



NOURISH

THE

MIND

BODY

AND

SPIRIT

WITH

EVERY

MEAL

SALADS

NOURISHED

Baby kale, walnuts, mushrooms, dates, goat cheese, coconut bacon, roasted squash, grain croutons, maple-cider vinaigrette

8 | 11

FARMER'S MARKET (GF)

Romaine blend, spinach with tomato, avocado, shredded carrots, broccoli, shredded beets, cucumbers, peas, toasted almonds, Manchego cheese, classic balsamic vinaigrette

7 | 10

BOUNTIFUL (GF)

Romaine, kale, red quinoa, roasted beets, seasonal citrus, feta slices, red onion, pumpkin seeds, citrus-ginger vinaigrette

8 | 11

CAPRI (chopped) (GF)

Romaine, chicken, olives, pepperoncini, red pepper, GF croutons, sundried-tomato dressing

9 | 12

BOWLS

HEART-Y VEGGIES + RICE (GF, V)

Brown & black rice, red beans, sautéed spinach, eggplant, squash, mushrooms, broccoli, roasted carrots, sherry-date dressing

9

TAKE ON THE WORLD (V)

Quinoa, avocado, kale, broccoli, shredded beets, almonds, hemp seeds, ginger-miso dressing

9

ITALIAN RIVIERA (GF)

Zucchini 'noodles', broccoli, roasted mushrooms, marinara, pepita seeds, fresh oregano, shaved parmesan

9

PALS FOR LIFE (P, GF)

Chicken, carrots, broccoli, roasted mushrooms with oregano and olive oil

10

GREAT CATCH (GF)

Wild-caught salmon, roasted sweet potatoes, sautéed kale, sweet onion, celery, citrus-ginger vinaigrette

12

ADD

CHICKEN (Free-range, antibiotic-free, hormone-free)	3	EGG	1.0
WILD-CAUGHT SALMON	5.5	TUNA	2.5

SMALL PLATES

SIMPLICITY (GF)

Organic romaine blend, goat cheese, toasted almonds, creamy lemon vinaigrette

4.5

DAILY SOUPS

4.5

LOVE AT FIRST BITE (GF, V, P)

Roasted red pepper and walnut spread served with GF crackers, cucumbers, Kalamata olives

6.75

GUACAMOLE GOODNESS (GF, V)

Serrano chiles, lime, tomatoes, organic tortilla chips

6.75

CHICKPEA HUMMUS (GF)

Choose a topping. Served with GF crackers:

6.75

- Roasted eggplant, grape tomatoes, cucumbers
- Albacore tuna, sundried tomatoes, white beans

DESSERTS

CHOCOLATE BROWNIE BLISS 4

LUSCIOUS LIME TART 4

(vegan, gluten-free, dairy-free)



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GF = GLUTEN FREE V = VEGAN P = PALEO

