

SALADS

Organic Strawberry and Arugula **VEG GF** ☀️

thai basil vinaigrette, feta, asparagus, mulberries, cucumber, sunflower seed

Kale Caesar **VEG** ♥️

snap peas, garlic croutons, avocado, parmesan, umami caesar dressing

Tuscan Kale Salad **VEG** ♥️

organic kale, lemon, garlic, parmesan, breadcrumbs

Southwest Cobb **VEG GF** ☀️

romaine, cherry tomato, avocado, grilled corn, Point Reyes blue cheese, roasted organic peppers, Vital Farms pasture-raised jammy egg, hatch chili ranch

Simple Greens Salad **v GF** ♥️

lemon oregano vinaigrette, cucumber, organic mixed greens

BOWLS

Burrito Bowl **VEG GF** ♥️

anasazi bean, avocado, regenerative quinoa brown rice, cotija, peruvian pepper sauce, charred scallion salsa verde

Hawaiian Fried Rice **GF**

Niman Ranch uncured ham, regenerative quinoa brown rice, pineapple, pickled red onion, Vital Farms pasture-raised egg

Teriyaki Remix **v GF** ☀️

regenerative black rice, zucchini, snap peas, baru nuts, pineapple, red onion, pickled carrots, asian herbs

Ancient Grains Bowl **v** ♥️

miso sesame glazed sweet potato, charred onion, snap pea, portobello, avocado, organic grains, pistachio pesto, hemp seed, turmeric

Thai Peanut Noodles **VEG GF**

spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg, roasted mushroom, carrot, cabbage, pickled freso

Turkey Bolognese

Diestel Farms italian turkey sausage, mushroom, organic spinach, parmesan, basil, campanelli

ADD PROTEIN

SERVES 8-10

Organic Tofu **v**

Shrimp*

Grilled Chicken

Grass-Fed Steak*



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions. *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.

SERVES 8-10

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WRAPS + SANDWICHES

tray of 16 assorted half wraps or sandwiches, choose up to two options

Grilled Chicken Ranch Wrap ☀️

avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch

Mediterranean Wrap **v** ♥️

hummus, spicy herb sauce, red pepper muhammara spread, cucumber, olives, artichoke, organic spring mix, lemon oregano vinaigrette

Caprese Sandwich **VEG**

pistachio pesto, tomato, fresh mozzarella, ciabatta



SIDES TO SHARE

SERVES 8-10 side portion

Kale Slaw **VEG GF**

Fingerling Potato Salad **v GF**

Pesto Pasta Salad **v**

Italian Pasta Salad **v**

Kale Caesar Salad **VEG** ♥️

Chef Matt's Lentil Salad **v GF** ♥️

Chilled Asian Noodle Salad **v GF**

contains peanuts and tree nuts

☀️ Seasonal Highlight | **v** Vegan **VEG** Vegetarian **GF** Gluten-Friendly | ♥️ What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

SERVES 8-10

Thai Basil Chicken Wrap **VEG**

grilled chicken, strawberries, arugula, cucumber, feta cheese, toasted mulberries, sunflower seeds, thai basil vinaigrette

Kale Caesar Wrap **VEG**

snap peas, garlic croutons, avocado, parmesan, umami caesar dressing

Avocado Sandwich **v**

avocado, pickled cabbage, sprouts, greens, Chef Matt's Magical Dust, jalapeño remoulade, ciabatta

COOKIES + DESSERT

SERVES 8-10

GF Baker's Dozen Cookies **v GF**

13 GF chocolate chip cookies

Colossal Cookies **VEG**

8 colossal house-made sourdough cookies - sourdough batter, TCHO 68% chocolate

Dessert Platter **VEG**

- **Chocolate Chip Cookies **v GF**** 4 cookies
- **Colossal Cookies **VEG**** 2 cookies
sourdough batter, TCHO 68% chocolate
- **Pink Lime Tarts **v GF**** ☀️ 4 pieces
key lime & ube filling, marcona almond & coconut crumble
- **Strawberry Bars **v GF**** ☀️ 4 pieces
organic strawberry & lemon filling, shortbread crumble



GROUP PACKAGES

Bento Boxed

- assortment of 10 Bento Boxes served with Kale Salad and Chocolate Chip Cookie
assortment of Mediterranean and Grilled Chicken Ranch Wraps
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

Wrapped Up

- Wrap Tray with Mediterranean and Grilled Chicken Ranch Wraps
- Kale Caesar Salad
- side of Fingerling Potato Salad
- 8 Colossal Cookies
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea



BENTO BOXES

MIN. ORDER OF 10

Bento Box *individual*

choice of wrap or sandwich and side, served with a Chocolate Chip Cookie

Sandwich/Wrap Options

- Mediterranean Wrap
- Caprese Sandwich
- Thai Basil Chicken Wrap
- Caesar Wrap
- Grilled Chicken Ranch Wrap

Side Salad Options

- Lentil
- