**Lunch Menu**

# Daily Soup

**Mp**

 **Chopped Salad**

 **w/ Kale, Radicchio, Pickled shallot, Chickpeas, Grape Tomato, Cucumber, Avocado & Feta**

 **w/ Green Goddess Dressing**

 **20**

**+ Shrimp or Chicken 6**

**Luna Lyonnaise**

 **Arugula Salad w/ Two Organic Poached Eggs, Cremini Mushrooms, Red Onion, Double Smoked Bacon & Chives**

**18**

**Sandwiches/Wraps**

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**Grilled Free-Range Chicken Breast Sandwich**

**Roasted Red Pepper, Sun-dried Tomato Pesto, Garlic Aioli, Goat's Cheese & Arugula**

**16**

**Luna Blt**

**Peameal Bacon Sandwich w/Tomato, Chipotle Mayo, red Onion Arugula & Smoked Gouda**

**16**

**Marinated Eggplant Sandwich**

**Sun Dried Tomato Pesto, Roasted Red Peppers, Red Onion, Spinach, Smoked Gruyere and Chipotle Mayo**

**14**

**Avocado Wrap**

**Avocado, Brie, Roasted Red Pepper, Spinach & Tapenade**

**12**

**Marinated Artichoke Wrap**

**Artichokes, Tomato, Guacamole, Sheep’s Milk Feta, Red Onion, Arugula, Tapenade & Chipotle Mayo**

**13**

**Chili-Lime Marinated Free Range Chicken Wrap**

**Vine ripe Tomato, Guacamole, Arugula & Chipotle Mayo**

**16**

**Naturally Smoked Salmon Wrap**

**Smoked Salmon, Goat's Cheese, Red Onion, Capers, Avocado, Tomato & Arugula**

**20**

**( All Sandwiches & Wraps Served w/ organic mixed green Salad )**

### Egg etc…

### The Alpha Omega

### Protein Rich Breakfast with Two Poached Organic Eggs, Avocado, Smoked Salmon, Capers, Onion & Dill

**18**

**Breakfast Shakshuka**

**Two Organic Eggs Poached in a Spicy Pepper & Tomato Sauce with Merguez Lamb Sausage, Spinach, Sheep’s milk Feta**

**& Fresh Herbs with Sourdough Toast**

**(Veggie Version with Artichoke)**

**20**

**Avocado, Tomato Breakfast**

**Two Organic Eggs, Avocado, Tomato, Sourdough Toast & Greens**

**14**

**Frenchwoman’s Breakfast**

**Two Organic Eggs, Organic Country Sausage, Baguette, French Brie & Greens**

**18**

**Naturally Smoked Salmon Breakfast**

**Two Organic Eggs, Capers, Dill, Red Onion, Sourdough Toast & Greens**

**20**

**Peameal Bacon Breakfast**

**Two Organic Eggs, Peameal Bacon, Sourdough Toast & Greens**

**18**

**Scramble Wraps**

**Spinach Scramble Wrap**

**Spinach, Red onion, Sheep’s Milk Feta, Dill & Tapenade**

**12**

**Avocado Scramble Wrap**

**Avocado, Brie, Dill & Sun-dried Tomato Pesto**

**13**

**Mushroom Scramble Wrap**

**Organic Wild Mushrooms, Red Onion, Spinach & Smoked Gouda**

**14**

**Salmon Scramble Wrap**

**Naturally Smoked Salmon, Red Onion, Capers & Goat's Cheese**

**20**

**Sausage Scramble Wrap**

**Spicy Sausage, Red Onion, Spinach, Sundried Tomato Pesto and Goat’s Cheese**

**16**

#  Petiscos/Sharing Plates

**Petisco Sampler**

**w/ Grilled Chouriço, Fresh Portuguese Goat’s Cheese, Olives, Lupini beans & Sourdough Bread**

**20**

 **Sweet Harissa Eggplant**

 **w/Feta Yogourt Sauce, Crispy Shallots & Naan Bread**

 **14**

 **Roasted Cauliflower**

**w/warm spices, Onion, Fresh Herbs, Hummus & Naan bread**

**14**

**Spicy Portuguese Jumbo Shrimp**

**w/ Garlic, Cilantro & Pimenta**

**15**

**Beer Steamed Mussels**

**w/Chouriço, Chickpeas, Tomato, Piri Piri & Cilantro**

 **24**

**Whole European Seabass**

**w/ Molho Vilão & Grilled Rapini**

**28**

**Bitoque.**

 **10 oz Striploin topped w/Crispy Prosciutto & Fried Egg w/ Green Salad & Sweet Potatoes Chips**

**30**