

water + flour

sushi - bowls - pasta - pizza

SALADS SERVES 5 | SERVES 10

CALI CHOPPED

17 | 28

crispy chopped mixed greens,
walnut, green peppers, chopped
veggies, grapes, gorgonzola-shallot
vinaigrette, bleu cheese crumbles

CAESAR

14 | 25

crispy romaine, parmesan
croutons, tomato, kalamata
olives, parmesan cheese,
classic caesar dressing

ANTONIO

14 | 25

crispy romaine, red onion,
grape tomato, celery,
red wine parmesan vinaigrette

add chicken +15/25, shrimp or steak +20/32

FRESH PASTA SERVES 5 | SERVES 10 choice of fresh rigatoni **V**, cavatelli **PB** or spaghetti squash **PB**

BROCCOLINI & HERB **DF**

48 | 85

extra virgin olive oil, panko bread crumbs,
pepper flakes | suggested with sausage

PESTO VERDE **PB**

45 | 80

lemon, basil, parmesan
& walnut pesto

BASIL POMODORO **PB DF**

40 | 75

basil, tomato with ricotta
or plant-based ricotta

TRUFFLE THREE CHEESE **V**

50 | 95

three cheese, panko bread crumbs,
truffle oil drizzle

PLANT-BASED BOLOGNESE **PB**

55 | 98

ground impossible burger,
vegetable tomato sauce

MUSHROOM MARSALA **V**

45 | 80

wild mushroom, onion,
marsala wine sauce

add sliced chicken or sausage +15/25 or shrimp +20/32

BRICK OVEN PIZZA Our 12" crust is made with naturally fermented sourdough, crafted locally by Gulfcoast. Vegetarian gluten free cauliflower crust (+2)

SIMPLE **V 12**

tomato, mozzarella,
basil

TUSCAN **14**

pepperoni, sausage,
mozzarella, basil, tomato sauce

HOT & SWEET **14**

charred pepperoni, mozzarella,
mike's hot honey

MARSALA **14**

sliced chicken, mozzarella,
mushroom marsala wine sauce

PLANT-BASED SIMPLE **PB 14**

fresh tomato, house-made
PB almond ricotta

PLANT-BASED MUSHROOM WHITE **PB 14**

sliced mushrooms, onions, vegan cashew
ricotta, cracked black pepper, truffle oil drizzle

toppings .75 each: pepperoni, sausage, sliced chicken, broccoli, mushrooms

DRINKS

ASSORTED SODA **1.5**

BOTTLED WATER **1.5**

SEASONAL TEAS AND LEMONADE **5 | 10**

1/2 gallon or gallon

CALIFORNIA BOWLS serves 5 - \$48 | serves 10 - \$85

MEXICAN GF

warm black beans, cheddar, toasted pepitas, fiesta pico de gallo, smashed avocado, lime sour cream, balsamic vinaigrette

SPICY BRAZILIAN

sambal sauce, black beans, corn, cheddar, crispy jalapeño, lime sour cream, avocado, lime-caesar dressing

HOT & CRUNCHY

cucumber-jicama mix, scallion, avocado, Sriracha aioli, tempura onion, sesame seeds suggested with Ahi Tuna

FITNESS DF GF

charred broccolini, roasted broccoli & cauliflower, fiesta pico de gallo, hot sauce, smashed avocado,

SOUTHWEST GF

sautéed onion, green & red peppers, mushrooms, jalapeno jack cheese

THAI DF

scallion, jicama, carrot, & mango mix, cilantro, crisp wontons, peanut aioli dressing

TAKE ME TO TERRI TOWN DF

teriyaki glaze, waterchestnuts, broccoli, baby corn, carrot, cilantro, sesame aioli

CHOICE OF PROTEIN

GRILLED CHICKEN | BLACKENED CHICKEN
GRILLED CITRUS TOFU | AHI TUNA +12/20
GRILLED STEAK +10/18 | GRILLED SHRIMP +8/16

CHOICE OF BASE

LEMON TURMERIC RICE | BROWN RICE
CITRUS SHREDDED KALE
RED QUINOA RICE BLEND
SPAGHETTI SQUASH +6 /12
UDON NOODLES +6/12

WRAP PLATTERS 30 pieces - \$40

VERDURA PB

crispy tofu, quinoa, seasonal vegetables, kale slaw, dried cherries, vegan ricotta cheese

ALAMO

choice of blackened chicken or grilled steak (+\$8), sautéed onion, green & red peppers, mushrooms, jalapeño jack cheese, lemon-turmeric rice, creamy horseradish dipping sauce

BASIC

grilled chicken, cheddar, yellow rice, balsamic-vinaigrette dipping sauce

CALIFORNIA STEAK BURRITO +\$8

grilled steak, onion, jack cheese, Mexican fries, cilantro, avocado crema, & pico de gallo

CALIFORNIA CLUB

grilled chicken, crispy bacon, lettuce, tomato, avocado, honey mustard dip

DIABLO

natural chicken, avocado, mozzarella, onion, lemon-turmeric rice & chipotle tomato dip sauce

DIPS

ASIAN GUACAMOLE DF \$8/\$16
served w/ tortilla chips

EDAMAME GF V \$6
light sea salted

SMALL BITES PLATTERS (10 PIECES) * REQUIRES 24 HOUR NOTICE

TOMATO BASIL & FRESH MOZZERELLA SKEWERS GF* \$25
w/ balsamic dressing

CHICKEN SATAYS GF DF \$15
w/ hot & sweet sauce

SKEWERED FILET GF \$25
w/ horseradish sauce

ASSORTED COOKIES \$7.5

CHICKEN SPRING ROLL PLATTER DF \$20
w/ hot & sweet sauce

BROWNIES \$12.5