

MATCHSTICK GRILL

11AM-2PM

ALL BURGERS & SANDWICHES SERVED WITH LETTUCE, TOMATO, ONION, PICKLES
CHOICE OF FRIES, TATER TOTS, OR A MIXED GREEN SALAD.
CHOOSE A FRESH BAKED BUN, A GLUTEN FREE BUN OR WRAPPED IN FRESH LETTUCE.

MATCHSTICK BURGER* angus beef patty, lettuce, tomato, onion, roost sauce, bbq hashbrowns, cheddar cheese	970 CAL	10.35
FARM CHEESEBURGER* angus beef patty, american cheese, lettuce, tomato, onion, pickles, second chance aioli	920 CAL	10.00
CLASSIC GRILLED CHICKEN herb marinated chicken breast, lettuce, tomato, onion, mayonnaise	525 CAL	10.35
CHICKEN STRIPS buttermilk fried chicken strips (3), ranch or bbq sauce	235 CAL	8.55
PLANT-BASED BURGER VN beyond burger patty, roasted jalapeno & avocado spread, lettuce, tomato, pickled red onions	590 CAL	10.35
GRILLED CHEESE V american cheese, cheddar, swiss, provolone, pepper jack, sourdough bread, herbed garlic butter	420 CAL	8.55
BLACK BEAN BURGER VN black bean patty, jalapeno & avocado spread, lettuce, tomato, pickled red onions, on a vegan brioche bun	370 CAL	10.00

Gluten Free Bun Option Available 110 CAL

SIDES

FRENCH FRIES, TATER TOTS
170-265 CAL | 2.25

ARCADIA MIX SIDE SALAD VN
35-270 CAL | 3.00

FRIDAY

FISH AND CHIPS
beer battered fish, deep fried, with
slaw, tartar sauce, served with fries
910 CAL | 11.00

DRESSING

BUTTERMILK RANCH	V	115	CAL
CREAMY CAESAR		180	CAL
MISO GINGER	VN	225	CAL
BALSAMIC VINAIGRETTE	VN	195	CAL
PEPPADEW PEPPER	VN	35	CAL
RED WINE VINEGAR	VN	5	CAL
OLIVE OIL	VN	240	CAL

vegan **VN** vegetarian **V**

2000 calories is used as general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request. *Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions.

Choice of fish, sauce, and two sides 14.95

Choose Your Fish

GRILLED COLUMBIA RIVER STEELHEAD* 200 cal

GRILLED MAHI MAHI* 110 cal

Choose Your Sauce

DILL-TARTAR SAUCE **V** + 75 cal

CHIMICHURRI SAUCE **VN** +300 cal

MANGO & PINEAPPLE SALSA **VN** + 60 cal

Choose Your Sides 2.25

ROASTED GARLIC AND HERBS POTATO **VN**
potato, garlic, rosemary, parsley, olive oil
 + 190 Cal

GRILLED CITRUS SQUASH **VN**
yellow squash, zucchini, garlic, lemon, olive oil
 + 30 Cal

FRENCH FRIES
 + 315 Cal

ARCADIA MIX SALAD **V**
 + 50-550 Cal
includes tomatoes, cucumber, carrots and radishes with choice of ranch, vinaigrette or miso-ginger dressing

Fish Market Salad

14.95

Make it an entrée with a large spring salad and your choice of fish and dressing!

A la Carte

12.95

Choose from the list of fish above and enjoy!

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TODAY'S SPECIAL

12.25 | 933 Cal

SALAMI PEPPER BURGER

beef patty, salami, pepper
jack cheese, mama lil
peppers, garlic aioli, crispy
onions, lettuce, tomato,
onion, brioche bun

vegan **VN** vegetarian **V**



THIS WEEK'S GLOBAL MENU

Celebrating the Cuisine of Morocco!!

Monday - Tuesday

SEVEN VEGETABLE TAGINE **VN**

seven vegetable tagine, lemon basmati rice, roasted harissa carrots and potatoes
grilled naan **V** upon request

840 CAL | 10.50

CHICKEN AND APRICOT TAGINE

chicken and apricot tagine, lemon basmati rice, roasted harissa carrots and potatoes,
grilled naan

981 CAL | 10.50

vegan **VN** vegetarian **V**



THIS WEEK'S GLOBAL MENU

Celebrating the Cuisine of Italy!!

