

ALLERGEN INFORMATION

<i>PROTEINS</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
COUNTRY-STYLE FRIED CHICKEN	X	X		X			X			
CHIPOTLE BBQ CHICKEN					X					
CHICKEN KATSU	X			X			X			
SALT & PEPPER CHICKEN										
GRILLED SALMON w/ lemon & herb oil					X					
GRILLED SALMON w/ blackening spices					X					
GRILLED SHRIMP w/ garlic & herb oil					X	X				
GRILLED SHRIMP w/ blackening spices					X	X				
GRILLED SEA BASS w/ lemon & herb oil					X					
GRILLED SEA BASS w/ blackening spices					X					
SEARED TUNA					X					
GRILLED STEAK										
FALAFEL										
SHORT RIB	X	X								
BURGER PATTY										

<i>GREENS & SIDES</i> (includes dressing & toppings)	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
BABY ARUGULA		X								
BABY GREENS										
BABY SPINACH		X	X							
ROMAINE HEARTS	X	X			X		X			
MASHED POTATOES		X								
SWEET POTATO MASH		X								
ROASTED POTATOES										
SEASONED FRIES *fried in same oil as gluten items										
SEASONAL VEGETABLES spring										X
SEASONAL VEGETABLES summer										
SEASONAL VEGETABLES winter										X
CILANTRO LIME BROWN RICE										
SUSHI RICE										
FARRO SALAD	X		X				X			
MAC & CHEESE	X	X					X			
BRAISED BEANS										
ROASTED BEETS		X			X					
CARROT HUMMUS										X
GREEN GARBANZO HUMMUS										X
CROSTINI	X						X			

<i>SANDWICHES</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
FRIED CHICKEN	X	X		X	X		X	X		X
TENDER BURGER	X	X		X			X			X
CHIPOTLE BBQ CHICKEN	X	X		X	X		X			
CHICKEN PESTO	X	X		X			X			
SALAMI & PROVOLONE	X	X	X	X			X			
AVOCADO BLT	X	X					X			X
TOMATO MOZZARELLA	X	X		X			X			
AVOCADO TOAST	X	X					X			
GARDEN TOAST	X	X					X			X
CARROT HUMMUS TOAST	X	X					X			X

<i>BOWLS</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
CALIFORNIA: CHIPOTLE BBQ CHICKEN (winter/spring)		X			X					
CALIFORNIA: CHIPOTLE BBQ CHICKEN (summer)		X			X					
CALIFORNIA: GRILLED SALMON (winter/spring)		X			X					
CALIFORNIA: GRILLED SALMON (summer)		X			X					
PACIFIC: KATSU CHICKEN	X			X			X	X		X
PACIFIC: GRILLED SALMON	X			X	X		X	X		X
THAI: GRILLED SHRIMP					X	X				X
THAI: GRILLED STEAK					X					X
HAPPIER VEGAN (spring/summer)	X		X				X			X
HAPPIER VEGAN (winter)	X		X				X			X
LONGEVITY: BRAISED BEANS (winter/spring)	X	X					X			
LONGEVITY: BRAISED BEANS (summer)	X	X					X			X
LONGEVITY: GRILLED SEA BASS (winter/spring)	X	X			X		X			
LONGEVITY: GRILLED SEA BASS (summer)	X	X			X		X			X
BOLOGNESE PASTA	X	X					X			
NONNA'S PASTA (vegetarian)	X	X					X			
CHICKEN PESTO PASTA	X	X					X			
PESTO PASTA	X	X					X			

<i>SALADS</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
CHIPOTLE BBQ CHICKEN		X			X					
GRILLED CHICKEN COBB		X		X						
HARVEST CHICKEN (summer)		X	X							
HARVEST CHICKEN (spring)		X	X							
HARVEST CHICKEN (winter)		X								
TUNA NICOISE				X	X					
MEDITERRANEAN STEAK		X								
ITALIAN CHOP		X	X							
GRILLED SALMON				X	X			X		X

<i>SEASONAL</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
SHORT RIB PLATE w/ sweet potato mash	X	X					X	X		
SHORT RIB PLATE w/ reg. mashed potatoes	X	X					X	X		
TENDER BURGER PLATE w/ seasoned fries	X	X		X	X		X			X

<i>SOUPS</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
ROASTED TOMATO	X						X			
RUSTIC CHICKEN										
GREEN POZOLE										

