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BASES

BROWN RICE

Brown rice (brown rice, water, sea salt, bay leaf), thyme oil (extra virgin olive oil, water, garlic puree [garlic, canola oil, extra virgin olive oil], sea salt, black pepper, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

FARM GREENS WITH MINT

Napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette (canola oil, red wine vinegar, rosemary oil [extra virgin olive oil, canola oil, water, rosemary, sea salt], shallot, garlic, rosemary, sea salt), mint, Maldon sea salt, black pepper.

SPICED FARRO WITH BUTTERNUT SQUASH

Farro with butternut squash (farro, water, roasted butternut squash [butternut squash, canola oil, sea salt], preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], sea salt, cinnamon stick, bay leaf), celery, extra virgin olive oil, parsley, Maldon sea salt.

Contains: Wheat/Gluten

PROTEINS

CHARRED CHICKEN

Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).

Sauce Pairing: Garlic Aioli (Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree [garlic, canola oil, extra virgin olive oil])

Contains: Soy

GRILLED TOFU

Tofu, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), roasted onion ring (red onion, extra virgin olive oil, sea salt), spicy pickled pepper (red bell pepper, Fresno chili, rice wine vinegar, turbinado sugar, sea salt), Maldon sea salt.

Contains: Soy

Sauce Pairing: Sriracha (Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water)

HERB ROASTED CHICKEN

Chicken breast, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), garlic, rosemary, parsley, marjoram, thyme.

Sauce Pairing: Garlic Aioli (Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree [garlic, canola oil, extra virgin olive oil])

Contains: Soy

MEATBALLS WITH TOMATO RAGU

Meatball (beef, chicken, gluten-free oat, tomato, yellow onion, white button mushroom, celery, parsley, free-range egg, carrot, sea salt, garlic, fennel, black pepper), spicy tomato ragu (diced tomato, sea salt, sugar, chili flake, black pepper, garlic oil [canola oil, extra virgin olive oil, garlic]).

Contains: Egg

PEPPERCORN STEAK

100% grass-fed top sirloin steak (black pepper, sea salt, canola oil, Maldon sea salt)

Sauce Pairing: Garlic Aioli (Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree [garlic, canola oil, extra virgin olive oil])

Contains: Soy

WILD ALASKAN SALMON

Wild Alaskan salmon, Maldon sea salt.

Contains: Fish

Pairing: Lemon Wedge

SIDES

APPLES & CELERY

Celery, apple, candied walnuts (walnuts, honey, black pepper, coriander, fennel, sugar, sea salt), lemon, extra virgin olive oil, parsley, parmesan cheese, Maldon sea salt.

Contains: Milk, Tree Nut (walnut)

Pairing: Lemon Wedge

CASHEW KALE CAESAR

Green kale, Tuscan kale, cashew Caesar dressing (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper), candied cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, cauliflower, lemon juice, Maldon sea salt.

Contains: Tree Nut (cashew)

Pairing: Toasted Breadcrumbs (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), sea salt.

Contains: wheat/gluten

CAULIFLOWER WITH GARLIC AND PARMESAN

Roasted cauliflower (cauliflower, garlic aioli [tofu, garlic, cayenne, sea salt, mustard powder, garlic puree {garlic, canola oil, extra virgin olive oil}, apple cider vinegar, olive oil, canola oil, water], parmesan, lemon) scallion, chili flake, sea salt.

Contains: Milk, Soy

Sauce Pairing: Pesto Pesto Base (garlic puree [garlic, canola oil, extra virgin olive oil], caper, shallot, Dijon mustard, garlic, champagne vinegar, sea salt, black pepper), canola oil, extra virgin olive oil, basil, parsley, dill

CHARRED BROCCOLI WITH LEMON

Roasted broccoli (broccoli, sea salt, garlic oil [garlic, canola oil, extra virgin olive oil]), lemon, garlic oil (garlic, canola oil, extra virgin olive oil), Maldon sea salt.

