Vinegar Onion Ring Stack With Chipotle Aioli 10.5

*Dairy Cheese on request





CHATTANOOGA CHOPPED 19

Baby Spinach, Cabbage, Radish, Broccoli, Cherry Tomato, Red Onion, Carrot, Charred Corn, Hearts Of Palm, Avocado, Crunchy Chickpeas, Southern Ranch

FRESH HARVEST 18.5

Shredded Kale, Shaved Honeycrisp Apples, Roasted Butternut Squash, Toasted Maple Pumpkin Seeds, Balsamic Dressing

GREEN & GRAINS 19.5

Tuscan Kale, White Quinoa, Forbidden Rice, Roasted Sweet Potato, Red Cabbage, Golden Beets, Pomegranate, Toasted Sunflower Seeds, Date Vinaigrette

THE SHANG 22

Fried Chik'n, Red and Green Cabbage, Shredded Carrots, Baby Watercress, Red Pepper, Coriander, Black and White Sesame, Miso Ginger Dressing

ADD ONS AVOCADO +3 VEGAN CHEEZ +3 DAIRY CHEESE (NV) PORTOBELLO MUSHROOM CHARGRILLED TOFU +5 FRIED CHIK'N +8 GRILLED SALMON (NV) SEARED AHI (NV)

S 3

POWER PESTO 19.5

Fusili, Pumpkin Seed and Broccoli Pesto, Toasted Bread Crumbs, Parmezan

KUNG PAO 19

Cauliflower, Szechuan Chili, Zucchini, and Brown Rice

ONE NIGHT IN BANGKOK 20

Spicy Tamarind and Peanut Pad Thai with Rice Noodles, Mushrooms and Tofu

GONE TO GOA 18.5

Chickpea and Eggplant Coconut Curry Bowl



SIGNATURE FISH TACOS (NV

CITRUS GRILLED MAHI MAHI, SALSA VERDE, PICKLED CABBAGE, CHARRED TOMATO SALSA, AVOCADO, CREMA SERVED WITH CILANTRO BROWN RICE AND BLACK BEANS

OLDSCHOOL

Black Bean And Beet Burger, Avocado, Arugula, Cucumber, **Smokey Aioli**

THYME & TRUFFLE 17

Balsamic Glazed Portobello Mushroom, Grilled Onions, Arugula, Avocado, Calabrian Pepper

THE COLONEL 16

Fried Chik'n, Southern Slaw, Crunchy Dill Pickle, Herb

STICKY ASIAN 17.5

Fried Chik'n, Szechuan Glaze, Pickled Cabbage, Sesame Sriracha Aioli

NASHVILLE 16.5

Fried Chik'n, Nashville Hot Sauce, Bread And Butter Pickles, Southern Slaw

Dairy Cheese on request*

ALL AMERICAN

Thick Impossible Patty, American Cheez*, Homemade Bakon, Griddled Onions

PLAIN JANE 15

Thick Impossible Patty, Lettuce, Tomato, Onion, Crunchy Dill Pickle, Heinz

DIABLO 18.5

Thick Impossible Patty, Chared Jalapeno, Onions, Pepper Jack Cheez*, Avocado, Chipotle Aioli

SEARED AHI (NV) 21

Black Pepper Crusted Ahi, Artugula, Avocado, Picled Onion, Miso Ginger Aioli

SALMON (NV) 19

Baby Watercress, Avocado, Horseradish Aioli

HAND CUT FRENCH FRIES WITH HOMEMADE SPICY KETCHUP 6.5

TWICE ROASTED SWEET POTATO WEDGES WITH BLACK SESAME & SRIRACHA AIOLI 7.5

TRUFLE PARMEZAN FRIES WITH GARLIC AIOLI 8.5

CHARGRILLED ZUCCHINI SPEARS WITH LEMON ZEST, PARMEZAN, TRUFFLE OIL AND CALABRIAN DIP











