

# Sandwiches



## FRIED CHICKEN • 992cal

country-style fried chicken breast, cabbage slaw, pickles, spicy maple glaze, miso mayo, sesame bun

## CHIPOTLE BBQ CHICKEN • 926cal

chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Bakery sourdough

## CHICKEN PESTO • 1096cal

chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

## SALAMI & PROVOLONE ••• 1486cal

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 • 956cal

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 159/195cal

shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro

## RUSTIC CHICKEN 111/148cal

potato, carrot, celery, onion, thyme

## ROASTED TOMATO •• 227/281cal

sourdough croutons & basil oil

# New! SWEETS



## MOSTESS CHOCOLATE CUPCAKE 390cal

## CHOCOLATE CHUNK COOKIE • 420cal

## SALTED CARAMEL COOKIE •• 420cal

## OLIVE OIL CAKE • 270cal

## CARROT CUPCAKE •• 500cal

# FAMILY MEALS

CHOOSE ONE PROTEIN & TWO SIDES (SERVES 4)

## SALT & PEPPER CHICKEN

## CHIPOTLE BBQ CHICKEN

## FRIED CHICKEN •

## SALMON

## STEAK

## SHORT RIB •

## TUNA •

## 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)

Salt & Pepper Chicken

Chipotle BBQ Chicken

Fried Chicken •

Salmon

Steak

Short Rib •

Tuna •

Sea Bass

### 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

### CHARDONNAY SALMON CREEK

### CHARDONNAY KALI HART

### PINOT NOIR OLD SOUL

### CABERNET SAUVIGNON SALMON CREEK

### CABERNET SAUVIGNON FRANCISCAN ESTATE

## SELTZER

### BLACK CHERRY WHITE CLAW

### RUBY GRAPEFRUIT WHITE CLAW

## BEER

### HAZY NOSH IPA UINTA

### SCULPIN IPA BALLAST POINT

### SCRIMSHAW NORTH COAST

### BLONDE ALE HEALDSBURG

### PURPLE HAZE RASPBERRY LAGER ABITA

# Just for Kids!

## LITTLE PLATE 262-815cal

with fruit and mashed potatoes, juice box or water

### PICK ONE:

Salt & Pepper Chicken

Grilled Cheese •

Chicken Tenders •

Steak

## LITTLE BOWL 332-800cal

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.



# 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
Falafel •• with harissa	208cal
Grilled Sea Bass lemon & herb oil	161cal
Grilled Salmon lemon & 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\* (carrots, mushrooms, snap peas, green beans\*) + 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

Mashed Potatoes	181cal
Seasonal Vegetables • carrots, mushrooms, snap peas, green beans*	151cal
Seasoned Fries	283cal
Roasted Potatoes •	179cal
Cilantro Lime Brown Rice •	182cal
Sushi Rice	251cal
Baby Greens • sherry vinaigrette	162cal
Baby Spinach • Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	260cal
Romaine Hearts •• parmesan, sourdough croutons, caesar dressing	643cal
Baby Arugula parmesan, shaved fennel, lemon vinaigrette	206cal
Farro Salad ••• dried cranberries, toasted almonds, arugula, golden balsamic vinegar	480cal
Mac & Cheese • baked with cheddar cheese and bread crumbs	785cal
Braised Beans • herbs, tomato sauce and sunflower seed pesto	643cal
Roasted Beets roasted golden beets, salsa verde, sherry vinaigrette, chives	417cal



## 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

HELLO  
Spring

CHIPOTLE BBQ CHICKEN avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing	968cal
TUNA NICOISE • cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, black olives, baby greens, sherry vinaigrette	985cal
ITALIAN CHOP • salami, mortadella, provolone, pecorino cheese, cherry tomatoes, sweet peppers, onions, herbs, pepperoncini, radicchio, red gem lettuce, roasted tomato vinaigrette	843cal
GRILLED CHICKEN COBB • blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing	1054cal
GRILLED SALMON miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing	832cal

HARVEST CHICKEN • Laura Chenel goat cheese, strawberries, seasonal citrus, almonds, roasted onions, herbs, baby lettuces, golden balsamic vinaigrette	1019cal
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MEDITERRANEAN STEAK feta, cherry tomatoes, pickled cucumbers, sweet peppers, green olives, herbs, red gem lettuces, arugula, lemon vinaigrette	796cal
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# Bowls



CALIFORNIA roasted butternut squash salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	
CHIPOTLE BBQ CHICKEN GRILLED SALMON	1038cal 1146cal
LONGEVITY • panzanella salad with caramelized apples, seasonal squash, roasted tomato vinaigrette, and roasted Tokyo turnips, mushrooms, fingerling potatoes, olive oil labneh	
GREAT NORTHERN BRAISED BEANS GRILLED SEA BASS	1115cal 692cal
HAPPIER VEGAN ••• falafel, harissa sauce, farro wheat, green garbanzo hummus, heirloom cherry tomatoes, pickled cucumbers, onions, roasted peppers, baby lettuces, sherry vinaigrette	1537cal
PACIFIC sushi rice, miso mayo, pickled cucumber, carrots, mizuna, cabbage, sesame, ginger dressing	
KATSU CHICKEN • GRILLED SALMON	1172cal 1050cal
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	754cal 851cal
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

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.  
PLATES AND SALADS INCLUDE GRILLED LARDER BAKERY SOURDOUGH

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