Sauce Pairing: Sriracha Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water

JASPER HILL MAC & CHEESE

Whole wheat pasta, bechamel sauce (extra virgin olive oil, whole wheat flour, whole milk, garlic puree [garlic, canola oil, extra virgin olive oil], rosemary, nutmeg, sea salt, bay leaf, black pepper, sea salt), Jasper Hill cheese blend, heavy cream, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper).

Contains: Milk, Wheat/Gluten

Sauce Pairing: Maple Honey Sriracha Sriracha (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), maple syrup, honey.

KALE & QUINOA WITH PRESERVED ORANGE

Seasoned quinoa (quinoa, roasted onion ring [red onion, extra virgin olive oil, sea salt], celery, rosemary vinaigrette [rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil {rosemary, canola oil, extra virgin olive oil, sea salt}], black pepper), green kale, Tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange (orange, agave, rice wine vinegar, Chinese five spice, star anise), black pepper.

Pairing: Lemon Wedge

POT ROASTED VEGETABLES

Celery, fingerling potato, carrot, parsnip, mushroom, roasted vegetable marinade (water, herb kit [canola oil, garlic, parsley, thyme, rosemary, sea salt], tomato paste, coconut aminos, Matriark upcycled vegetable broth, paprika, porcini powder, black pepper), roasted vegetable sauce (water, roasted vegetable marinade [water, herb kit {canola oil, garlic, parsley, thyme, rosemary, sea salt}, tomato paste, coconut aminos, Matriark upcycled vegetable broth, paprika, porcini powder, black pepper], coconut aminos, garlic oil, herb kit [canola oil, garlic, parsley, thyme, rosemary, sea salt], sea salt), apple cider vinegar, parsley.

Pairing: Prepared Horseradish

ROASTED SWEET POTATOES

Roasted sweet potato (sweet potato, sweet potato marinade [canola oil, extra virgin olive oil, paprika, sea salt, black pepper]), rosemary oil (water, sea salt, rosemary, extra virgin olive oil, canola oil), extra virgin olive oil, Maldon sea salt.

Sauce Pairing: Garlic Aioli (Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree [garlic, canola oil, extra virgin olive oil])

Contains: Soy

ROASTED RED BEETS WITH HORSERADISH

Roasted red beets, Holy Schmitt's prepared horseradish, rosemary vinaigrette (rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil [rosemary, canola oil, extra virgin olive oil, sea salt]), chives, dill, mint, black pepper, horseradish, maldon sea salt.

Sauce Pairing: Yogurt Dill Dressing (labne, sea salt, dill, Dijon mustard, milk)

Contains: milk

ROASTED BRUSSELS SPROUTS

Marinated brussels sprouts (brussels sprouts, canola oil), roasted onion ring (red onion, extra virgin olive oil, sea salt), maple honey sriracha (sriracha [canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), lemon, sea salt.

Sauce Pairing: Yogurt Dill Dressing (labne, sea salt, dill, Dijon mustard, milk)

Contains: milk

SHEET TRAY CARROTS

Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

Sauce Pairing: Pesto ((garlic puree [garlic, canola oil, extra virgin olive oil], caper, shallot, Dijon mustard, garlic, champagne vinegar, sea salt, black pepper), canola oil, extra virgin olive oil, basil, parsley, dill)

CHEF'S SPECIALS

CLASSIC DIG

Charred Chicken Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).

Roasted Sweet Potatoes Sweet potato, sweet potato marinade (canola oil, extra virgin olive oil, paprika, sea salt, black pepper), rosemary oil (water, sea salt, rosemary, extra virgin olive oil, canola oil), extra virgin olive oil, Maldon sea salt.

Charred Broccoli with Lemon Broccoli, sea salt, garlic oil (garlic, canola oil, extra virgin olive oil), lemon, Maldon sea salt.

