

THE OAK ROOM

SMALL PLATES

AAA Ahi Poke* \$11	GF Fresh PEI Mussels \$12
<i>AAA Ahi Tuna tossed in our homemade poke sauce, red onion, and avocado</i>	<i>in our white wine sauce or marinara</i>
Filet Tips* \$12	Homemade Mozzarella Sticks \$8
<i>certified angus filet tips, marinated and seared with a horseradish sauce</i>	<i>served with marinara</i>
GF Organic Roasted Corn Fritters \$8	VG Organic Baked Cauliflower Steaks \$8
<i>served with a smokey ancho honey dipping sauce</i>	<i>lemon, parsley, edamame, pinto beans, garlic, and panko</i>
Chicken Quesadilla \$11	VG GF Spicy Organic Hass Guacamole \$9
<i>pico, cheddar cheese, side of sour cream</i>	<i>pico, hass avocados, and lime juice</i>
VG GF Organic Red Beans and Rice \$9	VG GF Organic Stuffed Sweet Potato \$6
<i>an anti-oxidant over dose. green pepper, garlic, red bean, onion, celery, and brown rice</i>	<i>red onion, garlic, red beans, spinach, and avocado</i>
VG GF Garlic Edamame \$7	Homemade Chicken Tenders \$9
<i>shelled edamame sauteed with fresh garlic and sea salt</i>	<i>served with bbq and honey mustard</i>
Bacon Wrapped Scallops \$12	Chopped Shrimp Sichuan \$12
<i>U-15 diver scallops wrapped in bacon with an orange sauce</i>	<i>shallots, serrano, green pepper, red pepper, garlic, brown bean paste, shrimp, and romaine leafs</i>
VG GF Hummus and Tzatziki Platter \$10	VG GF Organic Stuffed Portobello \$9
<i>pepper, pita, kalamata olives, cucumber, hummus, and tzatziki</i>	<i>red onion, zucchini, red pepper, sundried tomato, garlic, spinach, parmesan, and mozzarella</i>

ORGANIC SALADS

Side House Salad \$5	Side Caesar Salad \$5
<i>arcadia mix, cucumbers, carrots & tomato with balsamic vinaigrette</i>	<i>romaine, parmesan, seasoned croutons with housemade caesar dressing (gluten free with no croutons)</i>
Entree House Salad \$10	Entree Caesar Salad \$10
<i>arcadia mix, cucumbers, carrots & tomato with balsamic vinaigrette</i>	<i>romaine, parmesan, seasoned croutons with housemade caesar dressing (gluten free with no croutons)</i>
GF Taco Salad \$16	GF VG Red & Pinto Bean Salad \$12
<i>blackened chicken romaine, black beans, corn, pico, cheddar cheese, corn strips, guacamole, with a ranch taco sauce</i>	<i>arcadia mix, red beans, pinto beans, cucumber, tomato, edamame, with a mustard vinaigrette</i>
GF Oriental AAA Ahi Tuna Salad \$18	GF Sammy Salad \$18
<i>seared AAA Ahi Tuna, kale, cabbage, arcadia mix, carrots, water chestnuts, rice noodles, with oriental dressing</i>	<i>blackened chicken, romaine, edamame, grape tomato, avocado, walnuts, carrots, red onion, olives, with lemon garlic oil</i>
GF VG Avocado and Beet Salad \$14	
<i>kale, arcadia mix, beets, avocado, tomatoes, with a citrus vinaigrette</i>	

Add a Protein to your salad

Chicken \$5 Shrimp \$6 Filet Tips \$10 Scallops \$9 Wild Salmon \$12

VG - Vegan **GF** - Gluten Free

Alert your server to any special dietary needs or allergies.

*= Consuming Raw or Under-cooked Meats, Poultry, Seafood, Shellfish, or Eggs may Increase your Risk of Food-Borne Illness.

LUNCH MENU

Burger / Sandwich or Wrap

Choice of One:

*Twisty Fries, Garlic Mashed Potato, Jasmine Rice Pilaf, Fresh Fruit, Steamed Vegetables, Grilled Vegetables
Sweet Potato Fries (+\$1), Zoodles (+\$1), or Cauliflower Rice (+\$1)*

Certified Angus Burger* **\$10**
lettuce, tomato, red onion, pickles, burger sauce, on a brioche bun

Turkey Burger* **\$11**
all white meat turkey, lettuce, tomato, pickles, herb mayo, on a brioche bun

VG Portobello Burger **\$10**
*balsamic marinated portobello, lettuce, tomato, red onion, pickles, herb mayo (vegan w/ no mayo)
on a brioche bun*

VG Vegetarian Burger **\$10**
*lettuce, tomato, red onion, pickles, herb mayo on a brioche bun
Vegan without herb mayo*