<i>JUST FOR KIDS</i> (entrées - not including sides)	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
PLATE: SALT & PEPPER CHICKEN										
PLATE: CHICKEN TENDERS	X	X					X			
PLATE: GRILLED STEAK										
PLATE: GRILLED CHEESE	X	X		X			X			
BOWL: BOLOGNESE PASTA	X	X					X			
BOWL: NONNA'S PASTA	X	X					X			
BOWL: MAC & CHEESE	X	X					X			

<i>DESSERTS</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
CHOCOLATE CHUNK COOKIE	X	X		X			X	X		
SALTED CARAMEL COOKIE	X	X	X	X			X	X		
CARROT CUPCAKE	X	X	X	X			X			
OLIVE OIL CAKE	X	X		X			X			
MOSTESS CHOCOLATE CUPCAKE		X		X				X		
COWBOY COOKIE	X	X	X	X			X			
PUMPKIN CUPCAKE (seasonal)	X	X		X			X			
STRAWBERRY SHORTCAKE (seasonal)	X	X		X			X			

<i>DRESSINGS & SAUCES</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
GRAVY		X						X		
SHERRY VINAIGRETTE										
LEMON VINAIGRETTE										
TARRAGON DRESSING				X						
CAESAR DRESSING				X	X	X				
CABERNET VINAIGRETTE										
CILANTRO LIME DRESSING										
GOLDEN BALSAMIC VINAIGRETTE										
LIME CREMA		X								
GINGER DRESSING										X
SPICY AIOLI				X				X		
GARLIC AIOLI				X						
BOLOGNESE SAUCE		X								

<i>HOUSEMADE DRINKS</i>	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
AGUA FRESCA: PINEAPPLE BASIL										
AGUA FRESCA: WATERMELON										
AGUA FRESCA: POMEGRANATE GINGER										
THE GREENS										
MINT LEMONADE										
HIBISCUS TEA										

WARNING: while we take precautions to minimize cross-contact, we cannot guarantee that any menu item is completely free of allergens. Food may come into contact with shared preparation areas, utensils, equipment, and frying oil during cooking and service. Please inform your order taker of any food allergies before placing your order.
RAW FOOD WARNING: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

NUTRITIONAL INFORMATION

PROTEINS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugar (g)	protein (g)
COUNTRY-STYLE FRIED CHICKEN	324	68	8	1	0	154	864	23	0	2	39
CHIPOTLE BBQ CHICKEN	183	57	6	1	0	89	365	3	0	1	27
CHICKEN KATSU	323	73	8	2	0	155	1389	23	0	2	37
SALT & PEPPER CHICKEN	186	58	6	1	0	97	231	0	0	0	29
GRILLED SALMON w/ lemon & herb oil	291	193	21	4	0	71	444	0	0	0	24
GRILLED SALMON w/ blackening spices	291	193	121	4	0	71	444	0	0	0	24
GRILLED SHRIMP w/ garlic & herb oil	146	39	4	1	0	191	203	1	0	0	26
GRILLED SHRIMP w/ blackening spices	146	39	4	1	0	191	203	1	0	0	26
GRILLED SEA BASS w/ lemon & herb oil	161	77	9	1	0	46	684	0	0	0	21
GRILLED SEA BASS w/ blackening spices	161	77	9	1	0	46	684	0	0	0	21
SEARED TUNA	179	58	6	1	0	57	420	0	0	0	30
GRILLED STEAK	229	116	13	4	0	50	219	0	0	0	26
FALAFEL	208	45	5	0	0	0	560	31	12	5	9
SHORT RIB	562	441	49	22	0	92	1179	6	0	1	23
BURGER PATTY	318	187	21	8	0	106	857	1	0	0	30

GREENS & SIDES

(includes dressing & toppings)

BABY ARUGULA	206	160	18	3	0	8	221	5	3	1	5
BABY GREENS	162	146	16	1	0	0	382	3	1	0	1
BABY SPINACH	260	221	25	3	0	7	183	4	2	1	5
ROMAINE HEARTS	643	545	61	6	0	54	563	16	2	1	7
MASHED POTATOES	181	69	8	5	0	27	365	24	2	2	3
MASHED POTATOES w/ gravy	240	148	16	11	0	58	910	47	4	4	7
ROASTED POTATOES	179	57	6	1	0	0	189	29	3	1	2
SEASONED FRIES	283	60	7	0	0	0	2076	47	0	15	3
SEASONAL VEGETABLES spring	151	101	41	3	0	6	279	10	3	4	2
SEASONAL VEGETABLES summer	232	169	19	4	0	9	430	12	4	4	3
SEASONAL VEGETABLES winter	179	98	11	0	0	0	506	16	4	7	4
CILANTRO LIME BROWN RICE	182	55	6	1	0	0	192	31	3	1	3
SUSHI RICE	251	19	2	0	0	0	752	53	0	9	4
FARRO SALAD	480	239	27	3	0	0	582	50	5	18	10
MAC & CHEESE	785	452	50	31	0	181	423	54	3	2	23
BRAISED BEANS	643	321	36	5	0	0	1335	67	22	55	22
ROASTED BEETS	417	327	36	5	0	8	983	17	5	9	5
CARROT HUMMUS	339	245	27	3	0	0	343	19	5	5	6
GREEN GARBANZO HUMMUS	467	320	36	4	0	0	490	29	4	3	8
CROSTINI	55	23	3	0	0	0	76	7	0	0	1

