TR"E FOOD KITCHEN
Summer 2019

REFRESHERS & TEAS
• Watermelon Lemonade (80 cal)
• Honey Lemonade (70 cal) matcha (adds 45 cal)
• Pomegranate Chia Limeade (90 cal)
• Sparkling Peach Tea black peach tea, lemon, bubbly water (70 cal)
• Lavender Iced Tea herbal buttery peo flower, lavender, lemon, bubbly water (70 cal)
• Medicine Man heavy brewed green tea, black cherry, pomegranate, honey, sea buckthorn (110 cal)
• Original Ginger “O.G.” lime, honey, bubbly water (120 cal)
• Hangover RX pineapple, orange, honey, coconut water (70 cal)
• Kale Aid kale, ginger, apple, celery, cucumber, lemon (100 cal)
• Health-Ade Kombucha (70 cal)

STARTERS
• Daily Market Soup (140-380 cal)

• Heirloom Tomato & Watermelon organic heirloom tomato, cucumber, turmeric ponzu, jalapeño, cilantro (90 cal)

• Summer Corn & Tomato Flatbread roasted corn, organic heirloom tomato, goat cheese, arugula, cilantro pumpkin seed pesto (420 cal) VEG

• Seared Chicken Satay achote, pumpkin seed salsa, cucumber, cilantro (370 cal) GF

• Charged Cauliflower harissa tahini, medjool date, dill, mint, pistachio (410 cal) VEG GF

• Kale Guacamole grapefruit, cilantro, roasted poblano, sunflower seed & pita chips (580 cal) VEG

Edamame Dumplings dashi, white truffle oil, asian herbs (270 cal) VEG

Farmers Market Crudités chilled raw vegetables, tzatziki & black olive dip (750 cal) VEG GF

Herb Hummus cucumber, organic tomato, onion, olive, feta, lemon orregano vinaigrette & grilled pita (710 cal) VEG

SALADS
• tofu (adds 230 cal) / chicken (adds 180 cal) / grass-fed steak* (adds 240 cal) / shrimp* (adds 140 cal) / salmon* (adds 260 cal)
• Good Earth Kale Cobb avocado, organic tomato, asparagus, radish, garbanzo bean, cashew poblano ranch (470 cal) VEG GF

Chopped Salad medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal) VEG

Organic Tuscan Kale lemon, garlic, brown bread, breadcrumbs (580 cal) VEG

Mediterranean Quinoa persian cucumber, olive, peppadew, organic cherry tomato, pole bean, feta, almond, orregano vinaigrette (580 cal) VEG GF

PIZZAS
• Spinach & Mushroom garlic, organic spinach, roasted mushroom, caramelized onion, lemon almond ricotta, aleppo chili (970 cal) V

Chicken Sausage crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal) VEG

Tomato & Arugula crushed organic DiNapoli tomato, olive oil, lemon (620 cal) V

BOWLS
• tofu (adds 230-250 cal) / chicken (adds 160-180 cal) / grass-fed steak* (adds 240-260 cal) / shrimp* (adds 140-160 cal) / salmon* (adds 260 cal)

Ancient Grains miso sesame glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed (690 cal) V

• Cauliflower Polenta asparagus, snow pea, edamame, snap pea, yellow squash, watermelon radish, miso, cashew, chili thread (350 cal) VEG GF

• Korean Noodle sweet potato glass noodle, pickled shiitake, organic spinach, heirloom carrot, bean sprout, toasted sesame (550 cal) VEG

Teriyaki Quinoa broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (540 cal) VEG GF

Spicy Panang Curry sweet potato, pole bean, bok choy, carrot, thai basil, coconut shrimp broth (710 cal) GF

BURGERS & SANDWICHES
served with choice of cucumber salad (adds 110 cal), kale salad (adds 120 cal) or sweet potato hash (adds 200 cal)

Inside Out Quinoa Burger hummus, tzatziki, organic tomato, butter lettuce, cucumber, red onion, avocado, feta (630 cal) VEG GF

Turkey Burger smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (690 cal)

Grass-fed Burger* umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun (860 cal)

T.L.T. smoked tempeh, butter lettuce, organic tomato, avocado, vegan mayonnaise, seeded grain bread (730 cal) V

Grilled Chicken Wrap achote, pumpkin seed salsa, smoked gouda, red onion, arugula, cilantro (630 cal) GF

ENTRÉES
• Summer Redfish* sweet corn, edamame, caramelized onion, grilled scallion, achote, cilantro (480 cal) GF

