

PLATES

CHOOSE ONE PROTEIN AND TWO SIDES

PROTEINS

Salt & Pepper Chicken garlic & herb marinade	186cal
Chipotle BBQ Chicken	183cal
Country-Style Fried Chicken • spiced buttermilk marinade	367cal
Baked Falafel • • sea salt & herb oil	246cal
Grilled Salmon sea salt & herb oil	304cal
Grilled Shrimp garlic & herb marinade	146cal
Seared Tuna • grilled with sea salt & herb oil	179cal
Grilled Steak garlic & herb marinade; medium rare	229cal

 **SEASONAL VEGETABLE PLATE** 464-1602cal
seasonal vegetables* (carrots, mushrooms, snap peas, green beans) + your choice of two sides

New! **GREAT NORTHERN BRAISED BEANS PLATE** 979-2117cal
braised beans (herbs, tomato sauce and sunflower seed pesto) + your choice of two sides

SIDES

Mashed Potatoes	315cal
 Seasonal Vegetables • carrots, mushrooms, snap peas, green beans*	151cal
Crispy Potatoes	246cal
Roasted Potatoes •	215cal
Brown or Sushi Rice •	182-251cal
Baby Greens • sherry vinaigrette	162cal
Baby Spinach • Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	223cal
Romaine Hearts • parmesan, sourdough croutons, caesar dressing	346cal
Baby Arugula parmesan, shaved fennel, lemon vinaigrette	180cal
Farro Salad • • • dried cranberries, toasted almonds, arugula, golden balsamic vinegar	387cal
Mac & Cheese • baked with cheddar cheese and bread crumbs	785cal
<i>New!</i> Braised Beans • herbs, tomato sauce and sunflower seed pesto	666cal



 **SHORT RIB** •
1224cal
braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, french green beans

ALLERGEN KEY: • GLUTEN • NUTS • RAW • VEGAN  **SEASONAL OFFERING**
*subject to availability

SALADS



CHIPOTLE BBQ CHICKEN avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing	643cal
TUNA NICOISE • cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, black olives, baby greens, sherry vinaigrette	678cal
ITALIAN CHOP • salami, mortadella, provolone, pecorino cheese, cherry tomatoes, sweet peppers, onions, basil, pepperoncini, radicchio, red gem lettuce, roasted tomato vinaigrette	843cal
GRILLED CHICKEN COBB • blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing	663cal
GRILLED SALMON miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing	900cal


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

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

Bowls



CHICKEN PESTO • 1150cal sunflower seed pesto, casarecce pasta, green beans, roasted potatoes, Divina tomatoes, basil and parmesan cheese	
BOLOGNESE PASTA • slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese	1156cal
 CALIFORNIA roasted butternut squash, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	
CHIPOTLE BBQ CHICKEN GRILLED SALMON	1027cal 1166cal
 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 GRILLED SALMON	1184cal 1324cal
PACIFIC sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing	
KATSU CHICKEN GRILLED SALMON	1133cal 1144cal

 **HAPPIER VEGAN** • •
1616cal
baked falafel, braised beans, hummus with evoo, heirloom cherry tomatoes, pickled cucumbers, onions, roasted peppers, baby lettuces, sunflower seed pesto, sherry vinaigrette

THAI
sushi rice, toasted coconut, green papaya, cabbage, cherry tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno chili's, spicy thai chili vinaigrette

GRILLED SHRIMP 644cal
GRILLED STEAK 701cal

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.

Sandwiches



FRIED CHICKEN • 861cal
country-style fried chicken breast, cabbage slaw, pickles, spicy maple glaze, miso mayo, sesame bun

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

CHICKEN PESTO • 1109cal
chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

SALAMI & PROVOLONE •• 1470cal
salami, mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough

TOMATO MOZZARELLA • 1361cal
mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

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

TENDER BURGER •
806cal
grilled 6oz beef patty (blend of chuck, brisket and hanger), monterey jack cheese, bistro sauce, lettuce, pickles on sesame bun



SOUPS

GREEN POZOLE 145/190cal
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro

RUSTIC CHICKEN 111/148cal
potato, carrot, celery, onion, thyme

ROASTED TOMATO •• 184/222cal
sourdough croutons & basil oil

SWEETS



APPLE CRUMBLE • 447cal

CARROT CUPCAKE •• 450cal

CHOCOLATE CHUNK COOKIE • 400cal

SALTED CARAMEL COOKIE •• 370cal

OLIVE OIL CAKE • 270cal

FLOURLESS CHOCOLATE CAKE 569cal

FAMILY MEALS

CHOOSE ONE PROTEIN & TWO SIDES
(SERVES 4)

- SALT & PEPPER CHICKEN**
CHIPOTLE BBQ CHICKEN
FRIED CHICKEN •
SALMON
- STEAK**
SHORT RIB •
TUNA •

SIDES: romaine hearts, baby spinach, baby arugula, brown rice, mashed potatoes, seasonal vegetables*

CHICKEN PESTO • **BOLOGNESE •**

includes bread and your choice of salad

Add-Ons

PROTEINS (SERVES 4)

- Salt & Pepper Chicken**
Chipotle BBQ Chicken
Fried Chicken •
Salmon
- Steak**
Short Rib •
Tuna •

SIDES (SERVES 4)

- Mashed Potatoes**
Gravy
Farro Salad •••
Mac & Cheese •
Braised Beans
- Romaine Hearts •**
Baby Spinach •
Baby Arugula
6ct Cookies •



BEVERAGES

WINE	GLASS/BOTTLE	GLASS/BOTTLE
ROSE ELOUAN		PINOT NOIR OLD SOUL
CHARDONNAY SALMON CREEK		CABERNET SAUVIGNON SALMON CREEK
CHARDONNAY KALI HART		CABERNET SAUVIGNON FRANCISCAN ESTATE
SELTZER		RUBY GRAPEFRUIT WHITE CLAW
BLACK CHERRY WHITE CLAW		
BEER		BLONDE ALE HEALDSBURG
HAZY NOSH IPA UINTA		PURPLE HAZE RASPBERRY LAGER ABITA
SCULPIN IPA BALLAST POINT		
SCRIMSHAW NORTH COAST		

Just for Kids!

LITTLE PLATE 255-809cal
with fruit and mashed potatoes, juice box or water

PICK ONE:

- Salt & Pepper Chicken**
Grilled Cheese •
- Chicken Tenders •**
Steak

LITTLE BOWL 464-694cal
with fruit and bread, juice box or water

PICK ONE:

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



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.