SANDWICHES

FRIED CHICKEN	992	426	47	5	0	202	2750	87	4	35	53
TENDER BURGER	806	433	48	16	0	147	1857	43	3	15	46
CHIPOTLE BBQ CHICKEN	926	435	48	8	0	104	1605	79	6	3	39
CHICKEN PESTO	1096	574	64	11	0	130	1775	79	6	3	46
SALAMI & PROVOLONE	1486	993	110	32	0	195	3336	77	4	1	41
AVOCADO BLT	845	436	54	16	0	85	1863	62	5	5	25
TOMATO MOZZARELLA	1361	826	92	29	0	140	1613	78	4	3	43
AVOCADO TOAST	956	489	54	16	0	88	2473	87	10	5	32
GARDEN TOAST	1068	621	69	17	0	87	2057	80	7	6	35
CARROT HUMMUS TOAST	857	477	58	16	0	61	1489	63	11	10	24

BOWLS

CALIFORNIA: CHIPOTLE BBQ CHICKEN (winter/spring)	1038	534	59	14	0	141	1454	71	9	10	44
CALIFORNIA: CHIPOTLE BBQ CHICKEN (summer)	1025	458	51	6	0	145	1559	82	13	13	57
CALIFORNIA: GRILLED SALMON (winter/spring)	1146	670	74	17	0	123	1533	68	9	9	41
CALIFORNIA: GRILLED SALMON (summer)	1133	574	64	9	0	141	1652	81	13	12	58
PACIFIC: KATSU CHICKEN	1172	548	61	6	0	212	2299	104	5	25	47
PACIFIC: GRILLED SALMON	1050	624	69	7	0	142	2033	73	4	24	30
THAI: GRILLED SHRIMP	754	279	031	7	0	172	3007	88	3	40	30
THAI: GRILLED STEAK	851	360	40	11	0	50	3044	87	3	40	34
HAPPIER VEGAN (spring/summer)	1598	876	97	12	0	0	2306	143	32	37	37
HAPPIER VEGAN (winter)	1410	862	96	10	0	0	2715	111	26	36	26
LONGEVITY: BRAISED BEANS (winter/spring)	1115	500	56	7	0	5	3471	123	29	20	31
LONGEVITY: BRAISED BEANS (summer)	1290	654	73	11	0	027	3481	121	31	13	34
LONGEVITY: GRILLED SEA BASS (winter/spring)	692	346	39	5	0	51	1858	57	7	17	30
LONGEVITY: GRILLED SEA BASS (summer)	990	582	65	10	0	79	2640	62	10	8	36
BOLOGNESE PASTA	1156	450	50	14	0	117	1056	127	16	11	46
NONNA'S PASTA (vegetarian)	674	103	11	1	0	7	1282	120	6	15	23
CHICKEN PESTO PASTA	1150	554	60	7	0	71	836	104	9	9	42
PESTO PASTA	1039	509	56	6	0	13	628	104	9	9	24

SALADS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugar (g)	protein (g)
CHIPOTLE BBQ CHICKEN	968	598	66	11	0	109	1463	47	11	11	42
GRILLED CHICKEN COBB	1054	762	85	16	0	248	1624	21	7	5	46
HARVEST CHICKEN (summer)	667	409	45	5	0	115	702	24	9	10	38
HARVEST CHICKEN (spring)	1019	685	76	10	0	115	1034	45	10	24	36
HARVEST CHICKEN (winter)	734	533	59	10	0	41	450	34	8	21	17
TUNA NICOISE	985	657	73	9	0	154	1497	40	7	4	42
MEDITERRANEAN STEAK	796	534	59	11	0	61	1427	29	6	8	35
ITALIAN CHOP	843	667	74	22	0	130	3581	24	6	13	21
GRILLED SALMON	832	571	63	7	0	104	1112	35	9	19	28