Choice of: White, Wheat, Seedless Rye, Multi-Grain, Gluten Free Bread or Spinach, Tomato, Flour, or Gluten Free Wrap

Make any Sandwich Gluten Free with Gluten Free Bread or a Gluten Free Wrap

Adult Grilled Cheese **\$9**
swiss and cheddar cheese, bacon, tomato, with 3 pieces of white bread

Harvestland Chicken Parmigiana Sandwich **\$12**
*fried chicken breast, marinara, provolone cheese, parmigiano cheese,
on a hoagie roll*

Harvestland Buffalo Chicken Sandwich **\$12**
fried chicken breast, buffalo sauce, swiss cheese, on a hoagie roll

Egg Salad Sandwich **\$8**
lettuce, tomato, on white bread

Tuna Salad Sandwich **\$9**
lettuce, tomato, on white bread

Health Sense Original Roasted Turkey Sandwich **\$10**
lettuce, tomato, mayo, on white bread

Harvestland Grilled Chicken Sandwich **\$10**
lettuce, tomato, aioli, on a brioche bun

Harvestland Grilled Chicken Caesar Wrap **\$10**
grilled chicken, caesar salad, in a flour wrap

Turkey Club **\$11**
lettuce, tomato, bacon, turkey, mayo, and 3 pieces of white bread

Add On's to the Burger, Sandwich, or Wrap

*Add Any Item for \$1: Avocado, Bacon, Fried Jalapenos, Guacamole, Onion Straws,
Sauteed Mushrooms, Sauteed Onions, Blue Cheese, Cheddar, Mozzarella,
Pepper Jack, Provolone, or Swiss*

GF Organic Quinoa Southwest Bowl **\$15**
*blackened or grilled chicken, avocado, grilled red onion, guacamole, roasted corn,
mixed with organic quinoa
Vegan without Chicken*

Taco's* **\$10**
*cheddar, chicken, cabbage, tomato, green onion, and our taco sauce
Sub Shrimp **\$4** Sub Skirt Steak **\$6** Sub Regular Side **\$1***

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DINNER

Add a Soup or a Salad For \$3

Land

- Harvestland Chicken Parmesan** **\$16**
harvestland breaded chicken, marinara, provolone, over penne marinara
- Skirt Steak** **\$24**
grilled vegetables, jasmin rice pilaf, with cilantro chimichurri
- GF Spicy Thai BBQ Short Ribs** **\$25**
garlic mashed potato, steamed vegetables, with thai bbq sauce
- GF Veal Osso Buco** **\$37**
jasmin rice pilaf, grilled vegetables, with a hearty sauce
- GF Certified Angus Filet Mignon Shish Kabob** **\$19**
marinated, filet mignon, cherry tomatoes, button mushrooms, red onion, over jasmin rice pilaf,

Sea

- GF Scallop Shish Kabob** **\$18**
marinated, scallops, green pepper, cherry tomato, over jasmin rice pilaf
- GF Wild Salmon Topped with Horseradish Dill Crust** **\$24**
steamed vegetable, jasmin rice pilaf, with a lemon beurre blanc
- GF Fresh PEI Mussels** **\$17**
in our white wine or marinara sauce
- GF Seared Scallops over a Pea Puree** **\$18**
jasmin rice, with pea puree
- GF Saffron Fish Stew** **\$20**
mussels, scallops, tilapia, onion, carrot, celery, garlic, tomato, in a saffron sauce
- Grilled AAA Ahi Tuna Steak** **\$28**
jasmin rice pilaf, steamed vegetables, with a sesame sauce

Vegan

- Organic Vodka Vegetable Lasagna** **\$14**
zucchini, yellow squash, red peppers, carrot, spinach, with our homemade marinara
- GF Organic Coconut Red Curry with Rice Noodles** **\$12**
vegetables, coconut red curry, over rice noodles

Pasta

- Shrimp Scampi** **\$18**
shrimp, tomato, parmigiano, and spaghetti in our home made scampi sauce
- Spaghetti Bolognese** **\$17**
Certified angus beef, heavy cream, and marinara over spaghetti
- Penne Ala Vodka** **\$13**
Penne and Vodka Sauce
- Blackened Chicken Alfredo over Fusilli** **\$16**
blackened chicken, alfredo, fusilli
- The "Mitsie"** **\$18**
Grilled Shrimp, zoodles, and marinara
Half order **\$11**

Make Your Pasta Gluten Free with Gluten Free Pasta for \$1, Zoodles for \$2, or Cauliflower \$2

Add to your Pasta

Chicken \$5 Shrimp \$6 Filet Tips \$10 Scallops \$9 Vegetables \$3 Wild Salmon \$12

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