Wednesday - Friday

VEGETARIAN BEYOND LASAGNA BOLOGNESE **V**

beyond and lentil lasagna bolognese,
mozzarella, garlic bread, antipasti salad,
steamed broccoli

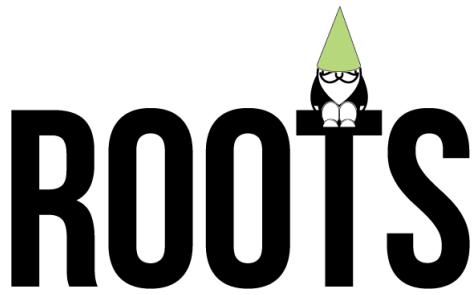
894 CAL | 10.50

BEEF AND PROSCIUTTO LASAGNA BOLOGNESE

Beef and prosciutto lasagna bolognese,
mozzarella, garlic bread, antipasti salad,
steamed broccoli

996 CAL | 12.25

vegan **VN** vegetarian **V**



11AM-2PM

SALADS

BUILD YOUR OWN SALAD

6.15/8.40 + 4.25 FOR PROTEIN

CHOOSE YOUR GREENS

ROMAINE LETTUCE VN	10 CAL
ARCADIA GREEN MIX VN	15 CAL
CHOPPED KALE VN	25 CAL

CHOOSE YOUR PROTEIN

HERBED CHICKEN BREAST	ADDS 240 CAL
HARD BOILED EGGS V	ADDS 15 CAL
HERB ROASTED TOFU VN	ADDS 85 CAL
FRIED CHICKEN PIECES	ADD 280 CAL

ADD YOUR TOPPINGS

CARROTS VN	ADDS 10 CAL	ROASTED MUSHROOMS VN	ADDS 70 CAL
CHERRY TOMATOES VN	ADDS 10 CAL	ROASTED CAULIFLOWER VN	ADDS 90 CAL
RADISH VN	ADDS 5 CAL	BEETS VN	ADDS 10 CAL
GREEN PEAS VN	ADDS 30 CAL	CROUTONS V	ADDS 90 CAL
CUCUMBER VN	ADDS 5 CAL	SUNFLOWER SEEDS VN	ADDS 140 CAL
BELL PEPPERS VN	ADDS 5 CAL	CRAISINS VN	ADDS 65 CAL
PINEAPPLE VN	ADDS 15 CAL	FETA V	ADDS 25 CAL
QUINOA VN	ADDS 140 CAL	CHEDDAR V	ADDS 30 CAL
LENTILS VN	ADDS 60 CAL	PARMESAN V	ADSS 25 CAL
BLUEBERRYS VN	ADDS 20 CAL	GRILLED SQUASH VN	ADDS 40 CAL

ADD YOUR DRESSING

EXTRA VIRGIN OLIVE OIL VN	ADDS 240 CAL	PEPPADEW PEPPER V	ADDS 35 CAL
RED WINE VINEGAR VN	ADDS 5 CAL	RANCH V	ADDS 115 CAL
BALSAMIC VINAIGRETTE VN	ADDS 195 CAL	CAESAR	ADDS 180 CAL
ITALIAN DRESSING VN	ADDS 50 CAL		

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HOURS OF OPERATION

LUNCH 11AM-2PM DAILY

THIS WEEK'S SOUPS

8 OZ | 3.35 | 12 OZ. 4.45 | 16 OZ. 5.45

MONDAY

TOMATO LENTIL SOUP **VN**

CAL 170 | 255 | 340

CHICKEN POT PIE SOUP

CAL 207 | 310 | 414

TUESDAY

ROASTED VEGETABLE SOUP **VN**

CAL 100 | 150 | 200

MUSHROOM WILD RICE WITH CHICKEN SOUP

CAL 122 | 183 | 244

WEDNESDAY

VEGETABLE GUMBO **VN**

CAL 117 | 176 | 234

ITALIAN WEDDING SOUP WITH MEATBALLS

CAL 119 | 179 | 238

THURSDAY

VEGETABLE POZOLE **VN**

CAL 193 | 290 | 386

CHICKEN POZOLE

CAL 203 | 305 | 406

FRIDAY

VEGETABLE CHILI **VN**

CAL 153 | 230 | 306

CHICKEN NOODLE SOUP

CAL 126 | 189 | 252

vegan **VN** vegetarian **V**

FAVORITES

WHOLE 10.40

TOMATO BALSAMIC CHICKEN SANDWICH | 630 CAL

grilled chicken breast, balsamic reduction, pesto, arugula, red onion, tomato, on a baguette roll

TURKEY AND BACON SANDWICH | 995 CAL

turkey, bacon, swiss cheese, lettuce, tomato, onion, jalapeno mayo on sour dough bread

ROAST BEEF AND ARUGULA SANDWICH | 450 CAL

roast beef, tomato, arugula, fresh mozzarella, on a baguette roll

CHICKPEA SALAD SANDWICH **V** | 664 CAL

chickpea, vegan mayonnaise, celery, celery seed, mustard, red onion, arcadia lettuce, naan bread

SIDES

PASTA SALAD **VN** | 400 CAL |

wheat pasta, red onion, bell pepper, tomato, black olives, herbs

CHIPS | 280 CAL |

cool ranch doritos, nacho cheese doritos, jalapeno kettle chips

SEASONAL HAND FRUIT | 50-100 CAL |

The Daily

SWITCH IT UP!

CURRIED JACKFRUIT SALAD WRAP **VN** | 10.50 | 995 CAL

romaine lettuce, cilantro, cranberries, celery, red onions, vegan curry aioli, tamarind chutney & spinach wrap

CHICKEN CAESAR WRAP | 10.50 | 1045 CAL

grilled chicken, zucchini, fried onions, parmesan cheese, romaine lettuce, caesar dressing & spinach wrap

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