



FOUR



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BITES MENU

SMALL BITES

Hummus & Steamed Edamame | 9.50

multi grain crisp | cucumber

Ω | Pulled Pork Chalupa | 9.00

avocado + jalapeño puree |
house made corn tortilla

Ω | Twice Baked Chicken Wings | 10.00

smokey dry rub | tomato jam

Ω | Soft Shell Baja Fish Taco | 10.00

jalapeño crema | pico de gallo
+ house made corn tortilla

Mezze Plate | 12.00

grilled lamb | pita | tzatziki | pico de gallo

Steamed Shrimp Dumplings | 8.50

soya dipping sauce

Lettuce Wrap | 9.50

stir fried chicken | soya glaze | crispy chow
mein noodles + iceberg lettuce cups

Four Pizza | 7.00

tomato sauce | mozzarella | arugula
pesto + creamy garlic dipping sauce

Calamari | 9.50

black bean sauce | asian slaw | chili
orange vinaigrette + coriander sauce

Crab + Corn Cake | 11.50

avocado + jalapeño puree
mango + jicama slaw

Mini Yakitori Burgers | 10.00

yakitori glaze | ginger | cucumber slaw
chili mayonnaise + sesame seed bun

Mini Bison Burgers | 10.00

avocado | tomato jam + pepper jack cheese

LARGE BITES

Thai Roasted Chicken Breast | 18.00
crushed peanuts | asain broccoli | steamed
shrimp dumplings | coconut + lime broth

Jail Island Salmon | 20.00

bok choy | fingerling potato mango
+ lime salsa | coriander

Spinach Gnocchi | 16.00

arugula + walnut pesto | grape tomatoes
almond "picatta" + parmesan cheese

Grilled Beef Tenderloin | 25.00

green beans | sweet potato | beets
+ barley horseradish vinaigrette

Gooseberry Cove Cod | 22.50

roasted humitas | tomato tortilla
slaw avocado + jalapeno puree

Spelt Rigatoni | 13.00

roasted mushroom | spinach | basil
tomato sauce + crumbled goat cheese

OTHER BITES

Hummus | 5.00

cucumber | multi grain crisps

Ω | Steamed Edamame | 5.00

Miso Romaine Salad | 6.00

carrot | red cabbage | flax seed
crisps + honey miso dressing

Tomato Salad | 10.00

candied shallots | olive paste | tomato
croutons cucumber lime + cilantro salad

Ω | Daily Soup | 7.00

seasonal | vegan

Ω | Malaysian Coconut Soup | 7.50

chicken | corn + cilantro

Choose any 3 Small Bites items for 25.00
Or choose any 5 Small Bites items for 40.00

Ω | Indicates gluten free items