• Chicken Paillard organic heirloom tomato, grilled broccoli, green bean, arugula, green goddess, lemon (530 cal) GF

Lasagna Bolognese fennel chicken sausage, mushroom, organic spinach, lemon ricotta, herbs (450 cal) GF

Spaghetti Squash Casserole crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal) VEG GF

Poke Bowl* wild caught albacore, avocado, quinoa rice, mushroom, snow pea, cucumber, cashew, ginger, turmeric ponzu (560 cal)

Grilled Salmon* caramelized onion farro, kale, arugula, roasted beet, cilantro pumpkin seed pesto (720 cal)

Grilled Fish Tacos* Mauritius Island redfish, tomatillo avocado salsa, pickled jicama slow, dried sweet corn, coconut lime crema, anasazi bean (570 cal) GF

Grass-fed Steak Tacos* tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema, anasazi bean (680 cal) GF

• Seasonal Highlight
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

* Vegan VEG Vegetarian GF Gluten Friendly / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.

* These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Craft Cocktails
• Watermelon Mojito (190 cal) lime-infused rum, watermelon, lime, mint
• Blueberry Lavender Martini (180 cal) organic vodka, pineapple, butterfly pea flower, lemon
• Basil Cucumber Collins (200 cal) lemon-infused vodka, cucumber, mulled basil
• Juniper Rose (170 cal) rose-infused gin, lime, grapefruit, thyme
• Peaches & Bourbon (180 cal) bourbon, peache liqueur, honey, lemon
• Citrus Skinny Margarita (170 cal) organic blanco tequila, mulled citrus, cucumber, mint

Strawberry Rhubarb Margarita (190 cal) organic reposado tequila, rhubarb liqueur, lime, mint

Rosé Sangria (280 cal) organic rose wine, spiced brandy, pineapple, lime

Cantaloupe Cooler (210 cal) organic meczal, cantaloupe, lime, honey, jalapeño
Wine Glass 150 cal / Carafe 220 cal / Bottle 620 cal
The only thing we love more than wine is wine that’s held to the same standards we hold our food to: clean & good for the Earth.
We only partner with wine producers that utilize organic, sustainable or bio-dynamic practices.

SPARKLING
Cava Mercat (Penedès, Spain)  s
Sparkling Rosé ROSE d’OR (Bordeaux, France)  s
Blanc de Blancs Ruinart (Reims, France)  375 ml  s

WHITE Light, Bright & Crisp
Pinot Grigio Tangent (Edna Valley, CA) Proprietary Label  s
Sauvignon Blanc Rickshaw (California)  s
Sauvignon Blanc Crossings (Marlborough, New Zealand)  s
Sauvignon Blanc La Perrière (Sancerre, France)  s
Gruner Veltliner Weingut Loimer (Kamptal, Austria) o

WHITE Opulent & Smooth
Chardonnay Imagery (Sonoma County, CA)  s
Chardonnay Haras (Maipo Valley, Chile) o
Chardonnay Frog’s Leap (Napa Valley, CA) o
Chardonnay Rombauer (Los Carneros, CA) s
Albariño Ramón Bilbao (Rias Baixas, Spain) s
Riesling Snoqualmie “ECO” (Columbia Valley, WA) o

ROSE
Rosé of Grenache M. Chapoutier “Belleruche” (Rhône Valley, France) b
Rosé of Pinot Noir Baileyana (Edna Valley, CA) s

RED Delicate & Elegant
Pinot Noir Parducci (Mendocino, CA) s
Pinot Noir Montinore (Willamette Valley, OR) b
Pinot Noir Robert Sinskey (Los Carneros, CA) o b
Pinot Noir Lioco “Fox Block XIII” (North Coast, CA) Proprietary Label  s
Red Blend Skyfall (Columbia Valley, WA) s

RED Old World
Cannonau Alta Vita (Sardinia, Italy) Proprietary Label  s
Rhône Blend Perrin “Nature” (Rhône Valley, France) s
Red Blend Gaja Co’ Marcanda “Promis” (Tuscany, Italy) s
Sangiovese Borgo Scopeto “Chianti Classico” (Chianti, Italy) s
Tempranillo Blend Marques de Caceres (Rioja, Spain) o

RED Bold & Structured
Malbec Alamos (Mendoza, Argentina) s
Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina) s
Cabernet Sauvignon Long Meadow Ranch “Farmstead” (Napa Valley, CA) o
Cabernet Sauvignon Lander-Jenkins (California) s
Cabernet Sauvignon Hunt & Harvest (Napa Valley, CA) o
Syrah Truchard (Los Carneros, CA) s

