



SALADS . SMALL PLATES FOCACCIA

FRESH SPAGHETTI V parmesan-sage butter sauce	8
TWO IMPOSSI-BALLS PB Impossible meat, housemade basil-pomodoro, almond ricotta	8
FOCACCIA V housemade with tomato dip sauce	5
KALE & QUINOA shredded kale, quinoa, walnuts, dried cranberries, shaved goat cheese, smashed avocado, balsamic cashew vinaigrette	8
CALI CHOPPED crispy chopped mixed greens, grapes, walnuts, green & red peppers, chopped veggies, bleu cheese crumbles, gorgonzola-shallot vinaigrette	8
CAESAR crispy romaine, parmesan croutons, tomatoes, kalamata olives, parmesan cheese, classic caesar dressing	5 / 8
ANTONIO crispy romaine, grape tomato, red onion, celery, red wine vinaigrette, parmesan	4 / 7
salad additions sliced chicken +5, shrimp or steak +7, tuna +9	

FRESH PASTA choice of fresh rigatoni **PB**, fresh spaghetti **PB**, fresh cavatelli **PB** or spaghetti squash **PB**

BASIL POMODORO PB DF with ricotta or plant-based ricotta	11
PESTO VERDE V lemon, basil, parmesan & walnut pesto	12
MUSHROOM MARSALA V mushroom marsala wine sauce	12
TRUFFLE THREE CHEESE V three cheeses, panko bread crumbs, truffle oil drizzle	14
CACIO PEPE V fresh crushed black pepper, parmesan, seasoned bread crumbs	12
PLANT-BASED BOLOGNESE PB ground impossible burger, vegetable tomato sauce, basil	16
BROCCOLINI & SAUSAGE extra virgin olive oil, panko bread crumbs, pepper flakes, fresh parmesan	16
LIL' SPICY V jalapeño, fresh tomato, kale, parmesan, garlic	12
VODKA TOMATO V creamy tomato sauce, garlic, basil, shaved goat cheese	12
pasta additions: PB big meatball +3, sliced chicken or sausage +5 or shrimp +7 to any pasta	

BRICK OVEN PIZZA all of our 12" crust is made with naturally fermented sourdough, crafted locally by Gulfcoast. We also offer our vegetarian gluten free cauliflower crust (+2)

SIMPLE V mozzarella, basil, tomato sauce	12
TUSCAN pepperoni, sausage, mozzarella, basil, tomato sauce	14
HOT & SWEET charred pepperoni, mozzarella, Mike's hot honey	14
MARSALA sliced chicken, mozzarella, mushroom marsala wine sauce	14
VEGETARIAN SALAD PIZZA V romaine, grape tomatoes, parmesan, red wine parmesan vinaigrette	12
PLANT-BASED SIMPLE PB fresh tomato, house-made vegan almond ricotta, fresh basil	14
PLANT-BASED MUSHROOM WHITE PB sliced mushrooms, onion, plant based almond ricotta, cracked black pepper, truffle oil drizzle, plant based mozzarella	14
PLANT-BASED AVOCADO TOASTA PB smashed avocado, grape tomato, red onion, cracked black pepper, cilantro, lime, jalapeno, sliced radish	14
PISTACHIO PIZZA V pistachio, rosemary, onions, mozzarella, parmesan cheese, olive oil, pomodoro sauce	12
pizza additions: extra mozzarella, plant-based ricotta cheese, parmesan cheese, broccoli, pepperoni, sausage, goat cheese, or mushrooms +75 ¢ each	

VEGGIE SIDES

ROASTED CAULIFLOWER PB GF garlic, lemon, pepper	5
SAUTEED MUSHROOMS PB GF garlic, olive oil, lemon	5
ROASTED BROCCOLINI PB GF oil, red pepper flakes, lemon, garlic	5

