

SHARED PLATES

Gazpacho	chilled farm fresh tomato gazpacho GF-DF-VG	7
Ahi Tuna & Avocado Dip	crispy wontons, radish rounds GF*-DF	14
Dip Trio 	house made hummus, guacamole, & roasted beet dip served with radish rounds, cucumber slices, & plantain chips GF*-DF-VG	10
Handcut Fries	thin cut fries tossed with rosemary salt served with horseradish chive dipping sauce DF*-VG*	5
Sautéed Greens	sautéed greens in olive oil & garlic GF-DF-VG	5

SALADS/BOWLS

Arugula, Beet, & Goat Cheese Salad 	arugula, raw & chilled cooked beets, goat cheese, toasted hazelnuts, evoo/balsamic dressing GF-DF*-VG*	11
Baby Kale Salad	baby kale, avocado, crispy chickpeas, tomatoes, matchstick radish, house made green goddess dressing GF*-DF-VG	10
Spinach Salad	spinach, tomatoes, avocado, carrots, mushrooms, goat cheese, mustard vinaigrette GF-DF*-VG*	11
Greek Salad	pea tendrils & chard, feta, olives, cucumber, red onion, greek vinaigrette GF-DF*-VG*	11
Rustic Warm Quinoa Salad	quinoa, butternut squash, kale, & pomegranate arils, orange vinaigrette GF-DF-VG	11
Niçoise Salad	spinach, green beans, heirloom cherry tomatoes, kalamata olives, red onion, hard boiled egg, topped with chilled seared tuna served with a grapefruit vinaigrette GF-DF	20
Mediterranean Bowl 	farro, cucumber, tomato, feta, kalamata olives, red onion, basil-pesto vinaigrette DF*-VG*	15
Sweet & Savory Bowl	roasted sweet potatoes, onion, baby kale, crispy chickpeas, tahini-maple sauce GF*-DF-VG	14
Hempeh Stir Fry 	hempeh, mixed veggies, tossed with brown rice & quinoa in a toasted sesame, garlic, ginger, & soy sauce GF-DF-VG	18
Southwest Quinoa Bowl	quinoa, avocado, pico de gallo, corn & black bean salsa, wonton crisps, queso fresco, with a pineapple, ginger, & jalapeño sauce GF*-DF*-VG*	16
Fajita Bowl 	cilantro rice, sautéed bell peppers, onions, and Hook Family Farm seasonal veggies in adobo seasoning sauce, topped with guacamole GF-DF-VG	14

Salad/Bowl Add Ons Catch Mkt Chicken 7 Shrimp 9 Steak 8 Hempeh 7 

HANDHELDS

Onion Dijon Portobella Sandwich

marinated portobella, caramelized onions, maple dijon mayo on poppy seed onion roll with handcut fries GF*-DF*-V 11

Authentic Mexican Tacos

corn tortilla, queso fresco, pico de gallo, pickled onions, cilantro avocado sauce with cilantro rice GF*-DF*-V*

Veggie 13 Barbacoa 14 Shrimp 15 Mahi 16

Heidaway Burger (signature burger, no modifications - yes seriously!)

two thin TA Farms grass grazed beef patties, cheddar cheese, T, O, & special sauce on a toasted sesame bun with handcut fries 15

Veggie Burger

beetroot, mushrooms, quinoa, guacamole, tomato, on a sesame seed bun with handcut fries GF*-DF*-VG* 12

Pesto Chicken Sandwich

grilled chicken breast, oven roasted red peppers, balsamic marinated heirloom tomato, fresh basil, basil pesto aioli on a poppy seed onion roll with handcut fries GF*-DF* 15

GF bun available

LARGE PLATES

Pan Roasted Chicken

TA Farms pasture raised chicken with crispy skin & a lemon-thyme jus with seasonal sides GF-DF 20

Catch of the Day

pan seared served with seasonal sides Mkt

Butcher's Cut

TA Farms grass grazed steak with sautéed King Mushrooms crimins & seasonal sides GF-DF Mkt

Pan Seared Scallops

pan seared served with avocado wasabi aioli & rustic warm quinoa salad GF-DF 26

Garlic Shrimp

wild caught shrimp sautéed with white wine, vegan butter, and garlic over sautéed seasonal veggie noodles GF-DF 25

Pesto Veggie Pasta

gluten free penne tossed with vegan pesto and mixed veggies GF-DF-VG 18

BEVERAGES

Maine Root Products

Mexicola, Diet Mexicola, Root Beer, Lemon-Lime, Ginger Ale, Lemonade, Club Soda, Tonic 3

Iced Tea

Mighty Leaf fresh brewed iced tea 3

Cold Brew Coffee

Local Coffee Roasting Heidaway Blend cold brewed coffee 5

Kombucha

Real Raw fresh brewed kombucha - ask your server for flavor availability 5

SWEETS

Vegan treats from Bella's Cookies

Bella's Cookies is located in Milton, DE and bakes all plant based desserts/treats. Some options are gluten free. Please ask your server for today's availability and pricing.

Vegetarian V - Vegan VG - Gluten Free GF - Dairy Free DF - *item is available prepared that way (ask your server)

Our kitchen does use nuts, gluten products, dairy products, and other possible allergens.

 = NUTS in the dish

Please let your server know if you have any dietary restrictions or allergies so that we can try our best to accommodate them. Enjoy!

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.