Brown Rice Brown rice, water, sea salt, bay leaf, thyme oil (extra virgin olive oil, water, garlic puree [garlic, canola oil, extra virgin olive oil], sea salt, black pepper, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

Garlic Aioli Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree (garlic, canola oil, extra virgin olive oil).

Contains: Soy

HOT HONEY CHICKEN BOWL

Charred Broccoli with Lemon Broccoli, sea salt, garlic oil (garlic, canola oil, extra virgin olive oil), lemon, Maldon sea salt.

Sheet Tray Carrots Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

Jasper Hill Mac & Cheese Whole wheat pasta, bechamel sauce (extra virgin olive oil, whole wheat flour, whole milk, garlic puree [garlic, canola oil, extra virgin olive oil], rosemary, nutmeg, sea salt, bay leaf, black pepper), Jasper Hill cheese blend, heavy cream, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), sea salt.

Charred Chicken Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).

Cider Garlic Sauce Apple cider gastrique (apple cider vinegar, agave), garlic puree (extra virgin olive oil, canola oil, garlic), coconut aminos.

Maple Honey Sriracha Sriracha (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), maple syrup, honey.

Contains: Milk, Wheat/Gluten

POT ROASTED VEGETABLE BOWL

Classic Brown Rice Brown rice, water, sea salt, bay leaf.

Pot Roasted Vegetables Celery, fingerling potato, carrot, parsnip, mushroom, roasted vegetable marinade (water, herb kit [canola oil, garlic, parsley, thyme, rosemary, sea salt], tomato paste, coconut aminos, Matriark upcycled vegetable broth, paprika, porcini powder, black pepper), roasted vegetable sauce (water, roasted vegetable marinade [water, herb kit {canola oil, garlic, parsley, thyme, rosemary, sea salt}, tomato paste, coconut aminos, Matriark upcycled vegetable broth, paprika, porcini powder, black pepper], coconut aminos, garlic oil, herb kit [canola oil, garlic, parsley, thyme, rosemary, sea salt], sea salt), apple cider vinegar, parsley.

Charred Broccoli with Lemon Broccoli, sea salt, garlic oil (garlic, canola oil, extra virgin olive oil), lemon, Maldon sea salt.

Yogurt Dill Dressing (labne, sea salt, dill, Dijon mustard, milk)

Holy Schmitt's prepared horseradish

Contains: Milk

SPICY LIME LEAF SALMON

Classic Brown Rice Brown rice, water, sea salt, bay leaf.

Charred Broccoli with Lemon Broccoli, sea salt, garlic oil (garlic, canola oil, extra virgin olive oil), lemon, Maldon sea salt.

Wild Alaskan Salmon Salmon, Maldon sea salt.

Cabbage Slaw Shredded napa cabbage, Maldon sea salt, lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt).

Avocado

Spicy Lime Leaf Dressing Sriracha (canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water), lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt), coconut aminos, ginger, spicy pickled pepper (red bell pepper, Fresno chili, rice wine vinegar, sugar, salt).

Contains: Fish

SPICY MEATBALL BOWL

Meatballs with Tomato Ragu Meatball (beef, chicken, gluten-free oat, tomato, yellow onion, white button mushroom, celery, parsley, free-range egg, carrot, sea salt, garlic, fennel, black pepper), spicy tomato ragu (diced tomato, sea salt, sugar, chili flake, black pepper, garlic oil [canola oil, extra virgin olive oil, garlic]).

Cauliflower with Garlic and Parmesan Cauliflower, garlic aioli (tofu, garlic, cayenne, sea salt, mustard powder, garlic puree [garlic, canola oil, extra virgin olive oil], apple cider vinegar, olive oil, canola oil, water), parmesan, lemon, scallion, chili flake, sea salt.

