



napa flats
wood-fired kitchen

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Napa Flats

Starters

Mussels-Steamed with white wine, herbs, tomato, garlic, and extra virgin olive oil
Guacamole-Fresh hand pressed with tortilla chips
Mediterranean Plate-Tzatziki, tabbouleh, tapenade, and hummus of the day
Hummus – Served with flat bread

Soups & Salad

Chopped Kale Salad
Roasted Asparagus Beef Tenderloin Salad
Ahi Asian Salad

ADD-ONS: Chicken Breast, Salmon, Seared shrimp, Beef Tenderloin, Seared Scallops

Sandwiches & Flats (lunch only)

Chicken Flat- Grilled chicken served on toasted flat bread with veggies and yogurt sauce
Veggie Panini – Sautéed zucchini, mushrooms, eggplant, red peppers, and mozzarella dressed with tomato, arugula, and chimayo toasted on the panini grill

Wood Fired Lunch Entree

Coronado Taco – White Fish Tacos served with cole slaw, avocado, and black beans

Sesame Crusted Tuna – Served with pearl couscous, cucumber, tomato, and cilantro.
Drizzled with an Asian sauce

Veriasso Salmon – Grilled with a tomato sauce, roasted green beans and root hash

Mediterranean Chicken – With tabbouleh, hummus, and warm Napa Flats bread, green beans and root hash

Pizza

Pizza: Mush n' Spin

Pastas

Zucchini Primavera – Peas, mushrooms, asparagus, sun dried tomatoes, garlic and shallots with white wine in marinara with zucchini noodles

Cannery Row Seafood Pasta-Tossed with shrimp, scallops and mussels in a spicy tomato sauce

The Grill (dinner only)

Red Fish Tropicale – Fresh redfish with an avocado, tomato and roasted corn salas and cilantro/citrus vinaigrette

Grilled Salmon – Grilled with a sun-dried tomato sauce, balsamic glaze, served over a bed of sauteed couscous and baby arugula

Sides

House Salad
Spinach & Kale