



lunch/dinner

appetizers

CHICKEN WINGS	12
bbq, honey garlic, teriyaki or buffalo hot sauce	
KOREAN CAULIFLOWER WINGS 	9
crispy fried cauliflower tossed in a gochujang sweet chili sauce, green onions	
CHICKEN STRIPS	12.5
curly fries, plum sauce	
WONTON SOUP	11.5
shrimp and pork wontons, shrimp, broccoli, bean sprouts, carrots	
HUMMUS 	9
chickpea hummus, warm falafel, edamame, grape tomatoes, pita chips, carrot sticks	
TEX-MEX FLATBREAD	11
spiced chicken, nacho cheese, pineapple salsa, black olives, chipotle sour cream	
SHRIMP GYOZA	10
soy glaze, green onions, sriracha mayo	
CURLY FRIES	7
CAESAR SALAD	10
served with garlic bread	
DAILY SOUP	4.5
16oz	

handhelds

all handhelds come with fries, caesar salad or garden salad

THE DOUBLE SLIDER CHEESEBURGER	13
two – 3-ounce beef patties, double cheese, pickles, onions, special sauce, lettuce, tomato <i>add bacon 1.50</i>	
CALIFORNIA CHICKEN CLUB	16
grilled chicken breast, avocado, bacon, lettuce, tomato, cheddar, chipotle mayo	
CRISPY CHICKEN BURGER	13
fried breaded chicken breast, cheddar, lettuce, pickles, tomato, sriracha mayo	
VEGGIE BURGER 	13
beyond meat patty, lettuce, tomato, onions, pickles, special sauce <i>(vegan option)</i>	
CRISPY BUFFALO CHICKEN WRAP	12
chicken breast strips, hot sauce, grated cheese, lettuce, ranch dressing	
FALAFEL WRAP (VEGAN) 	12
falafels, hummus, black beans, pickled red cabbage, carrot, avocado in a flour tortilla and panini-style grilled	
CHICKEN BURRITO	13
spiced chicken breast, brown rice, black beans, cheddar, pico de gallo, chipotle sour cream, flour tortilla <i>go vegetarian: sub half avocado</i>	



power bowls

THE BUDDHA BOWL  11
falafel, hummus, brown rice or greens, avocado, cucumbers, cranberry pickled red cabbage, carrot, edamame, lemon miso dressing
add spiced chicken 5

TEX MEX BOWL 15
spiced chicken, avocado, brown rice or greens, black beans, nacho cheese, pico de gallo, chipotle sour cream
go vegetarian 12

TUNA POKE BOWL 16.5
roasted pineapple salsa, brown rice or greens, edamame, poke sauce, cucumbers, carrot, avocado

rice bowls

Chicken 15
Tofu 12
Shrimp 16.5

Pick you protein and your sauce.
Comes with onions, sautéed sweet peppers, broccoli, bean sprouts, steamed brown rice

sauces

Teriyaki
Morrocan Tomato & Chickpea
Thai Red Curry

pasta

CHICKEN & BROCCOLI PENNE 15
sautéed chicken, button mushrooms, broccoli, sundried tomato cream

VEGGIE MEATBALL POMODORO  13
roasted garlic-tomato sauce, penne pasta, grated asiago cheese

pizza (family size only)

MARGHERITA PIZZA  20
tomato sauce, extra cheese

DOUBLE CHEESE & PEPPERONI PIZZA 22
a simple classic

ARBUTUS DELI PIZZA 24
ham, pepperoni, turkey, mushrooms, olives

PIZZA BY THE SLICE 3.5

 pizzas are also offered on gluten-free pizza crust