

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	318cal
Baked Falafel • • sea salt & herb oil	82cal
<i>New!</i> Grilled Sea Bass sea salt & herb oil	161cal
Grilled Salmon sea salt & herb oil	291cal
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

seasonal vegetables* (baby sweet peppers, french green beans, summer squash, green zucchini, mushrooms)
+ your choice of two sides

GREAT NORTHERN BRAISED BEANS PLATE

braised beans (herbs, tomato sauce and sunflower seed pesto) + your choice of two sides

SIDES (AVAILABLE A LA CARTE)

Mashed Potatoes	315cal
Seasonal Vegetables • baby sweet peppers, french green beans, summer squash, green zucchini, mushrooms*	232cal
Seasoned Fries	283cal
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
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

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 • stone fruit, black berries, pistachios, goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette	667cal
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MEDITERRANEAN STEAK feta, cherry tomatoes, pickled cucumbers, sweet peppers, green olives, red gem lettuces, arugula, lemon vinaigrette	746cal
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Bowls



CALIFORNIA roasted corn salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	
CHIPOTLE BBQ CHICKEN GRILLED SALMON	1025cal 1133cal
<i>New Recipe!</i> LONGEVITY • panzanella salad with heirloom tomato, radicchio, arugula, tomato vinaigrette, and persian charred eggplant labneh, roasted fennel, fingerling potatoes	
GREAT NORTHERN BRAISED BEANS GRILLED SEA BASS	1290cal 990cal
PACIFIC sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing	
KATSU CHICKEN • GRILLED SALMON	1133cal 1144cal
HAPPIER VEGAN • • baked falafel, farro wheat, hummus with evoo, heirloom cherry tomatoes, pickled cucumbers, onions, roasted peppers, baby lettuces, sherry vinaigrette	1563cal

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 GRILLED STEAK	644cal 701cal

CHICKEN PESTO PASTA • sunflower seed pesto, casarecce pasta, green beans, roasted potatoes, Divina tomatoes, basil and parmesan cheese	1150cal
BOLOGNESE PASTA • slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese	1156cal

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

DISPOSABLE CUP: 25¢ charge on all disposable cups (applies to Berkeley location only).
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 CUP/BOWL

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



CARROT CUPCAKE •• 450cal

APPLE CRUMBLE • 447cal

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)

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|----------------------------------|--------------------|
| SALT & PEPPER CHICKEN | STEAK |
| CHIPOTLE BBQ CHICKEN | SHORT RIB • |
| FRIED CHICKEN • | TUNA • |
| SALMON | SEA BASS |

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

CHICKEN PESTO PASTA • **BOLOGNESE •**

includes bread and your choice of salad

Add-Ons

PROTEINS (SERVES 4)

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|-----------------------|-------------|
| Salt & Pepper Chicken | Steak |
| Chipotle BBQ Chicken | Short Rib • |
| Fried Chicken • | Tuna • |
| Salmon | Sea Bass |

SIDES (SERVES 4)

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



BEVERAGES

WINE GLASS/BOTTLE

- | | |
|-----------------------------------|--|
| ROSE
ELOUAN | PINOT NOIR
OLD SOUL |
| CHARDONNAY
SALMON CREEK | CABERNET SAUVIGNON
SALMON CREEK |
| CHARDONNAY
KALI HART | CABERNET SAUVIGNON
FRANCISCAN ESTATE |

SELTZER

- | | |
|-----------------------------------|--------------------------------------|
| BLACK CHERRY
WHITE CLAW | RUBY GRAPEFRUIT
WHITE CLAW |
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BEER

- | | |
|-------------------------------------|--|
| HAZY NOSH IPA
UINTA | BLONDE ALE
HEALDSBURG |
| SCULPIN IPA
BALLAST POINT | PURPLE HAZE
RASPBERRY LAGER
ABITA |
| SCRIMSHAW
NORTH COAST | |

Just for Kids!

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

PICK ONE:

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

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

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.

