



**Lunch/Dinner**  
189 H Street, Petaluma  
☎ 707.778.6060



**Homemade Soup**

<b>Cup of Soup</b>	\$4.25	<b>Bowl of Soup</b>	\$5.50
<b>Bowl of Soup &amp; House Salad</b>	\$8.95	<b>Bowl of Turkey Chili &amp; House Salad</b>	\$9.50
<b>Cup of Turkey Chili</b>	\$4.50	<b>Bowl of Turkey Chili</b>	\$6.25

**Appetizers**

<b>Mediterranean Plate:</b> Falafel, Kalamata olives, hummus, baba ganoush with artisan flatbread	\$8.50
<b>Brie Plate</b> served with dried figs and cranberries	\$8.50
<b>Scott's Quesadilla</b> with chicken, roasted red bell peppers, pesto, Gruyere cheese	\$7.50
<b>Chicken Avocado Quesadilla</b> with Gruyere cheese	\$7.50
<b>Eggplant Quesadilla</b> with red roasted peppers, basil, Gruyere cheese	\$7.50
<b>Artichoke Quesadilla</b> with fresh basil, Gruyere cheese, red peppers	\$7.50
<b>Hummus Plate</b> served with artisan flatbread	\$7.50

**Wraps on Tomato Tortilla**

<b>Thai Chicken</b> – Brown Rice, ginger, coleslaw and Peanut Sauce	\$8.95	<b>Caesar Chicken Wrap</b>	\$8.95
<b>Hummus</b> - Lettuce, tomato, cucumber, Tahini, sprouts in a tomato tortilla	\$8.95	<b>Falafel</b> - Lettuce, tomato, cucumber, hummus, Tahini in a tomato tortilla	\$8.95
<b>Garden Wrap</b> – Brown Rice, Hummus, Tomato, Sprouts, Cucumbers, roasted Peppers and Asparagus	\$8.95		

**Artisan Flatbread Pizza**

add a side of organic greens for \$2.25 or Caesar salad for \$3.25

<b>Aqus</b> - smoked duck breast, fig relish, caramelized onion, brie cheese, gorgonzola crumbles	\$6.95	<b>Thai Flatbread</b> - Zoe's turkey breast, satay sauce, gruyere and Cow Girl blue cheese, red peppers, and onions	\$6.95
<b>Farmer's</b> - ham, bacon, BBQ bleu cheese sauce, blend of cheddar and jack cheeses, smoked red peppers, and caramelized onions	\$6.95	<b>Veggie</b> – Portobello, sundried tomato, homemade pesto sauce, caramelized onions, red peppers, Gruyere, goat cheese.	\$6.95
<b>Classic</b> - Zoe's pepperoni, tomato sauce, fresh mozzarella	\$6.95	<b>Smoked Chicken</b> - Smoked chicken, pesto, goat cheese	\$6.95
<b>Mediterranean</b> - Grilled chicken, yogurt mint sauce, blend of feta and goat cheeses, artichoke hearts, capers, sun dried tomato, Kalamata olives	\$6.95		

**Salads**

<b>Salmon Niçoise</b> – Grilled salmon, boiled egg, green beans, potatoes, olives, capers and with our authentic French vinaigrette	\$11.25
<b>Traditional Niçoise</b> - White Albacore tuna , egg, green beans, potatoes, olives, capers with our authentic French vinaigrette	\$9.95
<b>Classic Cobb</b> - Romaine, topped with broiled chicken breast, crumbled bacon, blue cheese, avocado, tomato and hard boiled eggs	\$10.95
<b>Asian Chicken</b> - Red Cabbage, lettuce, cucumber, almonds, soft angel-hair pasta with a ginger dressing	\$9.95
<b>Spinach Bacon Gorgonzola</b> - Spinach, bacon, Gorgonzola, tomato and pecans with balsamic vinaigrette	\$9.95
<b>Michael's</b> - Smoked chicken w/ organic mixed greens, spinach, dried cherries, pecans and Point Reyes blue cheese	\$9.95
<b>Smoked Trout</b> - Smoked trout, organic mixed greens, avocado, cranberries and balsamic vinaigrette	\$9.95

**Vegetarian Salads**

<b>Veggie Lovers Salad</b> - Roasted asparagus, roasted sweet peppers, eggplant, Portabella mushroom, goat cheese and sundried tomato on a bed of mixed greens	\$9.95
<b>Spinach Cranberry Walnut</b> - Spinach, cranberries, walnuts, Point Reyes blue cheese with a raspberry vinaigrette	\$9.95
<b>Spinach Fig</b> - Spinach, figs, goat cheese, tomato and pecans with a balsamic vinaigrette	\$9.95
<b>Goat Cheese</b> - Organic mixed greens, tomato, goat cheese, pecans, with a sweet mint dressing	\$9.95
<b>Aqus.com</b> - Organic greens, pears, pecans, Point Reyes blue cheese and tomatoes with a balsamic vinaigrette	\$9.95
<b>Greek</b> - Romaine, tomato, cucumber, red onions, Kalamata olives and Feta cheese, with a house-made Greek dressing	\$9.95
<b>Fattoush</b> - Romaine, cucumber, Kalamata olives, tomato, Feta cheese and pita bread crisps with a mint dressing	\$9.95
<b>Caesar</b> - Romaine, croutons, fresh parmesan cheese, authentic Caesar dressing – Add chicken \$ 2.00 or Salmon \$ 3.00	\$8.95
<b>House salad</b> – Organic greens, tomatoes, cucumbers, olives, artichoke hearts	\$5.95

