



LUNCH MENU

APPETIZERS

AHI* SPRING ROLLS 20.99

Sushi grade Ahi* served rare, cabbage, carrots, green onions, basil & cilantro wrapped in wonton & nori paper. Flash-fried & served on a bed of white rice with pineapple & pickled ginger.

QUESADILLA 14.99

Red and white flour tortillas filled with cheddar and pepper jack cheese, green chiles and tomatoes.

Served with salsa, sour cream and cilantro.

ADD CHICKEN 4.99 ADD BLACK BEANS 1.99

RED PEPPER HUMMUS 16.99

Blended roasted red peppers, garbanzo beans, tahini and garlic. Served with choice of baked crostinis or grilled pita wedges.

ARTICHOKE CHEESE DIP 16.99

Baked Asiago and cream cheese with artichokes, garlic and scallions. Served with baked crostinis.

HOT WINGS 19.99

Deep-fried chicken wings tossed in your choice of Traditional, Korean b.b.q. or Hellfire sauces. Celery, carrot, and jicama sticks with Gorgonzola sauce.

1/2 DOZEN 13.99

NACHOS 17.99

Blue & white corn tortilla chips topped with diced tomatoes, olives, jalapeños, scallions, cilantro, lime, salsa, guacamole, sour cream & cheddar jack cheese.

ADD CHICKEN 4.99 ADD BLACK BEANS 1.99

CALAMARI 18.99

Calamari seasoned, battered and flash-fried.

Served with fire-roasted tomato sauce and a side of herbed lemon aioli.

BEER BATTERED SHRIMP 18.99

Rock shrimp seasoned, battered and flash-fried.

Served with chipotle aioli and cocktail sauce.

SOUPS

SOUP OF THE DAY
CUP 5.99 • BOWL 7.99

SALADS

ADD SEASONED CHICKEN 4.99 ADD TOFU 3.99 ADD GRILLED SHRIMP 8.99 ADD SALMON 9.99

HOUSE REG • 17.99 FULL • 19.99

Baby greens tossed with balsamic vinaigrette and garnished with red onions, pears, blue cheese, fire-dried pecans and Mandarin oranges.

ORIENTAL REG • 17.99 FULL • 19.99

Baby greens and red cabbage with sesame vinaigrette & garnished with honey roasted almonds, rice noodles, Mandarin oranges, carrots and diced pimentos.

BAJA REG • 20.99 FULL • 23.99

Grilled Wahoo served over baby greens & shredded cabbage tossed with lime chipotle vinaigrette, mango sauce, tortilla strips, red & green peppers, white onions, black beans, cilantro & Oaxaca cheese.
Topped with avocado.

CAESAR REG • 17.99 FULL • 19.99

Hearts of romaine and spiked garlic croutons tossed with spicy Caesar dressing. Garnished with artichoke hearts, Asiago and cracked black pepper.

SOUTHWESTERN REG • 17.99 FULL • 19.99

Baby greens tossed with balsamic vinaigrette. Garnished with black bean, corn & roasted pepper salsa, jicama, avocados, tomatoes, tortilla strips & cheddar jack cheese.

AHI* REG • 23.99 FULL • 28.99

Seared Sushi grade Ahi* prepared rare with a sesame seed & black peppercorn crust. Served over baby greens, carrots, & cabbage with a light wasabi vinaigrette. Garnished with pickled ginger and wonton strips.

PIZZA

DAILY PIZZA SPECIAL – MINI PIZZA & SIDE SALAD 14.99

B.B.Q. CHICKEN 17.99

Grilled chicken breast, b.b.q. sauce, red onion, Roma tomato, Mozzarella, scallions, cilantro & corn pepper salsa.

PEPPERONI 17.99

Pepperoni, re-roasted tomato sauce, Mozzarella, Asiago, fresh basil & oregano.

THAI CHICKEN 17.99

Grilled chicken breast, b.b.q. sauce, red onion, red onions, bell peppers, carrots, cilantro & scallions.

ROASTED VEGGIE FLAT BREAD 17.99

Oven baked flat bread with roasted red onions, bell peppers, herbs and Asiago. Served with roasted Roma tomatoes & goat cheese.

