

THE Wine Bar+Kitchen BEATRICE

Here at The Bea we pride ourselves on our whole foods scratch cooking. Our food reflects what we like to eat and how we choose to feed our families and friends- Globally influenced, minimal preservatives or processing and never any seed oils. (Except mayonnaise of course...because, c'mon! It's mayo!) *Auntie Bea*

SANDWICHES

LUNCH
11:00 am-3:00 pm

SALADS

TUNA MELT 8.5

Albacore tuna tossed in a creamy shallot and herb blend with white cheddar and sliced tomato on house focaccia sandwich bread.

FRENCH DIP 12.25

Soft hoagie filled with house roast beef, caramelized onions, sautéed mushrooms and melted provolone cheese.

VEGAN BAHN MI 13.5 *Add Bulgogi Beef 5*
French roll with Vietnamese style cauliflower, mushroom pâté, pickled vegetables, fresh herbs and a squeeze of Sriracha. *(contains cashews)*

JERRY'S GRINDER 13

Toasted hoagie filled with salami, ham, hot capicola, lettuce, tomato, banana peppers, onion, pesto mayo and provolone cheese with a drizzle of Jerry's vinaigrette. *(contains walnuts)*

DÖNER KEBAB 12.5

Ground beef and lamb blend on housemade flatbread topped with cabbage, cucumber, tomato, onion and tzatziki sauce.

CHICKEN SALAD WRAP 12.25

Chopped creamy chicken salad with almonds, dried cranberries and romaine in a spinach tortilla wrap. *(contains almonds)*

ADD A PROTEIN TO ANY ENTRÉE SALAD
Chicken 4, Tri-tip 6, Salmon 8, Tuna 4, Tofu 5

SALMON POWER SALAD 15.5

Mixed baby greens, roasted cauliflower, sweet potatoes, sautéed mushrooms, feta cheese, dried cranberries, beans and quinoa. Tossed with our house Miso-Maple-Mustard dressing.

CHICKEN CAESAR SALAD 13.25

Fresh chopped romaine lettuce tossed with house cilantro caesar dressing. Served with house croutons and parmesan. *(contains pepitas)*

STEAK CHOPPED SALAD 18

Fresh chopped romaine, avocado, red peppers, tomato, radish, cucumber, pickled red onion, feta cheese and tri tip cooked to order. Tossed in our house chimichurri ranch.

TUNA SALAD SALAD 15.5

Baby greens, tuna salad, hard boiled egg, roasted potatoes, diced tomatoes, sliced avocado, sliced radish with house herb aioli.

ASIAN CHICKEN SALAD 15.75

Roasted chicken on a bed of Napa cabbage and spinach with vermicelli rice noodles, carrots, cucumbers, red pepper, celery and radish. Tossed with an Asian lime vinaigrette.

BOWLS

BULGOGI BOWL 18

Choice of beef or tofu on a bed of mixed grain rice, romaine, carrots, cucumber, green onion and cashews with a spicy Korean sauce. *(contains cashews and pistachios)*

MEDITERRANEAN BOWL 14.50

Döner meat, wild rice blend, romaine, vinaigrette, castelvetrano olives, feta, tomato, cucumber, pickled red onion, hummus, fresh dill and basil and tzatziki.

SANTA FE BOWL 15.75

Roasted chicken, quinoa, romaine, cilantro caesar, roasted poblanos, kidney beans, avocado, sweet potatoes, tomato, pepitas and feta.

ADD A SIDE \$5

Cup of Soup | Roasted Potato Wedges | House Focaccia |
Side Salad- | *Cilantro Caesar (contains pepitas)* | *Chimichurri Ranch* |
| *Miso-Maple-Mustard* | *Jerry's Vinaigrette* |

NON-ALCOHOLIC

FRENCH PRESS CERBERUS COFFEE 4
HOT TEA 2
FRESH ICED TEA 3
HOUSE MADE LEMONADE 4