



nautilus —
LET'S LUNCH
11AM TO 3PM



SOUP

Seasonal-Daily Selection CUP 4 BOWL 6 Served with Sourdough Toast

SALADS

Mediterranean Caesar with Romaine, Sundried Tomatoes, Kalamatta Olives, Parmesean Crisp & Garden Herbs **9.50**

Red Beef with Beets, Apple, Goat Cheese, Pomegranate & Lemon Vinaigrette **11**

Smoked Salmon with Cherry Tomatoes, Fennel, Ricotta Salata, Red Onion, Dill,

Tarragon & Mustard Sherry Vinaigrette **13**

Corn Cobb with Avocado, Bacon, Blue Cheese, Chicken, Egg & Cherry Tomatoes **13**

Nice! with Olives, Egg, Albacore, Beans, Tomato, Taters & Champagne Vinaigrette **14.50**

ADD PROTEIN to your soup or salad: Chicken, Natural Filet **5** Steak, Natural Bistro Steak **7**

Salmon, Acre Herbs, Lemon **7** Tuna, Seared Albacore **8**

SANDWICHES

Grilled Cheese on Sourdough with Cheddar, Swiss & Mozzarella **7** Add Bacon **+2**

Green Acre Garden Veggie on Sourdough with Summer Zucchini & Squash, Tomato Tapenade, Pickled Red Onion, Fresh Mozzarella, Spinach & Basil Pesto **9**

Avocado Toast on Sourdough with Heirloom Cherry Tomatoes, Feta, Sunflower Sprouts & Seeds **9**

Spicy Fried Chicken on bread with Candied Jalapeño, Pepperjack, Lettuce, Tomato, Onion & Chipotle Aioli **12**

Tuna Melt Albacore on Sourdough with Capers, Jalapeño, Smoked Cheddar, Roasted Garlic & Citrus Aioli **11.50**

Honey Baked Ham on toasted Brioche with Apple Slaw, Bacon Honey Mustard & Swiss **11.50**

WRAPS OR BOWLS

Turkey "Blat" with Turkey, Applewood Bacon, Avocado, Tomato, Greens & Herb Aioli **11**

Chicken Californian with Pico De Gallo, Avocado, Cilantro, Garlic Aioli, Cheddar & Fries **12**

Chicken Hummus with Cauliflower Hummus, Garden Greens, Tomato, Bean Sprouts, Piquillo Peppers & Lime Peanut Vinaigrette **10**

Salmon and Quinoa with Fire Roasted Red Peppers & Onions, Italian Parsley, Hemp Seed, Aruglua & Lemon Vinaigrette **14**

Tofu Curry with Green (Vegan) or Red (Spicy) Garden Vegetables, Coconut Curry, Cashews, Cilantro & Rice **10**

Chicken Teriyaki with House Teriyaki, Garden Vegetables, Pineapple, Scallion & Rice **12**

Steak Mexi with Black Beans, Sour Cream, Cilantro, Pico De Gallo, Lettuce, Cheddar, Rice, side of Roasted Salsa & Tortilla Chips **12**

Tuna Poke with Cabbage, Nori, Sesame Seeds, Daikon Root, Mint, Thai Basil, Cilantro, Fresno Chilies, Rice & Korean Vinaigrette **14**

NAUTILUS SPECIALS

Monday: Meatless **Tuesday:** Taco **Wednesday:** Worldly **Thursday:** Burger **Friday:** Seafood

SIDES

Sourdough **.50** Greens & Champagne Vinaigrette **2**

Russet Fries **3** Sweet Potato Fries **3** Roasted Garden Vegetables **3**



BEER

IPA
Lager

WINE

Pinot Grigio
Pinot Noir

LIQUID ENERGY

Coffee 2.25	Espresso 1.50
Coffee Refill 1.00	Espresso Dbl 2.50
Latte 3.75	Espresso Tpl 3.50
Mocha 4.25	Americano 2.75
Macchiato 3.25	Cappuccino 3.25

DRINKS

Coke 2.50	Black Iced Tea 2.50
Diet Coke 2.50	Pink Lemonade 2.50
Sprite 2.50	House Lemonade 2.50
Barg's Rootbeer 2.50	
Dr Pepper 2.50	

SMOOTHIES 7

Green Man Kale, Avocado, Banana, Almond Milk

In a Nut Shell Banana, Cashew Butter, Almond Milk
Add Espresso for **Java Jones**

Fresh & Fruity Fresh Berries, Bananas, Almond Milk

Oatmeal Chai Banana, Chai, Oats, Honey, Almond Milk

Berry Lemonade Mixed Berries, Lemonade, Honey, Berry Puree

Matcha Matcha, Orange Juice, Banana, Almond Milk

Orange Dream White Chocolate, Orange Juice, Almond Milk,
Oats, Banana

Add Protein Powder +1