

Special Diet Menu

SPECIAL DIET MENU DENOTES ITEMS THAT ARE FREE OF MAPLE, HONEY, GRAINS, DAIRY, SOY, LEGUMES, CORN & PEANUTS



ANYTIME PLATES

Harvest Hash (vf) \$16.50
 roasted sweet potato . spinach . brussels sprouts . **no sausage sub chorizo** . currant . chile flake . onion . sage . apple . toasted pecans . **no maple vinaigrette** . poached egg*

AVAILABLE STARTING AT 11:00AM

SHAREABLES

Brussels & Bacon (vf) \$9.75
 brussels sprouts . himalayan pink salt . crispy bacon

Loaded Guacamole (vg) (v) \$8.75
 apple . kale . avocado . red onion . vegetable crudite
almond flour tortilla chips available upon request

Creamy Queso (vg) (v) ■ \$10.75
 cheesy cashew creme . rajas . serrano . pico de gallo . **almond flour tortilla chips available upon request**

+ guacamole (vg) (v) \$1.00
 + pastured pork chorizo \$2.50

SALAD

Rainbow Chopped Salad (vg) (v) \$12.95
 apricot . cucumber . broccolini . currant . radicchio . kale . romaine . pomegranate . sunflower seeds . hemp seeds . apple . **request no spiced chickpeas** . creamy lemon-tahini

Little Gem Caesar (v) (vg) ■ 1/2 \$6.95 \$11.50
 little gem lettuce . cashew caesar . vegan 'parmesan' ■ . **request no rosemary croutons**

Add Extras?

+ **request plain** salmon* \$8.00

+ grilled chicken \$6.00

+ salt & pepper shrimp \$6.95

+ blackened salmon* \$8.00

+ grass-fed steak* \$8.00

SIDES

Two Poached Eggs* \$3.00

Sugar-Free Bacon \$3.00

Fresh Fruit Bowl (vf) \$5.95
 house-choice fruit . **no orange-honey** . mint

Fried Smashed Potatoes (v) (vg) \$4.00
 garlic-herb . himalayan salt

Sweet Potatoes (v) (vg) \$3.50

MARKETPLATES

Crispy Chicken Thighs \$21.50
 crispy chicken thighs . chiffonade greens . sauteed seasonal vegetables . sauteed broccolini

Salmon \$22.95
 wild-caught salmon* . wilted chiffonade greens . sauteed seasonal vegetables

Turmeric-Crusted Cauliflower Steak (v) (vg) ■ \$13.50
 turmeric-pistachio crust ■ . caper-raisin purée . fresno chile relish . **no chickpea-cauliflower hummus**

Thai Red Curry (vf) \$18.95
 zucchini . carrots . pineapple . marble potatoes . red chile . ginger . lemongrass . coconut milk . turmeric . cilantro . chive . **no local honey**
choose : chicken or shrimp \$2.00
 + sub grass-fed steak*

Taco Plate (2) \$14.25
 chicken or fish . crispy bacon . cabbage . pineapple . loaded guacamole . cilantro . lime **cassava tortillas contain xanthan gum**

■ contains nuts (v) vegan (vf) can be modified vegan

egg-free . nightshade-free . nut-free

(vg) lacto-ovo vegetarian

symbols are only featured if the listed item cannot be omitted

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.