



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

- Micro-Greens Omelet** (gf) 12
organic tomatoes / feta / serrano peppers / micro greens / whole grain toast
- Sausage & Artichoke Omelet** (gf) 14
Pork fennel sausage / artichoke / spinach / goat cheese / whole grain toast
- Duck Confit Omelet** 15
pulled duck / braised onions / goat cheese / micro greens / whole grain toast
- Truffled Eggs Sandwich** 13
scrambled eggs / gruyere & white cheddar blend / truffle oil / avocado / wild mushrooms / ciabatta
- Breakfast Sandwich** 12
scrambled eggs / bacon / cheddar / spicy aioli / ciabatta
- Spinach Scramble** 12
scrambled eggs / sautéed spinach / gruyere & 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** 10
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
avocado / pickled shallots / daikon sprouts / pine nuts / maldon salt / olive oil / whole grain
add one egg \$2; add two eggs \$4

Sides

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| Brussels sprouts | 5 | Avocado | 2 |
| Side Greek Salad | 6 | Plain quinoa | 5 |
| Organic Berries | 6 | Overnight Oats (cold) | 7 |

Salads

- Pear & Pomegranate** (gf) 13
pear / pomegranate / candied walnuts / fennel / pecorino cheese arugula / kale / pear dressing
- Burrata, Tomato, Bacon & Pomegranate** (gf) 15
bacon / burrata cheese / heirloom tomatoes / pomegranate / mint arugula / pomegranate balsamic reduction / olive oil
- Chicken Almond** (gf/df) 14
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
chicken + grapes + celery + cucumber + shallots + herbs / champagne dressing / goat cheese / romaine
- Chicken & Bacon Lettuce Cups** (gf) 12
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
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
- Steak Salad** (gf) 16
white cabbage / roasted carrots / grilled corn / asparagus / red onion / sweetsalt dressing
- Kale Caesar** 11
kale & cabbage / romaine / parmesan / croutons / Caesar

Daily Soups

- Small 5 Large 8



Sandwiches, Etc.

served with a side of mixed greens with sweetsalt dressing

Fig & Prosciutto fig preserve / prosciutto / goat cheese / baguette	12
Buffalo Chicken BLT grilled chicken / mozzarella cheese / applewood smoked bacon / lettuce / tomatoes / buffalo sauce / ciabatta	14
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/ df) grass-fed beef / salsa verde / cilantro and onion / corn tortillas	12
Truffle Chicken grilled chicken / gruyere & white cheddar / wild mushroom / truffle aioli / fresh herbs / tomato / ciabatta	14
Portobello Mushroom portobello mushroom / tomato / goat cheese / alfalfa sprouts / aioli / brioche	12
Buffalo Chicken Wrap grilled chicken / buffalo 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 / spicy 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 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 \$4	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

Hot Sautéed Quinoa (choice of toppings) starts at 8

Custom Salad (choice of greens, dressing, and toppings) starts at 8

Choose Greens (for Salad):
romaine / wild baby arugula / mixed field greens / kale + cabbage mix

Choose a Dressing (for Salad):
Sweetsalt / balsamic / truffle / champagne / herb vinaigrette / pear / orange walnut / Caesar

Choose your Toppings: .50 ea.
alfalfa sprouts / almonds / artichokes / asparagus / roasted beets / blue cheese / braised onions / brussels sprouts / roasted carrots / croutons / grilled corn / cucumbers / dried cherries / dried cranberries / fennel / grapes / red onions / roasted peppers / parmesan / pine nuts / sun dried tomatoes / kalamata olives

1.00 ea.: goat cheese crumbles / feta / mozzarella *2.00:* avocado / herbed goat cheese / maitake mushrooms / add quinoa

Proteins: chicken breast 4 / duck confit 6 / sirloin steak 5 / salmon filet 7 / prosciutto 4