

SALADS

HARVEST CHICKEN • 1019cal
Laura Chenel goat cheese, strawberries, seasonal citrus, almonds, roasted onions, herbs, baby lettuces, golden balsamic vinaigrette

CHIPOTLE BBQ CHICKEN 643cal
avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing

ITALIAN CHOP • 843cal
salami, mortadella, provolone, cherry tomatoes, sweet peppers, basil, pepperoncini, radicchio, red gem lettuce, roasted tomato vinaigrette

TUNA NICOISE • 678cal
cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, olives, Babe Farms baby greens, sherry vinaigrette

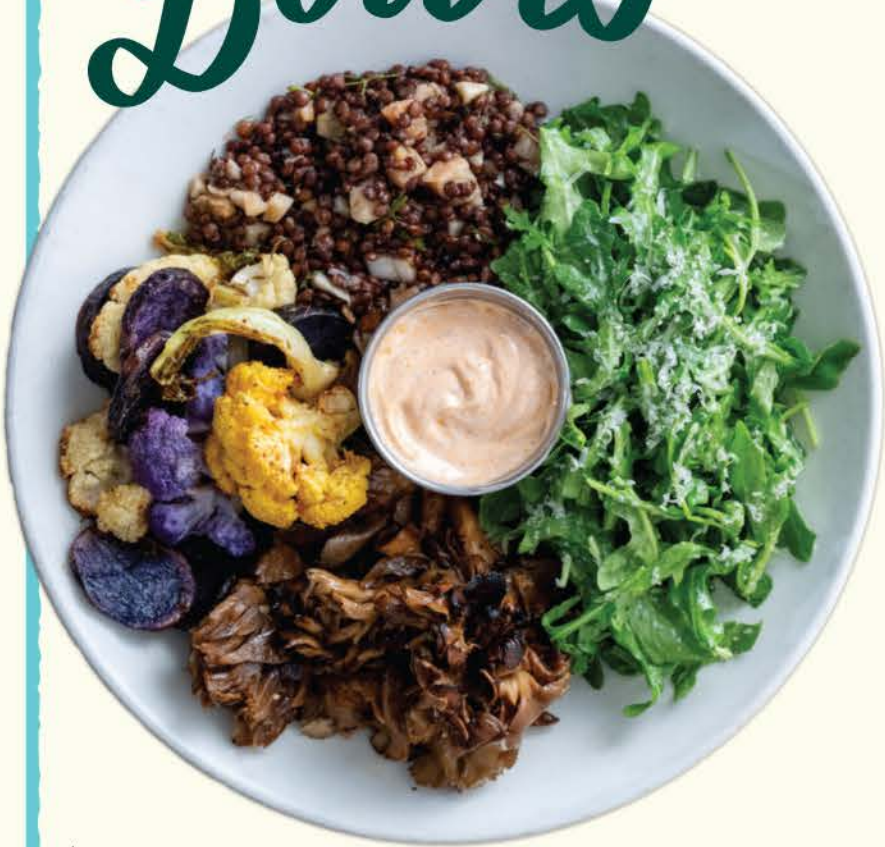
GRILLED CHICKEN COBB • 663cal
Shaft's blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing

MEDITERRANEAN STEAK 746cal
feta, cherry tomatoes, pickled cucumbers, sweet peppers, olives, red gem lettuces, arugula, lemon vinaigrette



SALMON SALAD 900cal
miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, sesame seeds, gem lettuces, ginger dressing

Bowls



BLUE ZONE •
black lentils slow cooked with dried pears & fennel, roasted rainbow cauliflower and purple potatoes, arugula salad with pecorino cheese, smoked paprika lebni

ROASTED MAITAKE MUSHROOMS 1184cal
GRILLED SALMON 1324cal

CALIFORNIA
roasted butternut squash salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema
CHIPOTLE BBQ CHICKEN 1027cal
GRILLED SALMON 1166cal

PACIFIC •
sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing
KATSU CHICKEN 1133cal
GRILLED SALMON 1144cal

