

LUNCH



SMALL BITES

HUMMUS Garbanzo beans, pureed w/ tahini, lemon juice & garlic served w/ pita. 5

TABOULI Organic quinoa, parsley, mint, tomato w/lemon & EVO. Served w/ pita. 5.5

FALAFEL Fresh everything. Parsley, cilantro, onion & spices blended together to make a chickpea patty & hummus garnish. 5.5

DOLMADES Herbed rice wrapped around baby grape leaves w/ taziki & lemon. 5.5

MED PLATTER Hummus, dolmades, taziki & quinoa tabouli served w/ pita. 9.5

SALADS

GREEK SALAD Crisp Romaine lettuce, tomatoes, cucumbers, feta cheese, olives, pepperoncini w/ Greek dressing. 10.5

CAESAR SALAD Crisp romaine lettuce, anchovy, focaccia croutons & grated parmesan. 9

BEET SALAD Organic mixed greens, goat cheese & warm balsamic dressing. 11.5

APPLEWOOD BACON & SPINACH SALAD With gorgonzola cheese, mushrooms & warm balsamic. 11.5

ASIAN CHICKEN Organic mix greens w/ tomato, cucumbers, cilantro & chicken, tossed w/ soy ginger & toasted sesame seeds. 12.5

SOUP

SOUPS CHANGE DAILY refer to the soup board

PITAS & SANDWICHES W/ SIDE

GYROS Sliced lamb on pita topped w/ chopped romaine, tomatoes, cucumber, feta cheese & taziki sauce. 13

BROOKLYN FALAFEL Chickpea patties w/ chopped romaine, tomatoes, cucumber, taziki, sriracha (spicy), feta & smear of hummus. 13

CHICKEN & THE GOAT Chicken & goat cheese topped w/ organic mixed greens, tomato & cucumber, lemon vinaigrette. 13.

CHICKEN CURRY Chicken curry w/ granny smith apples & organic mix greens. 13

FAT CAESAR Avocado, apple wood smoked bacon & chicken tossed w/ caesar salad & parm cheese. 13.5

PEDRO BLT Apple wood smoked bacon, crisp romaine tomatoes w/ avocado & a chipotle aioli. 12

VEG HEAD A smear of hummus, dolmades, organic quinoa tabouli, tomato, cucumber, tossed in lemon vinaigrette. 12

PASTRAMI REUBEN With sauerkraut, swiss & house thousand island dressing on jewish rye. 12.5

TUNA ALBACORE White tuna & organic greens on multigrain. 10.5

TURKEY & SWISS Organic greens, lettuce, tomato & dijon aioli on multigrain. 10.5

BURGERS W/ SIDE

ALL AMERICAN Colorado Beef w/ lettuce, tomato, onion & cheddar cheese**. 13

LAMBOLICIOUS stuffed oregano & feta, w/ crispy gyros meat & mint aioli**. 14.5

MUSHROOM SWISS BURGER Co. Beef, sauteed mushrooms, swiss & garlic mayo. ** 14

CASTLE ROCK Buffalo w/ cheddar, lettuce, tomato, red onion & chipotle slaw**. 14

TUNA BURGER Ahi tuna, sesame crusted w/ wasabi avocado mash, cucumber & ginger sauce**. 16.5

FRIED CHICKEN BURGER with lettuce, tomato, onion & cheddar cheese. 13.5

SIDES Your choice of
Fries • Carrot Curry, Mediterranean Slaw

SUBSTITUTE \$1.5
Sweet Potato Fries • Greek • Caesar Salad



GRASS FED BEEF



SUSTAINABLE FISH



FREE RANGE POULTRY



FRESH PRODUCE

ENVIRONMENT-FRIENDLY
PACKAGING

**These items may be served raw or uncooked. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



SMALL BITES

MED PLATTER Hummus, dolmades, taziki & quinoa tabouli served w/ pita. 9.5

MUSHROOM FRIES House cut fries & mushrooms tossed w/ truffle oil & parmesan cheese. 6.5

BURRATA Prosciutto, basil, tomatoes w/ balsamic reduction & EVO. 11

MUSSELS Sautéed w/ a garlic & white wine sauce topped w/ crusty bread. 13

BLACKENED TUNA Seared yellow fin w/ soy ginger & organic mixed green garnish** 13.5

SALADS

ORGANIC MIX GREENS Carrot, red onion tomato, cucumber, 9.5

GREEK Romaine, tomato, cucumber, feta cheese, olive, & pepperoncini. 10.5

CAESAR SALAD With house dressing, crisp romaine & focaccia croutons. 9

BEET SALAD With organic mixed greens, goat cheese & warm balsamic. 11.5

APPLEWOOD BACON & SPINACH SALAD Gorgonzola cheese, mushrooms & warm balsamic. 11.5

SOUP

SEASONAL SOUPS Please ask your server about our daily soups or refer to the soup board.

PASTAS & PLATES

SPICY SHRIMP PASTA 3 wild caught shrimp in a marinara sauce & linguini pasta. 19

SEAFOOD PASTA salmon, calamari, mussels & shrimp w/ white wine garlic. 21

PARMESAN CRUSTED CHICKEN And linguini tossed w/ house made marinara. 18.5

MUSHROOM RAVIOLI W/ spicy sausage, marinara & parm. 18 vegetarian red. 16.5

SCOTTISH SALMON 6oz w/ mashed potato & spinach w/ a light white wine butter sauce**. 25

LAMB SHANK w/ tasty broth, mash potato & spinach. 23

BLACKENED FLAT IRON 8oz pan seared, over organic mixed greens w/lemon vinaigrette, & mushroom fries** 24

PITAS & BURGERS W/ SIDE

GYROS w/ chopped romaine, tomatoes, cucumber, feta cheese & taziki sauce. 13

BROOKLYN FALAFEL Romaine, tomatoes, cucumber, taziki, sriracha, feta & smear of hummus. 13

ALL AMERICAN Colorado Beef w/ lettuce, tomato, onion & cheddar cheese**. 13

FRIED CHICKEN BURGER with lettuce, tomato, onion & cheddar cheese. 13.5

MUSHROOM SWISS BURGER Co. Beef, sauteed mushrooms, swiss & garlic mayo. ** 14

LAMBOLICIOUS w/ oregano & feta, topped w/ crispy gyros meat & mint aioli** 14.5

CASTLE ROCK BUFFALO With cheddar, lettuce, tomato, red onion & chipotle slaw** 14.5

ELK BURGER With cranberry relish, gruyère cheese, lettuce, tomato & red onion** 15

TUNA BURGER Ahi tuna, sesame crusted w/ wasabi avocado mash, cucumber & ginger sauce** 16.5

SIDES Your choice of
Fries • Carrot Curry • Mediterranean Slaw

SUBSTITUTE
Sweet Potato Fries • Greek • Caesar Salad for \$1.5 extra

SUBSTITUTE
Beet Salad or Applewood Bacon Salad \$5



GRASS FED BEEF



SUSTAINABLE FISH



FREE RANGE POULTRY



FRESH PRODUCE



ENVIRONMENT-FRIENDLY PACKAGING

**These items may be served raw or uncooked. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase