

## beginnings

### Fire-Roasted Tomato Bisque 14 *vegan*

Fresh Dill, Croutons

CALORIES 80 • FAT 2.5G • CARBS 15G • PROTEIN 2G

### Spring Onion Dumplings 12

Shrimp, Pork, Mango Chili Sauce

CALORIES 140 • FAT 6G • CARBS 4G • PROTEIN 12G

### Beet & Peppered Goat Cheese 14

Citrus, Sprouts, Pinon

CALORIES 420 • FAT 18G • CARBS 51G • PROTEIN 16G

### Greek Salad 17

Mixed Greens, Kalamatas Olive, Tomato, Cucumber, Roasted Pepper, Pepperoncini, Feta, Pita Bread, Hummus, Herb Lemon Vinaigrette

CALORIES 360 • FAT 28G • CARBS 25G • PROTEIN 8G

### Radish Turnip Salad 16

Pea Tendrils, Arugula, Burrata, Poppy Seed Dressing, Focaccia Crouton

CALORIES 430 • FAT 27G • CARBS 39G • PROTEIN 12G

### Chopped Salad 15 *vegan*

Little Gem, Radicchio, Peas, Cucumber, Avocado, Pistachio, Asparagus, Lemon Dijon Vinaigrette

CALORIES 210 • FAT 16G • CARBS 15G • PROTEIN 6G

### Artisan Cheese Board for Two 20

Daily Selection of Cheese with Traditional Accompaniments

VARIES

## entrées

### Shwarma Lamb Meatball 38

Garlic Mint Tomato Sauce, Basmati Yogurt Rice, Tzatziki, Cucumber Salad

CALORIES 540 • FAT 14G • CARBS 103G • PROTEIN 6G

### Tofu Option 30 *vegan*

Porcini Herb Crusted, Baby Potato, Asparagus, Garden Pesto

CALORIES 420 • FAT 22G • CARBS 35G • PROTEIN 19G

### Roasted Salmon on Cedar Plank 42

Honey Dill Rainbow Carrots, Strawberry Salsa

CALORIES 540 • FAT 28G • CARBS 44G • PROTEIN 31G

### Collard Greens Pasta 36

Tuscan Kale, Turnip Greens, Fennel, Leek, Golden Raisin, Chili Pepper, Mushrooms, Grana, Pinion Nuts

CALORIES 440 • FAT 14G • CARBS 66G • PROTEIN 13G

### Scallop 42

Red Corn Polenta, Braised Greens, Balsamic Roasted Cherry Tomato, Hot Bacon Dressing

CALORIES 280 • FAT 14G • CARBS 23G • PROTEIN 18G

### Zucchini Pappardelle 34

Corn Nage, Tomato Confit, Chive, Pistachio

CALORIES 230 • FAT 10G • CARBS 34G • PROTEIN 7G

### Grass-Fed Filet 46

Mushroom Risotto Cake, Green Garlic Purée, Rainbow Baby Carrots, Herb Butter, Demi

CALORIES 630 • FAT 38G • CARBS 36G • PROTEIN 38G

 - Can be prepared Gluten-Free *veg* - Vegetarian *vegan* - Vegan  - Contains Nuts

Please alert your server to any food allergies.

\*Available cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

## *simply protein*

### Grass-Fed Filet **32**

Demi

CALORIES 370 • FAT 23G • CARB 10G • PROTEIN 32G

### Chicken **22**

Demi

CALORIES 350 • FAT 17G • CARBS 5G • PROTEIN 43G

### Grilled Salmon **26**

Lemon

CALORIES 400 • FAT 20G • CARBS TR • PROTEIN 49G

### Pan-Seared Scallops **28**

Lemon

CALORIES 60 • FAT 1G • CARBS 4G • PROTEIN 10G

### Grilled Shrimp **24**

Lemon

CALORIES 150 • FAT 6G • CARBS 1G • PROTEIN 21G

## *additions*

### Sautéed Mushrooms **9**

Fresh Herbs

CALORIES 150 • FAT 6G • CARBS 18G • PROTEIN 9G

### Roasted Baby Potatoes **8**

Fresh Herbs

CALORIES 170 • FAT 2G • CARBS 22G • PROTEIN 3G

### Rainbow Carrots **7**

Honey Dill Glaze

CALORIES 140 • FAT 4G • CARBS 28G • PROTEIN 1G

We offer daily Chef features.  
Please inquire with your server.

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