VEGETABLE 17.99

Pesto, eggplant, Roma tomatoes, mushrooms, red onions, bell peppers, Mozzarella, Asiago & fresh basil.

FOUR CHEESE 16.99

Cheddar, pepper jack, Mozzarella, Asiago, fresh basil & fire-roasted tomato sauce.

SHRIMP MARGHERITA 18.99

Grilled shrimp, Roma tomatoes, Mozzarella, fire roasted tomato sauce. Garnished with Asiago and fresh basil. Served with a lemon wedge.

GREEK 17.99

Sausage, fire-roasted tomato sauce, Feta, Mozzarella, tomatoes, Kalamata olives & oregano.

PASTA

ADD CHICKEN 4.99 • ADD SALMON 9.99 • ADD SHRIMP 8.99 • SUB SHRIMP 4.99

TEQUILA LIME CHICKEN 18.99

Sautéed chicken, red onions, red bell peppers, jalapeño, garlic, celery, tequila-ginger-lime sauce, scallions, cilantro & cashews. Served over your choice of linguine or jasmine rice.

THAI CHICKEN 18.99

Sautéed chicken, carrots, red onions, zucchini, yellow squash, garlic, tossed in a **spicy** Thai peanut sauce with scallions, bean sprouts & cilantro. Served over linguine or jasmine rice.

STEAK* GORGONZOLA PASTA 24.99

Sauteed Petit tender*, bacon, red onion, red peppers, & penne pasta tossed in a Gorgonzola cream sauce, finished with chives & Roma tomatoes.

SHRIMP CURRY 18.99

Shrimp, snow peas, carrots, red onions and red peppers. Tossed with jumbo noodles in a **spicy** red curry sauce with toasted coconut & green onions.

AVAILABLE VEGAN WITH YELLOW CURRY

BAKED RAVIOLI 21.99

Baked spinach ricotta raviolis over fresh spinach, house marinara and Alfredo. Topped with bread crumbs, honeyed balsamic and garnished with pesto oil.

CAJUN CHICKEN ALFREDO 20.99

Sautéed chicken breast, red onion and garlic tossed in a **spicy** Cajun Alfredo sauce with fettuccine.

LUNCH ENTREES

ENCHILADA COMBO 18.99

Chicken and cheese enchiladas smothered with salsa verde and mole. Topped with sour cream and guacamole. Served with black beans and Spanish rice.

VEGGIE STIR FRY 17.99

Fresh green beans, carrots, broccoli, red peppers, baby corn, onion, celery, bean sprouts and tofu sautéed in a light Teriyaki sauce served over jasmine rice.

AVAILABLE SZECHWAN STYLE

CHILI VERDE BURRITO 18.99

Spicy chile verde, tender pork and rice wrapped in a flour tortilla smothered in cheddar & jack cheeses. Topped with sour cream. Served with black beans and Spanish rice.

FISH AND CHIPS 27.99

Fresh Alaskan Halibut cut daily and flash-fried in a Hefeweizen beer batter. Served with fries, dill tartar sauce and lemon wedges.

SMOTHERED BLACK BEAN BURRITO 17.99

Black beans, roasted bell peppers, onions, cilantro & scallions, smothered in cheddar jack cheese. Topped with guacamole, sour cream & salsa.

WITH CHICKEN 20.99

WAHOO FISH TACOS 21.99

Grilled Wahoo, cabbage, Baja salsa, lime chipotle sauce and Oaxaca cheese wrapped in corn and flour tortillas. Served with white rice & black beans.

SANDWICHES

ALL COME WITH A CHOICE OF FRIES, GREEN SALAD, PASTA SALAD, OR CUP OF SOUP.
GLUTEN/DAIRY FREE BUN OPTION AVAILABLE UPON REQUEST.

SANTA FE CHICKEN 17.99

Spicy blackened chicken breast with chipotle aioli, roasted chiles, tomato, red onion and Muenster cheese on a floured sourdough or spent-grain bun.

GREEK PITA WRAP 17.99

Seasoned chicken, Roma tomatoes, red onions, Kalamata olives, Feta cheese, diced pepperoncinis and a zesty ranch sauce wrapped in a grilled pita.