**Entrées** (add a green salad for \$3)

<b>Chicken Teriyaki Bowl</b> - Grilled chicken breast brown rice, asparagus, peppers, portabella mushroom with a Teriyaki glaze and topped with toasted sesame seeds	\$9.95
Salmon Teriyaki \$11.25      Tempeh Teriyaki \$9.95	
<b>Eggplant Parmesan</b> - With a classic Marinara sauce	\$9.95
<b>Meat Lasagna</b> - Made with Italian sausage	\$9.95
<b>Polenta Pie</b> - With pesto, mushrooms and cheese	\$9.95
<b>Chicken Enchilada Casserole</b> - With a classic cream sauce	\$9.95

**All Sandwiches and Paninis served with organic mixed greens,  
Substitute a cup of soup for \$1.50 extra - Gluten free bread available 50¢  
Paninis**

<b>Sonoma Smoked Duck</b> with Dijon mayonnaise, caramelized onions, organic mixed greens and Gruyere cheese	\$9.95
<b>Spicy Chipotle Tri Tip</b> with caramelized onions, tomatoes and aged Pacific Blue cheese	\$9.95
<b>Classic Reuben</b> - Corned beef, Sauerkraut, Swiss cheese and Thousand Island dressing	\$9.95
<b>Ham, Turkey or Chicken</b> with tomato, Gruyere cheese with lemon aioli <b>or</b> the Aqus fig relish	\$9.50
<b>Ham</b> with tomato, Brie cheese and our sun-dried tomato tapenade	\$9.50
<b>Turkey</b> with roasted red peppers, Swiss cheese and pesto	\$9.50
<b>Chicken Pesto</b> topped with roasted red peppers and Provolone cheese	\$9.50
<b>Grilled Chicken Breast</b> with sun-dried tomatoes, lemon aioli and Provolone <b>or</b> Brie cheese	\$9.50
<b>BBQ Chicken Breast</b> with onions, bell peppers, jalapenos, Gruyere cheese	\$9.50

**Vegetarian/Vegan Paninis**

<b>VeggieFriday.org</b> - Roasted asparagus, roasted sweet peppers, eggplant, Portabella mushroom, goat cheese and sundried tomato mayonnaise	\$9.50
<b>Caprese</b> - Mozzarella, tomato, pesto, fresh basil	\$9.50
<b>Portobello Mushroom</b> - Roasted red bell peppers, Provolone cheese and Pesto	\$9.50
<b>Roasted Eggplant</b> - Roasted red bell peppers, Provolone cheese and Pesto	\$9.50
<b>Tempeh Reuben</b> - Sauerkraut, Swiss cheese and Thousand Island dressing	\$9.50
<b>Vegan Panini</b> - Tempeh, roasted red bell peppers, tomato with Teriyaki sauce	\$9.50

**Sandwiches**

on Sourdough or Multi-Grain Panorama Bakery Bread

<b>Salmon Club</b> – Salmon, bacon, lettuce, tomato with lemon aioli	\$10.25
<b>Chicken BLTA</b> - Grilled chicken, bacon, lettuce, tomato and avocado	\$9.95
<b>AqusClub.com</b> - Turkey, bacon, lettuce, tomato	\$9.95
<b>Grilled Honey Roasted Turkey Sandwich</b> - Provolone cheese, tomato, jalapenos	\$9.25
<b>Turkey Fig</b> - Turkey, tomato, gruyere, fig relish, lemon aioli	\$9.25
<b>Black Forest Ham</b> - Ham, lettuce, tomato, with lemon aioli	\$9.25
<b>BLT</b> – Bacon, lettuce and tomato	\$9.25
<b>Tuna Melt</b> - be careful with this one as you might get addicted	\$8.75
<b>Let it Brie</b> - Ham, Brie, lettuce, tomato with lemon aioli	\$8.75
<b>Cory's Ironic Burger</b> – Garden Burger w/Lettuce, tomato and Zoe's Bacon & Cheddar cheese	\$8.75
<b>Phoebe's Delight</b> - Turkey, Goat cheese, Sun dried Tomatoes and Jalapeno peppers	\$8.75
<b>Cobb Salad Sandwich</b> – all the fixings of a Cobb Salad on a sandwich	\$9.95

**Vegetarian/Vegan Sandwiches**

on Sourdough or Multi-Grain Panorama Bakery Bread

<b>Vegetarian Club</b> – Lettuce, hummus, tomato, avocado, sprouts and cucumber	\$8.75
<b>Garden Sandwich</b> – Morning Star Garden Burger, hummus, lettuce, tomato, spouts, cucumber	\$8.75
<b>Garden Burger</b> served with tossed organic mixed greens and balsamic vinaigrette	\$8.75
<b>Vegan Fig – Boca Burger</b> with fig relish, served with tossed organic mixed greens and balsamic vinaigrette, on Italian country roll	\$8.75
<b>Ciara's</b> – Portobello Mushroom with Pesto, Blue Cheese and avocado	\$8.75
<b>Grilled Cheese Sandwich</b>	\$7.25