

# SALADS

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

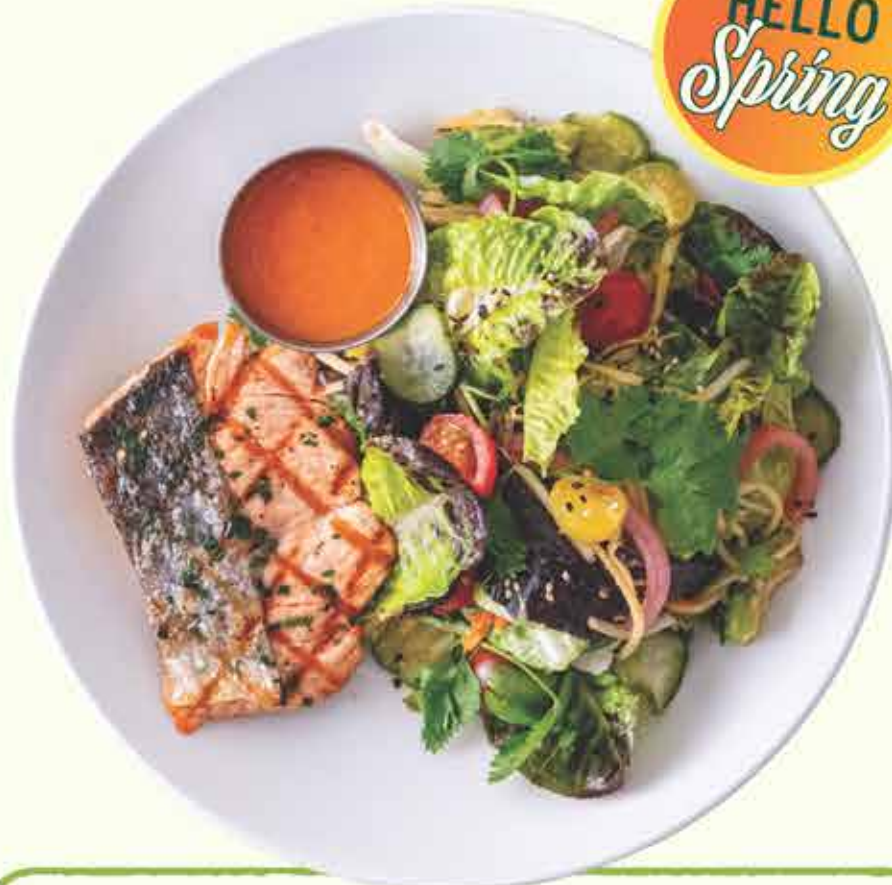
**CHIPOTLE BBQ CHICKEN** 643cal  
 avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing

**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

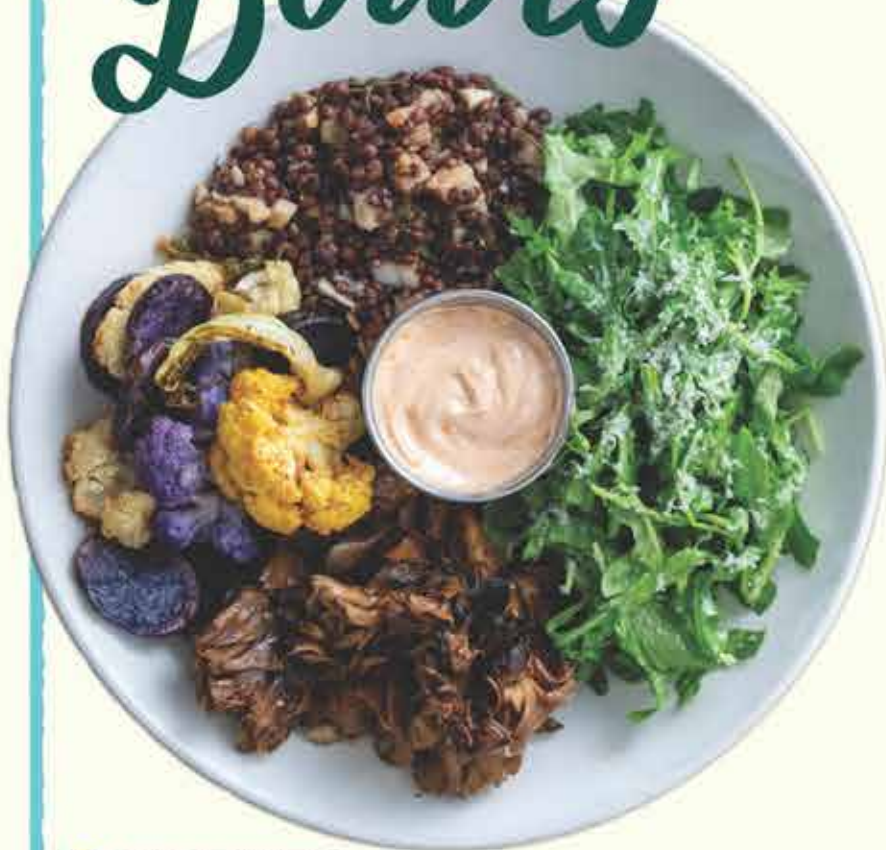
**GRILLED CHICKEN COBB** • 663cal  
 Shaft's blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing

**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



**LONGEVITY** •  
 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



<b>SALAMI &amp; PROVOLONE •</b> salami, mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough	1470cal
<b>TOMATO MOZZARELLA •</b> diStefano mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough	1361cal
<b>CHICKEN PESTO •</b> chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough	1109cal
<b>CHIPOTLE CHICKEN •</b> chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Bakery sourdough	938cal
<b>FRIED CHICKEN •</b> chicken breast, cabbage slaw, pickles, maple glaze, chili aioli, Larder Bakery brioche bun	1027cal
<b>AVOCADO TOAST •</b> avocado, lemon ricotta, queso fresco, pickled fresno peppers & onions, cilantro, grilled Larder Bakery sourdough	515cal

## SOUPS

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



## DESSERTS

**CARROT CUPCAKE ••** 450cal

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

## Just for Kids!

### LITTLE PLATE

served with fruit and mashed potatoes, water and/or juice box

237-735cal

#### PICK ONE:

Salt & Pepper Chicken	Fried Chicken •
Grilled Cheese •	Steak

### LITTLE BOWL

served with water and/or juice box

358-786cal

#### 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.