

Beginnings

Carrot-Ginger Soup	9
Ginger, Coconut Milk, Basil cal 190, fat 11g, carb 19g, prot 6g	
Shrimp Cocktail	14
Cooked Kale Salad, Hemp Seeds, Cocktail Sauce cal 300, fat 13g, carb 17g, prot 28g	
Caprese Bruschetta	12
Baguette, Tomato, Basil Pesto, Mozzarella Balsamic Reduction cal 430, fat 19g, carb 45g, prot 19g	
Cheese Plate for Two	18
Chef's Daily Selection of Cheeses Traditional Accompaniments cal 400, fat 26g, carb 23g, prot 21g	

Sushi

Ahi Tuna Roll ^	13
Avocado and Cucumber cal 310, fat 15g, carb 32g, prot 15g	
Salmon Roll^	13
Salmon, Cream Cheese, Roasted Poblano cal 360, fat 18g, carb 28g, prot 15g	
California Roll	13
Pacific Red Crab, Cucumber, Avocado cal 320, fat 9g, carb 28g, prot 31g	
Veggie Sushi	11
Asparagus, Carrot, Sweet Potato cal 280, fat 8g, carb 46g, prot 8g	

Greens

Kale Caesar	13
Baby Kale, Garlic Croutons, Pecorino, Tomato cal 240, fat 15g, carb 21g, prot 8g	
Greek	14
Mixed Greens, Kalamata Olives, Tomato, Cucumber, Roasted Pepper, Pepperoncini, Feta, Pita Toast, Hummus, Herb Lemon Vinaigrette cal 360, fat 28g, carb 25g, prot 8g	
Lentil Salad	14
Arugula, Pears, Carrots, Goat Cheese, Sesame-Ginger Vinaigrette cal 320, fat 14g, carb 37g, prot 16g	
Winter Salad	14
Spinach, Roasted Squash, Dates, Spiced Pecans, Maple-Balsamic Vinaigrette cal 290, fat 15g, carb 40g, prot 3g	

Dressings-1 tablespoon

Ranch	Blue Cheese Dressing
cal 100, fat 11g, carb 1g, prot tr	cal 100, fat 8g, carb 3g, prot 5g
Caesar	Maple-Balsamic Vinaigrette
cal 130, fat 15g, carb tr, prot tr	cal 120, fat 12g, carb 2g, prot tr
Herb Lemon Vinaigrette	Sesame-Ginger Vinaigrette
cal 90, fat 9g, carb 3g, prot tr	cal 100, fat 9g, carb 6g, prot tr

Protein Additions

Chicken	10	Grass Fed Filet ^	14
cal 120, fat 3g, carb tr, prot 23g		cal 130, fat 7g, carb tr, prot 15g	
Shrimp ^	10	Salmon ^	12
cal 100, fat 2g, carb 1, prot 19g		cal 210, fat 13g, carb tr, prot 23g	

Burgers

Burgers are served on a whole grain bun with a choice of side

Turkey Burger 16

Goat Cheese, Arugula, Fig Jam
cal 550, fat 19g, carb 50g, prot 43g

Buffalo Burger ^ 18

White Cheddar, House-made Dill Pickles,
Tomato, Lettuce
cal 520, fat 20g, carb 33g, prot 52g

Seared Chicken Sandwich 16

Sautéed Peppers, Guacamole, Tomato,
Lettuce, Monterey Jack Cheese
cal 520, fat 16g, carb 40g, prot 51g

Tepary Bean and Quinoa Burger 14

Avocado Puree, Lettuce, Tomato,
House-made Dill Pickles
cal 540, fat 25g, carb 65g, prot 17g

Tacos

Tacos are served in butter lettuce or corn tortillas with a
choice of side

Shrimp or Marinated Chicken 16

Avocado Puree, Cabbage, Cherry Tomatoes, Salsa
cal 460, fat 20g, carb 29g, prot 37g
cal 400, fat 18g, carb 30g, prot 28g

Roasted Cauliflower Tacos 14

Chili-Spiced Cauliflower and Walnuts, Avocado Puree,
Cabbage, Cheddar Cheese, Salsa
cal 430, fat 25g, carb 44g, prot 13g

Jackfruit 14

Hoisin Barbecue Sauce, Kimchi, Sesame Seeds
cal 410, fat 5g, carb 86g, prot 8g

Bowls

Crusted Salmon 22

Ramen, Asparagus, Cabbage, Miso Broth
cal 550, fat 19g, carb 50g, prot 43g

Rosemary Lemon 18

Chicken or Tofu, Quinoa, Roasted Beets,
Squash, Corn
Chicken: cal 550, fat 16g, carb 65g, prot 38g
Tofu: cal 510, fat 18g, carb 68g, prot 21g

Pineapple Teriyaki 18

Chicken or Tofu, Forbidden Rice, Squash,
Carrots, Cabbage, House-made Teriyaki Sauce
Chicken: cal 510, fat 14g, carb 59g, prot 37g
Tofu: cal 440, fat 15g, carb 59g, prot 19g

Prickly Pear Lime 18

Chicken or Tofu, Ga'ivsa(dried mesquite roasted corn),
Avocado, Squash, Cactus, Spinach
Chicken: cal 580, fat 24g, carb 57g, prot 36g
Tofu: cal 540, fat 27g, carb 60g, prot 19g

Sides

Kale Chips 5

cal 90, fat 3g, carb 14g, prot 5g

Pita and Hummus 5

cal 160, fat 8g, carb 20g, prot 6g

Cooked Kale Salad 5

cal 140, fat 11g, carb 9g, prot 2g

Garden Greens 4

cal 90, fat 7g, carb 9g, prot 3g