

TRIPTYCH

Lunch Menu

Organic New American Cuisine

ORGANIC SHARES / SMALL PLATES

Sweet Potato Fries	4
<i>Zero trans fat, served with sweet chili aioli</i>	
Soups du Jour	4
<i>different soups daily; one vegetarian or vegan soup included in our selections</i>	
Organic Small Side Green Salad	4
<i>organic greens, diced tomatoes, diced cucumbers, pomegranate vinaigrette</i>	
Organic Beets Salad	8
<i>Gold beets, cucumber, goat cheese with tarragon-paprika-lemon, balsamic dressing</i>	
Small Ravioli	6
<i>shitake mushroom ravioli with sweet chili mango sauce</i>	
Organic Large House Salad	6
<i>organic greens, diced tomatoes, diced cucumbers, pomegranate vinaigrette</i>	
Shaved Fennel Salad	7
<i>mixed greens, shaved fennel, bacon wrapped dates, toasted walnuts & Meyer lemon vin.</i>	
Rocket Salad	7
<i>rocket (arugula), fried artichoke croutons, pearl onions, goat cheese & Meyer lemon vin.</i>	

ENTRÉE SALADS

Fattoush Salad	9
<i>hearts of romaine, olives, tomatoes, cucumbers, feta, sumac, mint & pita bread</i>	
With chicken	12
Classic Caesar	9
<i>polenta croutons, marinated white anchovies & parmesan</i>	
With chicken	12
Arugula & Pear	9
<i>brie cheese, spicy walnuts, pomegranate vinaigrette, caramelized pears</i>	
With chicken	12
Salmon Club Salad	13
<i>grilled Atlantic salmon, baby greens, cucumbers, tomatoes, bacon garnish, red onion, lemon ranch dressing</i>	

ENTRÉES

Moroccan Tagine	11
<i>Chck peas, tomato, tofu, aromatic spices, tahini</i>	
Exotic Shitake Ravioli	12
<i>with sweet chili & fresh mango, coconut milk, sweet chili sauce</i>	
Quinoa and Tofu	12
<i>vegan dish, mushrooms, winter squash, red bell pepper, zucchini, tahini garnish, coconut milk and sweet chili sauce. A house favorite.</i>	
Fish and Chips	10
<i>Battered cod filets served with sweet potatoes fries</i>	

BURGERS Niman Ranch hormone free, grass feed beef, comes with organic greens salad.
Add 1.00 for cheese:, goat cheese, provolone, mozzarella, cheddar or Swiss

WITH ORGANIC GREENS SALAD. SOUP OR SWEET POTATO FRIES \$1 EXTRA.

Gourmet Hamburger	8
Bacon Avocado Hamburger	9
Sautéed Mushrooms and Onions Hamburger	9
Turkey Burger	8
<i>fresh ground turkey breast ground here, hint of lemongrass & thyme</i>	
Organic Garden Burger	8
<i>100% organic</i>	

TRIPTYCH

LUNCH BOX SPECIAL

Any sandwich below, includes ice tea & delicious gelato (vanilla, strawberry or chocolate) \$12

GOURMET MEAT SANDWICHES

WITH ORGANIC GREENS SALAD. SOUP OR SWEET POTATO FRIES \$1 EXTRA.

House Smoked BBQ Pork Sandwich <i>smoked pulled pork simmered in BBQ sauce with coleslaw</i>	8
Croque Monsieur <i>smoked black forest ham, Swiss cheese, Dijon mustard, rosemary foccacia bread</i>	8
Croque Madame <i>Smoked black forest ham, Swiss cheese, Dijon mustard, fried free range egg, foccacia</i>	8.5
Crab Cake Sandwich <i>Home made crab cake, sweet chili aioli side and cole slaw</i>	8
Crab Cake Egg Sandwich <i>Home made crab cake with fried free range egg</i>	8.5
Chicken Pesto Sandwich <i>toasted foccacia, pesto, roasted peppers & melted mozzarella</i>	8
Walu Butter Fish Sandwich <i>With spicy avocado and mango salsa</i>	9

VEGETARIAN SANDWICHES

WITH ORGANIC GREENS SALAD. SOUP OR SWEET POTATO FRIES \$1 EXTRA.

Grilled Tofu Burger <i>with fire roasted peppers and sweet chili aioli</i>	7
Spinach Feta Melt <i>sautéed spinach, tomato & melted feta cheese on sliced sour dough</i>	7

DESSERTS

Gelato by Ciao Bella <i>chocolate, Tahitian vanilla or fresh strawberry</i>	3
Gelato Sandwich <i>Triptych chocolate chip cookie, vanilla, chocolate or strawberry Ciao Bella gelato</i>	7
Warm Chocolate Molten Cake <i>chocolate soufflé cake with a dark chocolate truffle center</i>	8
Pear Tart <i>poached pears, almond cream, pâté sucrée shell, apple glaze, vanilla gelato</i>	7
Trilogy Chocolate Mousse <i>three layers of chocolate mousse; white chocolate, milk chocolate and dark chocolate</i>	7

HALF PRICE ALL WINES EVERY TUESDAY EVENING * 18% gratuity suggested for parties of six or more and listed on check

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