

Full menu served daily 11am – 3 pm

APPETIZERS

- Painter's Palette** *lemon dill hummus, guacamole, sun-dried tomato pesto, fresh veggies, lavosh* 11
CAL 587 FAT 18g PRO 15g CARB 90g
- Chilled Heirloom Gazpacho** *with crabmeat* 9
LOW FAT, LOW CARB, GLUTEN FREE
CAL 94 FAT 5g PRO 2g CARB 11g
- Crab Stuffed Hass Avocado** 9
GLUTEN FREE
CAL 543 FAT 28g PRO 21g CARB 27g
- Bruschetta Pomodoro** *tomato, basil, parmesan cheese, extra virgin olive oil* 9
CAL 493 FAT 31g PRO 13g CARB 42g

SALADS

GLUTEN FREE

7

- Local Vegetable Chop Salad** *romaine, radicchio, organic butter lettuce, red onion, cucumber, radish, tomato, sprouts, pepitas, orange balsamic vinaigrette*
LOW FAT, LOW CARB
CAL 122 FAT 7g PRO 5g CARB 12g
- Pomegranate Salad** *romaine, raddichio, organic butter lettuce, pomegranate arils, goat cheese, granny smith apple, candied pecans, pomegranate vinaigrette*
CAL 140 FAT 7g PRO 7g CARB 17g
- California Strawberry Spinach Salad** *spinach, strawberry, cucumber, Maytag bleu cheese, walnuts, strawberry vinaigrette*
CAL 188 FAT 14g PRO 7g CARB 11g

PROTEINS

- **Organic Rosie Chicken Breast** *orange ginger marinated* 10
LOW FAT, LOW CARB, GLUTEN FREE
CAL 250 FAT 7g PRO 39g CARB 7g
- **Jumbo Shrimp** *sweet chile lime sauce* 11
LOW FAT, GLUTEN FREE
CAL 137 FAT 6g PRO 7g CARB 14g
- **Seared Salmon** *spice rubbed, ponzu sauce* 12
LOW CARB
CAL 472 FAT 31g PRO 42g CARB 4g

SIDES

6

- Sugar Snap Peas** *sweet chile sauce*
GLUTEN FREE
CAL 102 FAT 0g PRO 6g CARB 14g
- Steamed Brown Rice** *with sautéed mushrooms* GLUTEN FREE
CAL 216 FAT 2g PRO 5g CARB 45g

SANDWICHES

GLUTEN FREE BREAD ON REQUEST

12

- Turkey Cheddar Melt** *shaved turkey, spinach, heirloom tomato, cheddar, honey mustard, multigrain bread*
CAL 545 FAT 27g PRO 41g CARB 34g
- **Black Angus Sliders** *Silver Mountain cheddar cheese, Mighty Moe sauce*
CAL 859 FAT 47g PRO 55g CARB 50g
- Garden Burger** *with grilled Portobello, Swiss cheese, lettuce, tomato, sun-dried tomato mayo, on multigrain bun (not available as half sandwich)*
CAL 726 FAT 46g PRO 35g CARB 46g
- 1/2 Sandwich and Salad** 14

ANTIOXIDANT ELIXIRS

- Spa Fresh Fruit Smoothie** 8
bananas, pineapples, strawberries, blueberries, agave nectar, low-fat yogurt, pomegranate & orange juice
- Cucumber Cooler** 5
cucumber, mint, fresh lime juice
- Raspberry Rose Cooler** 5
raspberries, rose nectar, fresh lemonade
- Citrus Aloe Cooler** 5
aloe juice, agave nectar, grapefruit juice, prickly pear
- Pomegranate Lemonade** 5

TRIOS

21

We recommend the following combinations:

- **Seared Salmon - Sugar Snap Peas - Strawberry Spinach Salad**
- **Jumbo Gulf Shrimp - Pomegranate Salad - Brown Rice**

Artisan Cheese Trio and Fruit Plate Served with Rosemary Bread
Cowgirl Creamery Mt. Tam, Humboldt Fog goat cheese, Silver Mountain cheddar, granny smith apple, grapes, candied pecans, honey

DESSERTS

- Chocolate Fondue – Good for Sharing** 9
Strawberry, apple, banana, pineapple, angel food cake, whipped cream
CAL 720 FAT 34g PRO 7g CARB 114g
- Crème Brule** 6
CAL 571 FAT 37g PRO 4g CARB 60g
- Strawberries and Cream** 6
Fresh strawberries and sugar free whipped cream, sweetened with Splenda
CAL 141 FAT 11g PRO 2g CARB 12g

We proudly serve local and sustainable products from McClendon Farms, Crow's Dairy, Black Mesa Ranch, Green Valley and many other local artisans.

• Items may be cooked to order; consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 4/30