



Lunch

Starters

Steamed artichoke With three dipping sauces.	\$8	French Onion Soup Gratinee with imported gruyere.	\$5
Roasted garlic With Montrachet goat cheese, bruschetta, roasted red peppers and extra virgin olive oil.	\$7	Soup Du Jour Our soup of the day.	\$4

Lunch Salads

Summer Melon Caprese Salad With mozzarella, fresh basil and balsamic glaze.	\$9	Grilled Chicken Salad Grilled organic chicken over baby spinach and field greens with marinated cucumber and carrot, toasted cashews and finished with a curry aoli.	\$13
Mixed Organic Baby Greens Salad With pesto, sweet pear vinaigrette, Maytag blue cheese, Tamari pecans, sun-dried cranberries and Asian pears.	\$8	Cobb Salad With fresh roasted turkey, Maytag Blue cheese, apple wood-smoked bacon, avocado, hard-boiled egg, tomato and Dijon vinaigrette.	\$13
Roasted Garlic Caesar Salad With garlic oregano croutons and white anchovies. Add organic chicken breast for an additional \$4.	\$8	Grilled Greek Lamb Salad With sliced ripe beefsteak tomato, capers, feta cheese and cucumber and grilled eggplant with an oregano lemon vinaigrette	\$14
Salad Nicoise With fresh yellow fin tuna, new potatoes, tomatoes, Nicoise olives, capers, hard boiled egg, artichoke hearts, haricot-vert, anchovies, over mixed greens with Dijon vinaigrette.	\$15		

Sandwiches

Grilled Organic Chicken Sandwich mustard crusted, with provolone, roasted plum tomatoes, grilled red onions and black olive tapenade aioli on rosemary foccacia. with red, white and blue potato salad or french fries	\$12	Gourmet Burger On a poppy seed bun with choice of any two toppings: Cheddar, Swiss, Gorgonzola cheeses, local green chili, artichoke hearts, mushrooms, roasted red peppers.	\$10
Chef's Sandwich Special	Marke	1/2 Sandwich Special with Cup of Soup	\$9

Lunch Entrées

Crepe of the day	\$13	Pan-Seared Sea Scallops Served with black pearl barley and wild rice with cranberries and walnuts, haricot vert and lemon olive oil emulsion.	\$15
Vegetarian Shepherd's Pie Hearty mushroom stew with pearl onions, carrots, stewed tomatoes topped with buttermilk mashed potatoes, served with a side salad with choice of dressing.	\$12	Steak Frites 8 oz. grilled sirloin steak served with our house fries tossed with gremolata and grated parmesan, fresh watercress, red wine demi glace and finished with a shallot red wine butter.	\$15
Grilled Sliced Sirloin With angel hair pasta tossed with pine nuts and basil, asparagus spears, roasted bell pepper, cherry tomatoes and greens with balsamic vinaigrette and parmesan.	\$14	Catch of the Day All entrées come with your choice of soup du jour or seasonal greens salad. Dressings include house vinaigrette, blue cheese, or yogurt ranch.	\$16

Desserts

Apple & Dried Cherry Crisp with walnut streusel and honey-vanilla ice cream	\$7
Vanilla Creme Brulee	\$7
Flourless Chocolate Truffle Torte with pistachio crème Anglaise and raspberry coulis.	\$7
Mocha Semifreddo with chocolate crème anglaise	\$7
Chocolate Orange Pot de Creme garnished with candied orange and hazelnut shortbread	\$7
House-Made Ice Creams & Sorbets	\$5
Assorted Artisan Cheese Plate with quince preserves, grape-must jam and Marcona almonds.	\$12

Ideal Protein Diet Selections

Artichoke Cafe is collaborating with Body Language Studios in Nob Hill to offer our guests menu selections from their Ideal Protein Diet. These items are specifically prepared without additional fat, seasonings or sauces to accommodate the Ideal Protein Diet regimen.

Arugula Salad Arugula, Baby Spinach, Romaine Lettuce with Lemon Wedge, Olive Oil & Sea Salt	\$8
Baby Spinach Salad Baby Spinach Salad with Sliced Mushrooms, Red Onion, Chopped Hard-Boiled Egg, Walden Farms Honey Dijon Dressing	\$9
Caesar Salad Caesar Salad-Romaine Lettuce with Walden Farms Caesar Dressing	\$9
Chicken Breast Grilled 5 oz Organic Chicken Breast over Baby Spinach Salad with Honey Dijon Dressing	\$12
Caesar Salad with Chicken Breast Walden Farms Caesar Salad with Grilled 5 oz. Chicken Breast	\$12
Fish of the Day or Salmon Grilled 7 oz. Fish of the Day or Salmon with Bok Choy, Zucchini & Asparagus	Marke
Chocolate Pudding Ideal Protein Chocolate Pudding	\$6
Lemon Sorbet Sugar-Free Lemon Sorbet	\$6

20% Gratuity added to parties of 6 or more and to Separate Checks. Thank you.