SEASONAL

SHORT RIB PLATE w/ sweet potato mash	1111	704	78	33	0	134	2261	66	7	8	32
SHORT RIB PLATE w/ reg. mashed potatoes	1224	847	94	43	0	181	2035	59	8	11	31
TENDER BURGER PLATE w/ seasoned fries	1021	493	56	16	0	147	3266	77	2	19	48

SOUPS

CUP: ROASTED TOMATO	227	106	12	2	0	0	1124	25	2	14	5
BOWL: ROASTED TOMATO	281	122	14	2	0	0	1388	33	3	17	7
CUP: RUSTIC CHICKEN	111	19	2	0	0	20	686	13	2	3	9
BOWL: RUSTIC CHICKEN	148	26	3	1	0	27	915	17	3	5	13
CUP: GREEN POZOLE	159	62	7	1	0	0	1903	21	6	8	3
BOWL: GREEN POZOLE	195	77	9	1	0	0	2375	25	7	10	4

JUST FOR KIDS

(entrées - not including sides)

PLATE: SALT & PEPPER CHICKEN	262	64	7	3	0	61	302	32	2	17	17
PLATE: CHICKEN TENDERS	393	135	15	4	0	53	870	42	3	18	22
PLATE: GRILLED STEAK	296	99	11	5	0	41	309	31	2	17	17
PLATE: GRILLED CHEESE	815	250	28	16	0	94	1511	102	4	17	33
BOWL: BOLOGNESE PASTA	562	208	23	7	0	59	462	64	7	6	23
BOWL: NONNA'S PASTA	332	41	5	0	0	3	538	62	3	8	12
BOWL: MAC & CHEESE	800	455	51	30	0	173	630	59	3	19	22

DESSERTS

CHOCOLATE CHUNK COOKIE	420	184	20	13	0	72	209	63	2	36	6
SALTED CARAMEL COOKIE	420	162	18	11	0	55	660	60	1	33	5
CARROT CUPCAKE	500	225	25	5	0	45	430	67	2	45	5
OLIVE OIL CAKE	270	126	14	2.5	0	30	90	33	0	24	3
MOSTESS CHOCOLATE CUPCAKE	390	189	21	7	0	55	330	48	2	31	4
COWBOY COOKIE	360	162	18	9	0	45	115	46	2	31	4
PUMPKIN CUPCAKE (seasonal)	460	189	21	12	0	90	260	64	2	46	6
COWBOY COOKIE (seasonal)	302	2	18	12	0	74	1	34	2	8	1

DRESSINGS & SAUCES

GRAVY 2oz	57	16	3	1	0	6	270	6	0	1	2
SHERRY VINAIGRETTE 3oz	444	438	48	3	0	0	627	0	0	0	0
LEMON VINAIGRETTE 3oz	400	385	43	3	0	0	375	2	0	0	0
TARRAGON DRESSING 3oz	344	334	37	3	0	14	394	2	0	1	1
CAESAR DRESSING 3oz	505	489	54	4	0	47	317	2	0	0	1
CABERNET VINAIGRETTE 3oz	441	438	48	3	0	0	360	0	0	0	0
CILANTRO LIME DRESSING 3oz	420	385	43	4	0	8	416	6	0	6	1
GOLDEN BALSAMIC VINAIGRETTE 3oz	576	567	63	4	0	0	157	6	0	6	0
LIME CREMA 1.5oz	115	96	11	5	0	22	135	3	0	1	1
GINGER DRESSING 3oz	279	214	24	3	0	0	700	15	0	12	3
SPICY MAYO 2oz	344	323	36	3	0	75	466	3	0	2	2
GARLIC AOILI 1.5oz	312	308	34	3	0	29	127	1	0	0	1
BOLOGNESE SAUCE	574	358	40	14	0	110	724	24	10	10	27

HOUSEMADE DRINKS

AGUA FRESCA: PINEAPPLE BASIL	95	0	0	0	0	0	5	24	0	22	0
AGUA FRESCA: WATERMELON	171	3	0	0	0	0	3	42	1	37	1
AGUA FRESCA: POMEGRANATE GINGER	76	0	0	0	0	0	8	19	0	17	0
THE GREENS	109	0	0	0	0	0	5	27	0	23	0
MINT LEMONADE	62	2	0	0	0	0	34	14	1	12	1
HIBISCUS TEA	82	0	0	0	0	0	6	20	0	20	0

ADULT DISCLOSURE: A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.
KIDS DISCLOSURE: 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.