

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 **52** 

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 38

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.

 - 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.