
NIBBLES

- * Healer Chicken Soup 7
With bone broth, veggies & Fresh Spinach
- Vegetarian Soup of the Day 7
- Guacamole Tartare 13
Hass Avocado, Goat Cheese, Edamame,
Black Sesame Seeds, Scallions, Corn Chips
- Hummus 9
Sundried Tomato Tapenade, Flatbread Wedges
- * Baked Empanadas 9
Hand-Cut Beef - Or - Spinach & Ricotta
- * Hand-cut French Fries 7
Chipotle Aioli -or- Sundried Tomato Tapenade
- Turmeric Sweet Potato Fries 7
Curry-Ginger Yogurt

GARDEN

- * Organic Baby Kale Caesar 13
With Shaved Parmesan, Sunflower Seeds
& House-Baked Croutons
 - Organic Baby Arugula 14
Frisee, Avocado, Radicchio, Edamame,
Shallots, Toasted Black Sesame Seeds,
Honey-Truffle Vinaigrette
 - Organic Spinach 13
Mushrooms, Grilled Onions, Green Apple,
Chile Toasted Walnuts, Goat Cheese,
Honey-Cumin Balsamic Vinaigrette
 - * Organic Warm Grains & Legumes 15
Farro, Chickpeas, Seasonal Veggies,
Bitter Greens, Lemon, Herbs,
Organic Poached Egg
- Add:**
*Chicken \$6 | *Salmon \$8 | *Steak \$8

MARKET VEGETABLES

SIDE (1) \$5- PLATTER (4) \$17

ROASTED **CAULIFLOWER** - PARMESAN-DUSTED, TOASTED ALMONDS, LEMON, THYME
SAUTEED **SNOW PEAS** - SEASAME, GINGER & SOY
ROASTED **BEETS** - FRESH DILL-GARLIC YOGURT DIP
SAUTEED **ARTICHOKES** - PARMESAN, ROASTED GARLIC & LEMON ZEST
ROASTED **ASPARAGUS** - PESTO & SHAVED PARMESAN
ROASTED **BUTTERNUT SQUASH** - ROASTED GARLIC & ROSEMARY
SAUTEED SPINACH - SHALLOTS, PUMPKIN SEEDS & GOLDEN RAISINS
SPECIAL - OUR DAILY ROTATION OF SEASONAL VEGGIES P/A

THE SKINNY FLATS

Brushed With Our "Communal" Infused Signature Oil

MARGHERITA 12

Tomato Sauce, Fresh Garlic, Mozzarella, Fresh Basil

MAESTRO 15

Oven - Roasted Portobello, Fresh Mozzarella, Goat Cheese, Parmesan

MOZART IN THE JUNGLE 15

Organic Chicken Breast, Red Peppers, Red Onion, Mozzarella, Tomato Sauce, Jalapeño, Cilantro

LA MAESTRANZA 16

Chimichurri-Marinated Skirt Steak, Mozzarella, Baby Arugula

TODAY'S FLAT SPECIAL P/A

THE MEALS

PICK YOUR
FAVORITE
PROTEIN :



TELL US HOW
WOULD YOU
LIKE IT SERVED
TODAY :

- *FREE-RANGE CHICKEN BREAST 13
OVEN-ROASTED, SMOKED PAPRIKA,
MEDITERRANEAN OREGANO, LIME
- *GRASS-FED SKIRT STEAK 16
ROSEMARY-GARLIC MARINADE
- *SEARED SALMON 14
MAPLE GLAZED
- *ORG. BEEF-LAMB MEATBALLS 12
PLAIN - OR - WITH MARINARA SAUCE
- EDAMAME FALAFEL 11
HUMMUS, SUNDRIED TOMATO TAPENADE
- SPECIAL OF THE DAY P/A

- A) ON A SANDWICH +2
House-Baked Toasted Ciabatta, Melted
Mozzarella, L&T, French Fries or Salad
- B) WITH LETTUCE WRAPS +5
Make Your Own with Julienne Veggies
- C) WITH SOBA NOODLES +8
Asparagus, Julienne Carrots,
Edamame, Garlic, Pea Shoots
- D) AS A HOT PLATE +10
With Ginger-Sesame Stir-Fry Quinoa,
Organic Egg, Shallots Spinach,
Snow Peas, Scallions
- E) WITH MARKET VEGGIES +5/E
Please choose from our selection

SANDWICHES & TOASTS

SERVED UNTIL 4PM

- *AVOCADO TOAST 13
Hass Avocado, Edamame, Black Sesame Seeds,
Scallions, Radishes, Hard Boiled Egg
- *PESTO SALAD TOAST 13
Tomato, Pesto, Avocado, Arugula,
Pumpkin Seeds, Hard Boiled Egg
- PORTOBELLO TOAST 13
Kale, Asparagus, Alfalfa Sprouts, Basil Oil
- *LOX & EGG SALAD SANDWICH 13
Thin Sliced Cucumber, Fresh Dill
- THE GRILLED CHEESE WICH 11
Mozzarella, Goat Cheese, Tomatoes,
Arugula, Balsamic

BURGERS

Serving Pat La Frieda Organic
Grass-Fed Meats & House-Baked Brioche
Pickles, French Fries OR Seasonal Greens

- REAL VEGGIE BURGER 17
Hummus, Dijon, Melted Mozzarella,
- *SALMON BURGER 17
Salmon, Capers, Fresh Dill.
Greek Yogurt-Cornichon Dip,
- *ULTIMATE KOFTE 17
Organic Grass-Fed Lean Sirloin, Sumac,
Grilled Red Onion, Caper Aioli, Gorgonzola,
- *DRUNKEN MUSHROOMS 17
Organic Grass-Fed Lean Sirloin,
Red Wine - Cognac Sauteed Mushrooms,
Melted Mozzarella, Caper Aioli