

beginnings

Soup of the Day **10** 🌱

Shrimp Cocktail **14** 🌱

Housemade Cocktail Sauce, Lemon

CALORIES 60 • FAT .5G • CARBS 9G • PROTEIN 5G

Artisan Cheese Board for Two **20** 🌱

Daily Selection of Cheese with Traditional Accompaniments

VARIES

protein additions

Chicken **11**

CALORIES 120 • FAT 3G • PROTEIN 23G

Shrimp **12**

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

Skirt Steak **14**

CALORIES 350 • FAT 20G • CARBS 0G • PROTEIN 42G

Salmon **14**

CALORIES 210 • FAT 13G • CARBS TR • PROTEIN 23G

salads

Caesar Salad **14** 🌱

Little Gem, Garlic Croutons, Grana Padano and Caesar Dressing

CALORIES 190 • FAT 14G • CARB 13G • PROTEIN 4G

Greek Salad **17**

Mixed Greens, Kalamata Olives, Tomato, Cucumber, Roasted Pepper, Pepperoncini, Feta, Pita Bread, Hummus, Herb Lemon Vinaigrette

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

Thai Noodle Salad **18** 🌱 *vegan*

Rice Noodle, Cabbage, Carrot, Radish, Red Bell Pepper, Scallion, Spicy Peanut Sauce

CALORIES 410 • FAT 14G • CARBS 64G • PROTEIN 10G

Garden Greens Side Salad **8** 🌱 *vegan*

Mixed Greens, Carrot, Cucumber, Tomato, Choice of Dressing

CALORIES 90, FAT 7G, CARB 9G, PROTEIN 3G

dressings

Ranch

CALORIES 100 • FAT 11G • CARBS 1G • PROTEIN TR

Caesar

CALORIES 130 • FAT 15G • PROTEIN TR

Herb Lemon Vinaigrette

CALORIES 90 • FAT 9G • CARBS 3G • PROTEIN TR

Champagne Vinaigrette

CALORIES 90 • FAT 7G • CARBS 7G • PROTEIN TR

Walnut Mint Vinaigrette

CALORIES 100 • FAT 9G • CARBS 7G • PROTEIN 0G

sandwiches

Choice of a side included.

Bison Burger 25

Goat Cheese, Arugula, Fig Jam, Red Onion, Multi-Grain Bun

CALORIES 420 • FAT 18G • CARBS 23G • PROTEIN 43G

Beyond Burger 22

Plant-based Burger with Lettuce, Tomato, Onion, Housemade Pickle Spear, Multi-Grain Bun

CALORIES 400 • FAT 22G • CARBS 30G • PROTEIN 24G

ADD CHEESE \$2

Tarragon Apple Chicken Salad Wrap 16

Veganise, Celery, Scallion, Pecan, Dried Apricot, Arugula, Whole Wheat Tortilla

CALORIES 490 • FAT 35G • CARBS 22G • PROTEIN 22G

Baked Caprese 14

Tomato, Mozzarella, Basil, Olive, Red Onion, Basil Oil Housemade Focaccia Bread

CALORIES 410 • FAT 21G • CARBS 38G • PROTEIN 21G

tacos

Tacos are served in butter lettuce or corn tortillas.

Marinated Fish or Chicken Tacos 18

Avocado Purée, Cabbage, Cotija Cheese, Housemade Salsa

FISH CALORIES 460 • FAT 20G • CARBS 29G • PROTEIN 37G

CHICKEN CALORIES 400 • FAT 18G • CARBS 30G • PROTEIN 28G

Roasted Cauliflower Tacos 15 *vegan*

Chili-Spiced Cauliflower, Walnuts, Avocado Purée, Cabbage, Cotija Cheese, Housemade Salsa

CALORIES 430 • FAT 25G • CARBS 44G • PROTEIN 13G

bowls

Crusted Salmon 25

Ramen, Asparagus, Cabbage, Miso Sauce

CALORIES 550 • FAT 19G • CARBS 50G • PROTEIN 43G

Buddha Bowl 22

Chicken or Tofu, Quinoa, Black Bean, Roasted Corn, Tomato, Cabbage, Carrot, Avocado, Scallion, Creamy Cilantro Dressing

CHICKEN CALORIES 730 • FAT 27G • CARBS 77G • PROTEIN 46G

TOFU CALORIES 660 • FAT 28G • CARBS 79G • PROTEIN 27G

Gyudon Bowl 25

Steamed Rice, Stir Fry Beef, Mirin-Soy Sauce, Green Onion, Sesame Seeds

CALORIES 640 • FAT 22G • CARBS 62G • PROTEIN 48G

ADD EGG: \$2

CALORIES 710 • FAT 26G • CARBS 62G • PROTEIN 54G

sides

Kale Chips 5 *vegan*

CALORIES 120 • FAT 3G • CARBS 20G • PROTEIN 7G

Pita & Hummus 8

CALORIES 160 • FAT 8G • CARBS 20G • PROTEIN 6G

Bowl of Pickled Veggies 7 *vegan*

VARIES

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

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.