



Breakfast served with side salad
sub scrambled egg whites \$2

Micro-Greens Omelet (gf) 12
organic tomatoes / feta / serrano peppers / micro greens

Sausage & Artichoke Omelet (gf) 14
Pork fennel sausage / artichoke / spinach / goat cheese

Duck Confit Omelet 15
pulled duck / braised onions / goat cheese / micro greens

Truffled Eggs Sandwich 13
scrambled eggs / gruyere + fontina + white cheddar blend /
truffle oil / avocado / wild mushrooms / ciabatta

Breakfast Sandwich 12
fried eggs / bacon / cheddar / spicy ketchup / ciabatta

Spinach Scramble 12
scrambled eggs / sautéed spinach / gruyere + fontina + white
cheddar / whole grain toast

Egg Hash 14
choose: bacon, pork sausage, turkey breast or avocado
choose your egg style
potatoes / onions / red & serrano peppers / gruyere +
fontina + white cheddar / whole grain toast

Two Eggs Breakfast 11
choice of: applewood bacon, pork fennel sausage or avocado
/ whole grain toast

Breakfast Burrito 12
scrambled eggs / bacon / tomatillo-avocado salsa / potatoes
/ cheddar

Avocado Toast 12
pine nuts / daikon sprouts / radish / lemon zest / whole
grain
add one egg \$2; add two eggs \$4

Sides

Brussels sprouts	5	Avocado	4
Side Greek Salad	8	Plain quinoa	5
Organic Berries	6	Overnight Oats (cold)	7

Daily Soups

Small soup 5 Large soup (available to-go only) 8

Salads

Add: salmon 7; chicken 4; flatiron steak 8; duck 5; prosciutto 3

Kale Caesar 11
kale & cabbage / romaine / parmesan cheese / croutons / caesar

Fig & Bleu 13
dried fig / candied walnuts / fennel / bleu cheese / romaine /
kale & cabbage / fig vinaigrette

Burrata, Tomato, Bacon and Fig (gf) 15
bacon / burrata cheese / cherry tomatoes / fresh figs / tarragon
arugula / fig vinaigrette / olive oil

Chicken Almond (gf/df) 14
chopped chicken / celery / onion / mint / almonds / lemon zest /
tomatoes / romaine / almond dressing

Spicy Quinoa (gf) 12
white quinoa / tomatoes / cucumber / olives / feta /
serrano peppers / parsley / arugula / sweetsalt dressing

Champagne Chicken (gf) 14
chopped chicken + grapes + celery + cucumber + shallots /
champagne & goat cheese dressing / romaine

Chicken & Bacon Lettuce Cups (gf) 12
grilled chopped chicken / applewood bacon / corn / avocado /
alfalfa sprouts / cheddar / sweetsalt dressing

Salmon & Haricot Vert (gf/df) 14
haricot vert / endive / fennel / almonds / grapefruit segments
pulled salmon / romaine / orange walnut vinaigrette

Kale & Wild Rice 11
raw kale & cabbage / romaine / wild rice & wheat grains / parmesan /
sweetsalt dressing / olive oil + lemon

Roasted Vegetable (gf) 14
arugula / roasted carrots / roasted beets / roasted fennel + garlic /
roasted pepper / haricot vert / asparagus / daikon sprouts /
herbed goat cheese / olive oil + lemon

Flatiron Steak (gf) 18
white cabbage / roasted carrots / grilled corn / asparagus /
red onion / sweetsalt dressing

Make Your Own Salad starts at 8

Choose Greens:
romaine / wild baby arugula / mixed field greens / kale + cabbage mix

Choose a Dressing:
Sweetsalt / balsamic / truffle / champagne & goat cheese /
herb vinaigrette / fig / orange walnut / caesar

Choose your Toppings: .50 ea.
artichokes / asparagus / roasted carrots / roasted beets / blue cheese /
cucumbers / dried cherries / grapes / grilled corn / red onions / roasted
peppers / alfalfa sprouts / fennel / tomatoes
sun dried tomatoes / kalamata olives
1.00 ea.: fresh mozzarella / goat / bacon
2.00: maitake mushrooms / quinoa 2.50: avocado

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Sandwiches, Etc.

served with a side of mixed greens with sweetsalt dressing

Fig & Prosciutto fig preserve / prosciutto / goat cheese / baguette	12
Fresh Fig & Chicken BLT fresh figs / grilled chicken / goat cheese / applewood smoked bacon / lettuce / tomatoes / ciabatta	15
Brussels Sprouts & Kale Tacos (gf/v) artichokes + chipotle-lime white bean + kale & cabbage / tomatillo-avocado salsa / guacamole / corn tortillas add chicken \$4 add pulled salmon \$6	12
Steak Tacos (gf) grass-fed beef / salsa verde / cilantro and onion / corn tortillas	12
Truffle Chicken grilled chicken / gruyere + fontina + white cheddar / wild mushroom / truffle aioli / fresh herbs / tomato / ciabatta	14
Portobello Mushroom portobello mushroom / tomato / goat cheese / alfalfa sprouts / roasted garlic aioli / brioche	12
Buffalo Chicken Wrap grilled chicken / hot wing sauce / blue cheese / crumbled chips / arugula / onion & celery mirepoix / flour tortilla	12
Steak & Brie grass-fed beef / chimichurri / brie cheese / roasted garlic puree / arugula / braised onion / ciabatta	14
Shrimp Po' Boy (df) cajun seasoned shrimp / chimichurri / crumbled chips / cayenne aioli / lettuce / tomato / ciabatta	14
Turkey, Bacon, Avocado sliced turkey / applewood smoked bacon / avocado / wild arugula / whole grain mustard / cheddar / ciabatta	13
Lavender Duck Confit pulled duck confit / braised onions / goat cheese / lavender oil / honey / alfalfa sprouts / ciabatta	14
Caprese fresh mozzarella / tomato / basil / olive oil / balsamic reduction / ciabatta add prosciutto \$3	12
Pesto Chicken Panini grilled chicken / fresh mozzarella / pesto / wild arugula / ciabatta	13
Grilled Cheese & Tomato Soup cheddar / sourdough / cup of daily tomato soup	13
Salmon & Sautéed Wild Rice Entrée (df) salmon / wild rice & wheat grains / walnuts / sweetsalt dressing	17

Tossed Sautéed Quinoa starts at 8

Toppings: *Proteins*: chicken 4 / duck 5 / steak 8 / salmon 7

2.00 each: maitake mushrooms *.50 each*: dried cranberries / artichokes / sun-dried tomatoes / roasted pepper / grilled corn / braised onions / brussels sprouts / wild arugula / fennel / beets / pine nuts / tomatoes

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