HAPPIER VEGAN •• 1449cal
baked falafel, farro salad, hummus, pasta pearls, heirloom cherry tomatoes, baby lettuces, sunflower seed pesto, sherry vinaigrette

THAI
sushi rice, toasted coconut, green papaya, cabbage, tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno peppers, thai chili vinaigrette
GRILLED SHRIMP 644cal
GRILLED STEAK 701cal

BOLOGNESE PASTA • 1156cal
slow cooked pork bolognese, fusilli pasta, grated pecorino cheese

NONNA'S PASTA • 726cal
slow cooked tomato sauce, fusilli pasta, grated pecorino cheese

HOUSEMADE DRINKS



PINEAPPLE BASIL AGUA FRESCA 92cal
THE GREENS 62cal

MINT LEMONADE 109cal
HIBISCUS TEA 80cal

ALLERGY WARNING: Although efforts are made to avoid cross-contamination of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR ORDER TAKER IF ANYONE IN YOUR PARTY HAS AN ALLERGY.

ALLERGEN KEY: • GLUTEN • NUTS • RAW • VEGAN • SEASONAL OFFERING

PLATES

CHOOSE ONE PROTEIN & TWO SIDES

PROTEINS

Salt & Pepper Chicken garlic & herb marinade	186cal
Chipotle BBQ Chicken	183cal
Buttermilk Fried Chicken •	297cal
Baked Falafel •	82cal
Grilled Salmon	304cal
Grilled Shrimp garlic & herb marinade	146cal
Seared Tuna •	179cal
Grilled Steak garlic & herb marinade. medium rare.	229cal

SIDES

Mashed Potatoes	315cal
Roasted Potatoes •	215cal
Crispy Potatoes	246cal
Brown or Sushi Rice •	182-251cal
Baby Arugula parmesan, shaved fennel, lemon vinaigrette	180cal
Baby Greens • sherry vinaigrette	162cal
Baby Spinach • Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	223cal
Romaine Hearts • parmesan, sourdough croutons, caesar dressing	346cal
Seasonal Vegetables • carrots, mushrooms, snap peas, rainbow cauliflower* *subject to availability	176cal
Farro Salad ••• dried cranberries, toasted almonds, arugula, golden balsamic vinegar	387cal
Pasta Pearl Salad •• sunflower seed pesto, green beans, pecorino cheese, sherry vinaigrette	382cal
Mac & Cheese • fusilli, parmesan, cheddar, and mozzarella cheese	786cal



SHORT RIB •

970cal
braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, grilled broccolini

Sandwiches



SALAMI & PROVOLONE •	1470cal
salami, mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough	
TOMATO MOZZARELLA •	1361cal
diStefano mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough	
CHICKEN PESTO •	1109cal
chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough	

CHIPOTLE CHICKEN •	938cal
chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Bakery sourdough	

FRIED CHICKEN •	1027cal
chicken breast, cabbage slaw, pickles, maple glaze, chili aioli, Larder Bakery brioche bun	

AVOCADO TOAST •	515cal
avocado, lemon ricotta, queso fresco, pickled fresno peppers & onions, cilantro, grilled Larder Bakery sourdough	

SOUPS

GREEN POZOLE	123/245cal
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro	
RUSTIC CHICKEN	91/182cal
potato, carrot, celery, onion, thyme	
ROASTED TOMATO •	207/415cal
sourdough croutons & basil oil	



DESSERTS

CARROT CUPCAKE ••	450cal
-------------------	--------

CHOCOLATE CHIP COOKIE ••	420cal
SALTED CARAMEL COOKIE ••	420cal
OLIVE OIL CAKE •	270cal
APPLE COBBLER •	447cal
FLOURLESS CHOCOLATE CAKE	569cal

Just for Kids!

LITTLE PLATE

237-735cal
served with fruit and mashed potatoes, water and/or juice box

PICK ONE:

Salt & Pepper Chicken	Fried Chicken •
Grilled Cheese •	Steak

LITTLE BOWL

358-786cal
served with water and/or juice box

PICK ONE:

Bolognese Pasta •	Nonna's Pasta •
Mac & Cheese •	



1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children 9 to 13 years, but calorie needs vary.