Sheet Tray Carrots Carrot, canola oil, coriander, sea salt, chili flake, lemon gremolata (lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

Brown Rice Brown rice, water, sea salt, bay leaf, thyme oil (extra virgin olive oil, water, garlic puree [garlic, canola oil, extra virgin olive oil], sea salt, black pepper, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

Pesto Garlic puree (garlic, canola oil, extra virgin olive oil), caper, shallot, Dijon mustard, garlic, champagne vinegar, sea salt, black pepper, canola oil, extra virgin olive oil, basil, parsley, dill.

Contains: Soy, Milk, Egg

STEAK & EGGS. AND BRUSSELS

Spiced Farro with Butternut Squash Farro with butternut squash (farro, water, roasted butternut squash [butternut squash, canola oil, sea salt], preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], sea salt, cinnamon stick, bay leaf), celery, extra virgin olive oil, parsley, Maldon sea salt.

Roasted Brussel Sprouts Marinated brussels sprouts (brussels sprouts, canola oil), roasted onion ring (red onion, extra virgin olive oil, sea salt), maple honey sriracha (sriracha [canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey),

candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), lemon, sea salt.

Sheet Tray Carrots Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

Peppercorn Steak 100% grass-fed top sirloin steak, black pepper, sea salt.

Sriracha Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water.

Contains: Egg, Wheat/Gluten

WINTER HARVEST BOWL

Spiced Farro with Butternut Squash Farro with butternut squash (farro, water, roasted butternut squash [butternut squash, canola oil, sea salt], preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], sea salt, cinnamon stick, bay leaf), celery, extra virgin olive oil, parsley, Maldon sea salt.

Roasted Brussels Sprouts Marinated brussels sprouts (brussels sprouts, canola oil), roasted onion ring (red onion, extra virgin olive oil, sea salt), maple honey sriracha (sriracha [canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), lemon, sea salt.

Apples and Celery Celery, apple, candied walnuts (walnuts, honey, black pepper, coriander, fennel, sugar, sea salt), lemon, extra virgin olive oil, parsley, parmesan cheese, Maldon sea salt.

Roasted Sweet Potatoes Roasted sweet potato (sweet potato, sweet potato marinade [canola oil, extra virgin olive oil, paprika, sea salt, black pepper]), rosemary oil (water, sea salt, rosemary, extra virgin olive oil, canola oil), extra virgin olive oil, Maldon sea salt.

Rosemary Vinaigrette Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt).

Contains: Milk, Tree Nuts (walnut), Wheat/Gluten

DIG GREENS

ALASKAN SALMON KALE CAESAR SALAD

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper, wild Alaskan salmon, Maldon sea salt.

Cashew Caesar dressing (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

Contains: Wheat/Gluten, Tree Nuts (cashew), Fish

BEETS & GOAT CHEESE SALAD

Farm Greens with Mint (napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette [canola oil, red wine vinegar, rosemary oil (extra virgin olive oil, canola oil, water, rosemary, sea salt), shallot, garlic, rosemary, sea salt], mint, Maldon sea salt, black pepper), kale & quinoa with preserved orange (seasoned quinoa [quinoa, roasted onion ring {red onion, extra virgin olive oil, sea salt}, celery, rosemary vinaigrette [rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil {rosemary, canola oil, extra virgin olive oil, sea salt}], black pepper), green kale, Tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], black pepper), Roasted Red Beets with Horseradish (roasted red beets, Holy Schmitt's prepared horseradish, rosemary vinaigrette [rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil {rosemary, canola oil, extra virgin olive oil, sea salt}], chives, dill, mint, black pepper, maldon sea salt), apples, radish, goat cheese, candied walnuts (walnuts, honey, black pepper, coriander, fennel, sugar, sea salt).

Rosemary Vinaigrette (rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil [rosemary, canola oil, extra virgin olive oil, sea salt]).

