



LUNCH MENU

STARTERS & SALADS

BANGIN BROCCOLI (vv)
sriracha sauce | 15

FRIED PARMESAN RISOTTO (v)
herb aioli | 11

GRILLED CALAMARI (gf)
potato, olives, arugula, lemon vinaigrette | 17

BURRATA & CAPONATA (v, gfo)
arugula, grilled bread | 16

GREEK SALAD & BELUGA LENTILS (gfo, v)
tomato, red onion, feta, cucumber, olives, pita, tzatziki | 18

TUSCAN KALE, QUINOA & ARUGULA SALAD (vv, gf)
roasted broccoli, carrots, red cabbage, red wine vinaigrette
half portion 11 | whole portion 16

CAESAR SALAD (v)
romaine, parmesan, croutons | 15

COBB SALAD (gf)
avocado, bacon, hard-boiled egg, blue cheese, tomato | 18

SOUP OF THE DAY (gf)
Please ask your server | 13

SHAREABLE FLATBREAD

- chicken pesto, mozzarella, arugula (vo) | 22
- spinach artichoke dip, arugula (v) | 18
- marinara, mozzarella, arugula (vvo) | 16

Add Prosciutto \$8

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs
may increase your risk of foodborne illness

*Not all ingredients are listed on the menu. Please inform your server of food allergies

v= vegetarian

vo= vegetarian option

vv= vegan

gf= gluten free

gfo= gluten free option

SANDWICHES

TOMATO BISQUE & GRILLED CHEESE (v)
multigrain, cheddar, mixed greens | 18

B.L.T. on TOASTED MULTIGRAIN
avocado, mayonnaise | 18
(choice of French fries or mixed greens)

FRIED CHICKEN SANDWICH
spicy slaw, homemade pickles
(choice of French fries or mixed greens) | 18

VEGAN BURGER (vv, gfo)
lettuce, tomato, onion, pickles, cashew cheese | 22
(choice of French fries or mixed greens)

1310 CHEESEBURGER (gfo)
Chapel Hill Farm beef, cheddar, bacon tomato jam,
maple aioli, pickled onions, arugula
(choice of French fries or mixed greens) | 25

ENTREES

JENN'S CHICKEN POT PIE
spinach, peas, carrots, mushrooms | 24

PERUVIAN CHICKEN THIGHS (gf)
avocado jalapeno- cilantro sauce, black beans | 30

BIBB, AVOCADO & SALMON SALAD (gfo)
tomato, haricot vert, sunflower seeds, hard-boiled egg,
croutons, cucumber dressing | 33

SESAME SEARED TUNA (gf)
brown rice, edamame, avocado, chili soy sauce | 30

GRILLED SHRIMP TACOS (gf)
corn tortilla, chipotle slaw, corn, avocado | 21

ZUCCHINI LASAGNA ROLLS (v, gf)
ricotta, tomato, mint, lemon | 24

SWEETS

CHOCOLATE FLOURLESS CAKE
espresso gelato | 14

COOKIES & CREAM ICE CREAM SUNDAE
oreo crumbs, snickerdoodle, caramel. whipped cream | 14

NONNA'S RUM CAKE
pecans, whipped cream | 9

APPLE COBLER
vanilla ice cream | 14