PB-PLANT BASED GF-GLUTEN FREE V-VEGETARIAN DF-DAIRY FREE

water

SMALL PLATES

MISO SOUP DF 3.5

EDAMAME GF V 6
STEAMED OR TOSSED WITH ROASTED GARLIC LIME BUTTER

CRISPY RICE WITH AHI TUNA ** 9
SRIRACHA AILOI, CRISPY SHALLOT, PICKLED RED ONION, SCALLION

AHI TUNA OR YELLOWTAIL ** 9
3PC SASHIMI OR 2PC NIGIRI

SIMPLE SUSHI

8 PIECE ROLLS (NORI OUT) | REPLACE NORI WITH RICE PAPER +1

AHI TUNA ** 7

YELLOWTAIL OR SALMON ** 7

SPICY AHI TUNA, YELLOWTAIL OR SALMON ** 7

AVOCADO ROLL PB 7

AHI TUNA + AVOCADO + CUCUMBER ** 9

SPICY AHI TUNA + AVOCADO + CUCUMBER ** 9

SPICY AHI TUNA + TEMPURA ONION + AVOCADO ** 9

YELLOWTAIL + AVOCADO + CUCUMBER ** 9

SPICY YELLOWTAIL + AVOCADO + CUCUMBER ** 9

SPICY YELLOWTAIL + JALAPENO ** 9

SALMON + CUCUMBER + AVOCADO ** 9

SPICY SALMON + CUCUMBER + AVOCADO ** 9

FRESH CALI CRAB ROLL 8

TEMPURA SHRIMP + CUCUMBER 8

CHOICE OF DIP SAUCE

SRIRACHA AIOLI | JALAPENO LIME AIOLI | CITRUS PONZU | SWEET GINGER

ROLLS THAT SPARK JOY

HIGH TIDE ** 12

NORI OUT, TEMPURA SHRIMP, AVOCADO, CUCUMBER,
SPICY AHI TUNA ON TOP

THE MIDTOWN ** 10

SALMON, CREAM CHEESE, SCALLION, TEMPURA ONION

GREEN PEACE V 8

AVOCADO, CUCUMBER, TEMPURA ONIONS, CARROTS, WATERMELON RADISH,
TRUFFLE OIL, LIME, SRIRACHA AIOLI AND TOGARASHI

VOLCANO 14

ALASKAN CRAB MEAT, CUCUMBER, SCALLION,
CREAM CHEESE, TEMPURA ONION, WONTON FLAKES, AVOCADO,
WARM SEAFOOD DIP, KABAYAKI, GLAZE DRIZZLE, SRIRACHA AIOLI

