

## SMALL PLATES

### FRENCH FRIES 8

#### C.R. SMASHED POTATOES 10

- seasoned / crispy yukons / special sauce

#### 🌱 BUFFALO CAULIFLOWER 15

- sliced carrots / celery / ranch

#### TANDOORI CAULIFLOWER BITES 15

- tamarind chutney / mint raita / red onion / cilantro

#### PUMPKIN FRITTERS 13

- sweet thai chili sauce / fall herbs

#### 🌱 MEZZE PLATE 14

- pita bread / hummus / pickled veggies / olives / marcona almonds / seasonal additions

#### ROASTED VEGETABLES 12

- local / wood fired / romesco sauce / smokey almonds

## GREENS

### GARDEN SALAD 16

- mixed greens / sunflower seeds / avocado / market vegetables

ADD GRILLED LIONS MANE + 3

### CAESAR SALAD 17

- romaine / grilled lions mane / crouton / parmesan

#### 🌱 QUINOA SALAD 17

- pear / delicata / walnuts / cranberries / brussel chips / maple sherry

### STUFFED ACORN SQUASH 16

- candied persimmon stuffing / mushroom gravy / pomegranate

## WOOD FIRED PIZZA

#### 🌱 THE SOUTH COUNTY 21

- wild mushrooms / garlic / leeks / ranch / mozzarella / fried shallots

### THE ANIMAL LOVER 22

- sausage / pepperoni / bakon / mozzarella

### THE DOSE 21

- potato / artichoke / olives / onion / peppers / tomato / mozzarella

### THREE CHEEZE & BASIL 19

- mozzarella / ricotta / parmesan / olive oil

## MAINS

### C.R. BURGER 18

- special sauce / american cheeze / lettuce / tomato / onion / pickles

ADD ONS- BAKON 3 / AVO 2

#### 🌱 MAMU THE GREEK BURGER 19

- za'atar mamu patty / tzatziki / romaine / red onion / tapenade / tomato / marinated feta

### TOFU KATSU SANDWICH 20

- japanese bbq sauce / firecracker slaw / wakame aioli / brioche bun

### RIGATONI ALFREDO 20

- rainbow chard / sausage / sundried tomato / herbed bread crumbs

### MISOYAKI LIONS MANE 21

- wild mushrooms / kale / sweet corn butter / szechuan / sesame

### KOREAN BBQ BOWL 21

- brown rice / daikon / turnip / collards / maitake / kimchi / korean bbq tofu

## SPROUTS

#### 🌱 KIDS CHEEZEBURGER 12

- fries / veggie sticks / ranch

#### 🌱 CORN DOG 11

- fries / veggie sticks / ranch

#### 🌱 TOFU NUGGETS 10

- fries / veggie sticks / ranch

### BUTTER ELBOW PASTA 10

- broccoli / parmesan

## SWEETS

#### 🌱 MOCHA FUDGE BROWNIE 10

- vanilla ice cream / mocha drizzle / peanuts

#### 🌱 ALMOND GRIDDLE CAKE 10

- seasonal fruit / whipped cream

Gluten Free options available for all items

EXECUTIVE CHEF / TYLER GRAHAM  
SOUS CHEF / VICTOR ESPINOSA

# HAPPY HOUR MENU

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WEDNESDAY - FRIDAY 2PM- 4PM

PIZZA BY THE SLICE 5

• daily offerings

🌱 MEZZE PLATE 10

• pita bread / hummus /  
pickled veggies / olives /  
marcona almonds / seasonal  
additions

C.R. SMASHED POTATOES 10

• seasoned / crispy yukons /  
special sauce

🌱 BUFFALO CAULIFLOWER BITES 12

• sliced carrots / celery / ranch

TANDOORI CAULIFLOWER BITES 15

• tamarind chutney / mint  
raita / red onion / cilantro

FRENCH FRIES 6

• shoestring

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## DRINKS

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ALL DRAFT BEVERAGES \$5

SIGNATURE COCKTAILS \$10

HALF OFF ALL WINE BY THE GLASS