BEER & CIDER
Local Rotating Seasonal
Local Rotating IPA
Stella Artois (Leuven, Belgium) (140 cal)
Samuel Adams “Sam ’76” (Boston, MA) (130 cal)
Marathon “26.2 Brew” (Boston, MA) (120 cal)
Michelob Ultra “Pure Gold” (St. Louis, MO) (85 cal) ORGANIC
Sierra Nevada “Pale Ale” (Chico, CA) (180 cal)
Crispin Rosé Cider (Colfax, CA) (160 cal) GLUTEN FREE
REFRESHERS & TEAS
- Watermelon Lemonade (80 cal)
- Honey Lemonade (70 cal) + matcha (adds 45 cal)
- Pomegranate Chia Limeade (90 cal)
- Sparkling Peach Tea black peach tea, lemon, bubbly water (70 cal)
- Lavender Iced Tea herbal butterfly pea flower, lavender, lemon, bubbly water (70 cal)
- Medicine Man heavy brewed green tea, black cherry, pomegranate, honey, sea buckthorn (110 cal)
- Original Ginger “O.G.” lime, honey, bubbly water (120 cal)
- Hangover RX pineapple, orange, honey, coconut water (70 cal)
- Health-Ade Kombucha (70 cal)

JUICES & SMOOTHIES
- Bright Eyes apple, ginger, beet, pineapple, turmeric, carrot (170 cal)
- Kale Aid kale, ginger, apple, celery, cucumber, lemon (100 cal)
- Banana & Date Smoothie almond milk, almond butter, flaxseed (460 cal)
- Kale & Coconut Smoothie banana, pineapple, lemon, ginger, honey (490 cal)

BREAKFAST
- Blueberry Pancakes quinoa, Greek yogurt, maple syrup (540 cal) VEG GF
- Blueberry Avocado Toast* organic sunny side up eggs, smoked gouda, sesame, thyme (590 cal) VEG
- Blueberry Pancakes quinoa, Greek yogurt, maple syrup (540 cal) VEG GF
- Vegan Chorizo Bowl jicama slow, avocado, asparagus, bean, radish, corn tortilla (720 cal) V GF
- Sunrise Bowl* organic sunny side up eggs, ancient grains, sweet potato, grilled portobello, avocado, hemp seed, cilantro pumpkin seed pesto (640 cal) VEG
- Garden Scramble* broccoli, onion, bell pepper, smoked gouda, grana padano, sweet potato (350 cal) VEG GF with sausage (adds 110 cal)
- Egg & Chicken Sausage Sandwich* manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)

STARTERS
- Daily Market Soup (140-380 cal)
- Heirloom Tomato & Watermelon organic heirloom tomato, cucumber, turmeric ponzu, jalapeño, cilantro (90 cal) V
- Summer Corn & Tomato Flatbread roasted corn, organic heirloom tomato, goat cheese, arugula, cilantro pumpkin seed pesto (420 cal) VEG
- Seared Chicken Satay achiote, pumpkin seed salsa, cucumber, cilantro (370 cal) VEG
- Charred Cauliflower harissa tahini, medjool date, dill, mint, pistachio (410 cal) VEG GF
- Herb Hummus cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & grilled pita (710 cal) VEG GF
- Edamame Dumplings dashi, white truffle oil, Asian herbs (270 cal) VEG
- Market Farmers Crudités chilled raw vegetables, tzatziki & black olive dip (750 cal) VEG GF

SALADS
- tofu (adds 230 cal) / chicken (adds 180 cal) / grass-fed steak* (adds 240 cal) / shrimp* (adds 140 cal) / salmon* (adds 260 cal)
- Good Earth Kale Cobb avocado, organic tomato, asparagus, radish, garbanzo bean, dried sweet corn, gorgonzola, cashew poblano ranch (470 cal) VEG GF
- Chopped Salad medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal) VEG
- Organic Tuscan Kale lemon, garlic, grana padano, breadcrumb (350 cal) VEG GF
- Mediterranean Quinoa persian cucumber, olive, peppadew, organic cherry tomato, pole bean, feta, almond, oregano vinaigrette (580 cal) VEG GF

PIZZAS
- Margherita crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal) VEG
- Spinach & Mushroom garlic, organic spinach, roasted mushroom, caramelized onion, lemon almond ricotta, aleppo chili (970 cal) V
- Chicken Sausage crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)
- Tomato & Arugula crushed organic DiNapoli tomato, olive oil, lemon (620 cal) V

