

## GLUTEN FREE LUNCH MENU

### HUMMUS 12

vegetable crudite, sambal

### PULLED PORK NACHOS 16

tortilla chips, white cheddar cheese sauce, green onion, black beans, jalapeños

### AUTUMN SALAD 14

mixed gem lettuce, spiced pepitas, poached pears, gorgonzola cheese,  
maple balsamic vinaigrette

### TURMERIC ROASTED CAULIFLOWER 18

israeli couscous, yogurt, toasted pine nuts, golden raisin relish

### TUSCAN CAESAR SALAD 16

kale, red romaine, prosciutto, puffed quinoa, pecorino cheese, caesar vinaigrette

### GRILLED STEAK SALAD 24

flat iron steak, chimichurri sauce, black beans, corn, red peppers,  
crispy tortilla chips, cilantro avocado vinaigrette, queso fresco

### SEARED TUNA NICOISE 18

green beans, potatoes, cherry tomatoes, olives, hard boiled eggs, shallot dressing

### BLACKENED FISH TACOS 18

tomato+avocado+mango relish, salsa verde, tartar sauce, corn tortillas

### GEORGE'S COBB SALAD 16

chicken, avocado, bacon, chopped eggs, blue cheese, red onions, garden dressing

### MEDITERRANEAN ROAST CHICKEN 17

spinach, quinoa, sambal squash, hummus, feta cheese

### 7L OMELETTE 14

mushrooms, ham, spinach, onions, cheese, potato hash

**GLUTEN FREE SANDWICH BUNS AVAILABLE**