PORTABELLO JACK 17.99

Marinated & grilled portabella mushroom with sautéed red & green peppers, sautéed onions, tomato, pesto & Muenster cheese on a floured sourdough or spent-grain bun.

SMOKED TURKEY 17.99

Smoked turkey, Gouda cheese, herbed aioli, Dijon-cranberry spread, red onions, tomato & lettuce on toasted sourdough or honey wheat bread.

TUNA SALAD 17.99

White Albacore tuna mixed with celery, onions, green peppers and a light spicy dressing. Topped with Swiss cheese on toasted sourdough or honey wheat bread.

ITALIAN CHICKEN SUB 17.99

Grilled chicken topped with mozzarella, roasted tomatoes, pepperoni and ranch on a toasted baguette.

LEMON PEPPER SALMON 21.99

Seared lemon pepper Coho Salmon* with chipotle aioli, red onion & cabbage on a sourdough or spent-grain bun.

BIG COTTONWOOD BURGER 19.99

1/2 Pound of seasoned & grilled beef or Beyond Burger Patty with bacon, sautéed mushrooms, red onions, tomato, lettuce, cheddar, swiss, herbed aioli & b.b.q. sauce on a floured sourdough, spent-grain, or GF bun.

PHILLY CHEESE STEAK 18.99

Grilled sirloin with sautéed red & green peppers, onion, smothered w/mozzarella on a grilled sourdough baguette.

FRENCH DIP 18.99

Slow cooked, thinly sliced roast beef on a roasted baguette. With your choice of swiss, munster, cheddar or gouda cheese. Add sauteed mushrooms, sauteed peppers or caramelized onions for .99. Add avocado for 1.99. Served with au jus & creamy horseradish sauce.

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of food borne illness.
Consult your physician or local health official for further info.

Please be advised that any food prepared in this restaurant may contain allergens, including: Tree Nuts, Peanuts, Fish, Crustacean/Shellfish, Soy, Sesame, Dairy, Eggs and Wheat. While we take steps to minimize the risk of cross contamination (cleaning/sanitization, separating prep, cooking and storage processes of prepared items and baked goods made with these allergens), we cannot guarantee that any of our products are 100% safe to consume for people with these allergies. Customers concerned with food allergies need to be aware of this and inform the restaurant if you have any food allergies. The restaurant does not take on the responsibility for your decision to dine out. *The following items can be ordered undercooked.

SIDES

FRIES 5.99	STEAMED RICE 2.99
PASTA SALAD 4.99	CHIPS & SALSA 6.99
SAUTÉED VEGETABLES 7.99	CHIPS & GUACAMOLE 12.99
FRESH FRUIT 5.99 / 8.99	GUACAMOLE (2 OZ) 3.99
CHILE VERDE (CUP) 6.99	ONION RINGS 12.99
CROSTINI & MARINARA 5.99	WING VEGGIES 8.99 CELERY, CARROT, JICAMA

DESSERTS

SALTED CARAMEL CHEESECAKE 11.99 W/PRETZEL CRUST	OREO CREAM CAKE 11.99
TIRAMISU 12.99	BREAD PUDDING 12.99
FUDGE BROWNIE 11.99 W/VANILLA BEAN ICE CREAM	CHOCOLATE PORCUPINE 12.99 W/VANILLA BEAN ICE CREAM
PECAN CARROT CAKE 12.99	CRÈME BRÛLÉE 11.99
VANILLA BEAN ICE CREAM 5.99 (SINGLE) / 7.99 (DOUBLE) W/ FRESH FRUIT OR CHOCOLATE SAUCE	

BEVERAGES

- COKE, DIET COKE, COKE ZERO, SPRITE, ROOT BEER, DR. PEPPER,
LEMONADE, ICED TEA
- ORANGE JUICE, GRAPEFRUIT,
PINEAPPLE, CRANBERRY, APPLE, V8
- COFFEE, HOT TEA, HOT COCOA
- ESPRESSO(DBL.) • LATTE • CAPPUCCINO • MOCHA • CHAI TEA

ASK YOUR SERVER ABOUT A GROWLER TO GO

20% GRATUITY WILL BE ADDED FOR GROUPS OF 8 OR MORE