BOWLS
- Ancient Grains miso sesame glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed (690 cal) V
- Cauliflower Polenta asparagus, snow pea, edamame, snap pea, yellow squash, watermelon radish, miso, cashew, chili thread (350 cal) VEG GF
- Korean Noodle sweet potato glass noodle, pickled shiitake, organic spinach, heirloom carrot, bean sprout, toasted sesame (550 cal) VEG GF
- Teriyaki Quinoa broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (540 cal) VEG GF
- Spicy Panang Curry sweet potato, pole bean, bok choy, carrot, thai basil, coconut shrimp broth (710 cal) VEG GF

BURGERS, SANDWICHES & ENTRÉES
burgers & sandwiches served with choice of cucumber salad (adds 110 cal), kale salad (adds 120 cal) or sweet potato hash (adds 200 cal)

Inside Out Quinoa Burger hummus, tzatziki, organic tomato, butter lettuce, cucumber, red onion, avocado, feta (630 cal) VEG GF
- Grass-fed Burger* umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun (860 cal) VEG GF
- T.L.T. smoked tempeh, butter lettuce, organic tomato, mango, mayonnaise, seedless grain bread (730 cal) V
- Grilled Chicken Wrap achiote, pumpkin seed salsa, smoked gouda, red onion, arugula, cilantro (630 cal) VEG GF

Squash Casserole crushed organic DiNapoli tomato, roasted zucchini, fresh mozzarella (410 cal) VEG GF
- Salami* caramelized onion farro, quinoa, arugula, roasted beet, cilantro pumpkin seed pesto (720 cal) VEG GF
- Poke Bowl wild caught albacore, avocado, quinoa rice, mushroom, snow pea, cucumber, cashew, ginger, turmeric pumpkin (560 cal)
- Grilled Fish Tacos* Mauritius Island redfish, tomato avocado salsa, pickled jicama slow, dried sweet corn, coconut lime crema, manchego bean (570 cal) VEG GF
- Grass-fed Steak Tacos* tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema, manchego bean (680 cal) VEG GF

Seasonal Highlight
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~ Vegetarian
~ Vegan
~ Gluten Friendly / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.

Coffee & Teas
- Cinnamon Vanilla Latte (120-160 cal)
- Cascara Cold Brew (90 cal) cascara, coconut milk
- Matcha Horchata (200 cal) oat milk, cinnamon, matcha, vanilla
- Adaptogenic Tulsi Tea (60 cal) ginger, honey, lemon

Craft Cocktails
- Prairie Mary (150 cal) organic vodka, organic tomato, house spice blend, lemon
- Rosé Sangria (280 cal) organic rose wine, spiced brandy, pineapple, lime
- Watermelon Mimosa (100 cal)
- Pineapple Orange Mimosa (120 cal)
CRAFT COCKTAILS

- Watermelon Mojito lime-infused rum, watermelon, lime, mint (190 cal)
- Blueberry Lavender Martini organic vodka, pineapple, butterfly pea flower, lemon (180 cal)
- Basil Cucumber Collins lemon-infused vodka, cucumber, muddled basil (200 cal)
- Juniper Rose rose-infused gin, lime, grapefruit, thyme (170 cal)
- Peaches & Bourbon bourbon, peach liqueur, honey, lemon (180 cal)
- Citrus Skinny Margarita organic blanco tequila, muddled citrus, cucumber, mint (170 cal)
- Strawberry Rhubarb Margarita organic reposado tequila, rhubarb liqueur, lime, mint (190 cal)
- Cantaloupe Cooler organic mezcal, cantaloupe, lime, honey, jalapeño (210 cal)

WINE

- Glass 150 cal / Carafe 220 cal / Bottle 620 cal

The only thing we love more than wine is wine that’s held to the same standards we hold our food to: clean & good for the Earth.

We only partner with wine producers that utilize organic, sustainable or bio-dynamic practices.

SPARKLING

- Cava Mercat (Penedès, Spain) s
- Sparkling Rosé ROSE d’OR (Bordeaux, France) s
- Blanc de Blancs Ruinart (Reims, France) 375 ml s

WHITE LIGHT, BRIGHT & CRISP

- Pinot Grigio Tangent (Edna Valley, CA) Proprietary Label s
- Sauvignon Blanc Rickshaw (California) s
- Sauvignon Blanc Crossings (Marlborough, New Zealand) s
- Sauvignon Blanc La Perrière (Sancerre, France) s
- Grüner Veltliner Weingut Loimer (Kamptal, Austria) o