Contains: Milk, Tree Nuts (walnut)

CHICKEN AVOCADO RANCH SALAD

Kale and quinoa with preserved orange (Seasoned quinoa [quinoa, roasted onion ring {red onion, extra virgin olive oil, sea salt}, celery, rosemary vinaigrette {Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt)}, black pepper]), green kale, Tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], black pepper), Farm Greens with Mint (napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette [canola oil, red wine vinegar, rosemary oil {extra virgin olive oil, canola oil, water, rosemary, sea salt}]), Herb Roasted Chicken (chicken breast, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), garlic, rosemary, parsley, marjoram, thyme), Sheet Tray Carrots (carrot, canola oil, coriander, sea salt, chili flake, lemon gremolata [lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt], lemon, Maldon sea salt), heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), radish, avocado, roasted onion ring (red onion, extra virgin olive oil, sea salt).

Yogurt Dill Dressing (labne, sea salt, dill, Dijon mustard, milk)

Contains: Milk

HERB CHICKEN KALE CAESAR SALAD

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper], chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper, Herb Roasted Chicken Breast (chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt], garlic, rosemary, parsley, marjoram, thyme).

Cashew Caesar dressing (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

Contains: Wheat/Gluten, Tree Nuts (cashew)

KALE CAESAR SALAD

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper.

Cashew Caesar dressing (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

Contains: Wheat/Gluten, Tree Nuts (cashew)

STEAK AVOCADO RANCH SALAD

Kale & Quinoa with Preserved Orange (seasoned quinoa [quinoa, roasted onion ring {red onion, extra virgin olive oil, sea salt}, rosemary vinaigrette {rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt)}, black pepper]), green kale, Tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], black pepper), Farm Greens with Mint (napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette [canola oil, red wine vinegar, rosemary oil {extra virgin olive oil, canola oil, water, rosemary, sea salt}]), Peppercorn Steak (100% grass-fed top sirloin steak, black pepper, sea salt), Sheet Tray Carrots (carrot, canola oil, coriander, sea salt, chili flake, lemon gremolata [lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt], lemon, Maldon sea salt), heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), candied sunflower seeds (sunflower seeds, coriander, fennel seed,

black pepper, sugar, honey, sea salt), radish, avocado, roasted onion ring (red onion, extra virgin olive oil, sea salt).

Yogurt Dill Dressing (labne, sea salt, dill, Dijon mustard, milk)

Contains: Milk

STEAK KALE CAESAR SALAD

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper, Peppercorn Steak (100% grass-fed top sirloin steak, black pepper, white pepper, sea salt, canola oil, Maldon sea salt), roasted onion ring (red onion, extra virgin olive oil, sea salt).

Cashew Caesar Dressing (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

Contains: Wheat/Gluten, Tree Nuts (cashew)

SAUCES & DRESSINGS

GARLIC AIOLI

Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree (garlic, canola oil, extra virgin olive oil).

Contains: Soy

PESTO

Pesto base (garlic puree [garlic, canola oil, extra virgin olive oil], caper, shallot, Dijon mustard, garlic, champagne vinegar, sea salt, black pepper), canola oil, extra virgin olive oil, basil, parsley, dill.

ROSEMARY VINAIGRETTE

Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt).

SRIRACHA

Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water.

TARRAGON MUSTARD

Canola oil, Sir Kensington's spicy brown mustard, Dijon mustard, white vinegar, extra virgin olive oil, sugar, sea salt, tarragon.

DESSERTS

FLOURLESS BROWNIE

Semisweet chocolate, sugar, free-range egg, sweet potato puree (sweet potato, canola oil, extra virgin olive oil, black pepper, paprika, sea salt), vanilla extract, sea salt, baking soda, baking powder, Maldon sea salt.

Contains: Egg, Soy

KITCHEN SINK COOKIE

Kitchen sink cookie batter (butter, gluten-free oat, all-purpose flour, brown sugar, raisin, carrot, sugar, free-range egg, semi-sweet chocolate, sea salt, vanilla extract, baking powder, baking soda, cinnamon, cardamom), flax seed, sunflower seed.

Contains: Egg, Milk, Soy, Wheat/Gluten