



napa flats  
wood-fired kitchen

## Napa Flats

### Starters

- Mediterranean Plate - *Tzatziki, tabbouleh, tapenade, and hummus of the day*
- Hummus – *Served with flat bread*
- Sesame Crusted Tuna - *Sushi grade tuna crusted in sesame seeds with avocado*
- Crisp Brussels - *Flash fried with balsamic glaze, candied pecans, and apples*

### Soups & Salads

- Chopped Baby Kale Salad
- Arugula Beet Salad (request light on goat cheese)
- Ahi and Avocado Salad
- Spinach Lemonette Salad

Add-On's: Chicken Breast, Salmon, Seared shrimp, Beef Tenderloin, Seared Scallops, Tuna

Dressings: Balsamic Vinaigrette, Red Wine Vinaigrette, Cilantro Lime Vinaigrette, Lemonette

### Sandwiches & Flats

- Chicken Flat - *Grilled chicken served on toasted flat bread with veggies and yogurt sauce*
- Impossible Burger - *Veggie burger*

### Wood-Fired Mains (Lunch Entrée)

- Coronado Taco – *White Fish Tacos served with coleslaw, avocado, and corn relish*
- Grilled Salmon – *Grilled with a tomato sauce, roasted green beans and root hash*
- Filet Kabob - *Grilled tenderloin & veggie Kabob*
- Costa Rican White Fish – *White fish with sauteed veggies with creamy alfredo sauce*

### Pizza

- Mush n' Spin – *Mushroom, spinach, caramelized onion, ricotta, mozzarella, brussel leaves*
- Margherita – *Tomato sauce, mozzarella, basil, and roasted cherry tomatoes*

### Pastas

- Zucchini Primavera – *Peas, mushrooms, asparagus, sun dried tomatoes, garlic and red onions in marinara sauce.*

### Wood-Fired Steaks and Grill (Dinner Entree)

- Red Fish Tropicale – *Fresh redfish with an avocado, tomato and roasted corn salad, and cilantro/citrus vinaigrette*
- Filet Kabob-*Grilled tenderloin & veggie Kabob*
- Grilled Salmon – *Grilled with a roasted tomato and garlic sauce, topped with balsamic glaze. Served with fresh veggies*
- Citrus Chicken (request fresh lemons replace the lemon-wine butter sauce)





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### Sides

- House Salad
- Spinach & Kale
- Green Beans
- Brussel Sprouts

### Brunch

- Avocado Toast - *Ciabatta with avocado, tomato, lemon juice and sunny side egg*

*Fall 2022*