WHITE OPULENT & SMOOTH

- Chardonnay Imagery (Sonoma County, CA) s
- Chardonnay Haras (Maipo Valley, Chile) o
- Chardonnay Frog’s Leap (Napa Valley, CA) o
- Chardonnay Rombauer (Los Carneros, CA) o
- Albariño Ramón Bilbao (Rias Baixas, Spain) s
- Riesling Snoqualmie “ECO” (Columbia Valley, WA) o

ROSÉ

- Rosé of Grenache M. Chapoutier “Belleruche” (Rhône Valley, France) o
- Rosé of Pinot Noir Baileyana (Edna Valley, CA) s

RED DELICATE & ELEGANT

- Pinot Noir Parducci (Mendocino, CA) s
- Pinot Noir Montinore (Willamette Valley, OR) o
- Pinot Noir Robert Sinskey (Los Carneros, CA) o
- Pinot Noir Lioco “Fox Block XIII” (North Coast, CA) Proprietary Label s
- Red Blend Skyfall (Columbia Valley, WA) s

RED OLD WORLD

- Cannonau Alto Vita (Sardinia, Italy) Proprietary Label s
- Rhône Blend Perrin “Nature” (Rhône Valley, France) s
- Red Blend Gaja Ca’ Marcanda “Promis” (Tuscany, Italy) s
- Sangiovese Borgo Scopeto “Chianti Classico” (Chianti, Italy) s
- Tempranillo Blend Marques de Caceres (Rioja, Spain) o

RED BOLD & STRUCTURED

- Malbec Alamos (Mendoza, Argentina) s
- Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina) s
- Cabernet Sauvignon Long Meadow Ranch “Farmstead” (Napa Valley, CA) o
- Cabernet Sauvignon Lander-Jenkins (California) s
- Cabernet Sauvignon Hunt & Harvest (Napa Valley, CA) o
- Syrah Truchard (Los Carneros, CA) s

BEER & CIDER

Local Rotating Seasonal
Local Rotating IPA
- Stella Artois (Leuven, Belgium) (140 cal)
- Samuel Adams “Sam ’76” (Boston, MA) (130 cal)
- Marathon “26.2 Brew” (Boston, MA) (20 cal)
- Michelob Ultra “Pure Gold” (St. Louis, MO) (85 cal) ORGANIC
- Sierra Nevada “Pale Ale” (Chico, CA) (180 cal)
- Crispin Rosé Cider (Colfax, CA) (160 cal) GLUTEN FREE

Seasonal Highlight

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

s Sustainable o Bio-dynamic o Organic

We proudly feature the following spirits in our craft cocktails: Prairie Organic Vodka, New Amsterdam Vodka & Gin, IXA Organic Tequila, Dulce Vida Organic Tequila, Montelobos Organic Mezcal, Giffard, Old Forester Bourbon, Matusalem Rum and E&J Brandy.
**KIDS**

- Watermelon Lemonade (80 cal)

- Almond Butter, Banana & Apple Sandwich
  seeded grain bread, carrots & tzatziki (680 cal)  **VEG**

- Mozzarella & Organic Tomato Pizza (740 cal)  **VEG**

- Chicken Teriyaki Bowl
  pea, broccoli, carrot, brown rice & quinoa (320 cal)  **GF**

- Grass-fed Burger
  mozzarella, flaxseed bun, carrots & tzatziki (790 cal)

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**Seasonal Highlight**

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary. Additional nutrition information available upon request.

**VEG** Vegetarian  **GF** Gluten Friendly / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.
DESSERTS

Key Lime Mousse
organic strawberry, avocado, coconut, almond crumble (410 cal) V GF

Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib (500 cal) VEG GF

Lavender Float
vanilla ice cream, lavender, butterfly pea flower (380 cal) V GF

Chia Seed Pudding
banana, toasted coconut (330 cal) V GF

Vanilla Ice Cream (220 cal) V GF

TEAS
Adaptogenic Tulsi Tea
ginger honey, lemon (60 cal)

Matcha Horchata
oat milk, cinnamon, matcha, vanilla (200 cal)

LOOSE LEAF TEAS (5 cal)
White Peony “Bai Mudan”
Jasmine Pearl Green Tea
Genmaicha Green Tea
Wood Dragon Oolong
Darjeeling
Classic Chai
Peppermint herbal
Chamomile herbal

ORGANIC FAIR TRADE COFFEE
Espresso (5 cal)
Cappuccino (35-80 cal)
Latte (35-80 cal)
Cinnamon Vanilla Latte (120-160 cal)
Cascara Cold Brew
cascara, coconut milk (90 cal)

Seasonal Highlight
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

V Vegan  VEG Vegetarian  GF Gluten Friendly

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