PAPER TIGER ** 12

NORI OUT, TEMPURA SHRIMP, PICKLED RED ONION, AVOCADO,
SPICY AHI TUNA, JALAPEÑO LIME AIOLI, SCALLION

DINO & JIMMY ** 14

ALASKAN CRAB MEAT, TEMPURA SHRIMP, CUCUMBER,AVOCADO,SCALLION,
KABAYAKI GLAZE, SRIRACHA AIOLI, SESAME AIOLI

HEAVENLY GATES ** 14

SPICY AHI TUNA, CUCUMBER, AVOCADO, FRESH JALAPEÑO,
TOPPED WITH SPICY AHI TUNA, LIME & SRIRACHA AIOLI

SPICY DIABLO ** 14

SPICY AHI TUNA, TEMPURA ONION, AVOCADO, BEET TOBIKO, SCALLION, & SRIRACHA AIOLI

SUNOMONO SALAD 9

FRESH CUCUMBER, SESAME, CRAB MEAT, SWEET CITRUS PONZU

ASIAN WATER GUACAMOLE GF DF 10

FRESH TORTILLA CHIPS, CARROT, CUCUMBER

UPTOWN PARMESAN TRUFFLE FRIES 7

STEAK QUESADILLA 9

GRILLED STEAK, CILANTRO, BEAN PURÉE, ROASTED BELL PEPPER, JALAPEÑO JACK

CALIFORNIA BOWLS

CHOICE OF BASE

LEMON TURMERIC RICE
BROWN RICE
CITRUS SHREDDED KALE
STICKY RICE

SPAGHETTI SQUASH
CHILLED UDON NOODLES
RED QUINOA & RICE BLEND

+\$15

GO PLANT BASED BY REPLACING ANY
PROTEIN WITH OUR VEGGIE MIX

CHICKEN & BROCCOLINI GF DF 14

GRILLED NATURAL CHICKEN, JALAPEÑO SLICES, CASHEWS,
MIXED VEGGIES, ONION, BROCCOLINI & LIME GINGER SOY SAUCE

THE LOCAL GF DF 14

GRILLED SHRIMP WITH CHARRED BROCCOLINI , SLICED RADISH,
WATERCHESTNUTS, LIME VINAIGRETTE WITH A TOUCH OF RED CHILI FLAKES

FITNESS GF DF 14

BLACKENED NATURAL CHICKEN, CHARRED BROCCOLINI, ROASTED BROCCOLI,
CAULIFLOWER, LIME VINAIGRETTE, FIESTA PICO DE GALLO

HOT & CRUNCHY TUNA ** 16

SUSHI GRADE AHI TUNA, CUCUMBER-JICAMA MIX, SCALLION, AVOCADO,
TAMARI, TEMPURA ONION, SESAME SEEDS, DRIZZLED WITH SRIRACHA AIOLI

MEXICAN GF 14

GRILLED NATURAL CHICKEN, WARM BLACK BEANS, CHEDDAR, FIESTA PICO DE GALLO,
AVOCADO, LIME SOUR CREAM, TOASTED PEPITAS, SIDE OF BALSAMIC VINAIGRETTE

TAKE ME TO TERRI TOWN DF 15

TERIYAKI MARINATED STEAK, WATERCHESTNUTS, BROCCOLI, CORN,
CARROT, CILANTRO, SESAME AIOLI
| RECCOMENDED WITH WARM UDON NOODLES |

SOUTHWEST GF 14

BLACKENED CHICKEN, JALAPEÑO JACK, SAUTÉED ONION,
GREEN & RED PEPPERS, MUSHROOMS

THAI DF 14

THAI-MARINATED NATURAL CHICKEN, SCALLION, JICAMA, CARROT & MANGO MIX,
FRESH CILANTRO, CRISP WONTONS, CURRY PEANUT SAUCE, TOGARASHI

THE ORIGINAL POKE ** DF 16

SUSHI GRADE AHI TUNA OR HAMACHI, CRISPY SHALLOT, KALE SLAW, CILANTRO,
DICED JICAMA, CUCUMBER, WHITE ONION, GREEN ONION, SESAME SEEDS,
CHILI OIL DRIZZLE, CHOICE OF SAUCE:
JALAPEÑO-LIME DRESSING | SRIRACHA AIOLI | SWEET GINGER SAUCE

SPICY BRAZILIAN 14

SPICY BLACKENED NATURAL CHICKEN, SAMBAL SAUCE, BLACK BEANS, CORN,
CHEDDAR, CRISPY JALAPEÑO, LIME SOUR CREAM, AVOCADO, LIME-CAESAR DRESSING

extra protein: chicken +5. shrimp or steak +7. tuna +9

THE IMPOSSIBLE BURGER V 13

LETTUCE, RED ONION, SLICED PICKLE, TOMATO, TOASTED POTATO ROLL
SERVED WITH CHOICE OF SIDE

DAIRY FREE - DF

VEGETARIAN - V

PLANT BASED - PB

GLUTEN FREE - GF

WATER + FLOUR IS NOT A GLUTEN FREE, DAIRY FREE, OR VEGAN RESTAURANT. SOME ITEMS ARE PREPARED ON SHARED EQUIPMENT
AND CROSS CONTACT MAY OCCUR. WE CANNOT GUARANTEE ALL ITEMS FOR THOSE WHO ARE HIGHLY SENSITIVE.

**CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS,
ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.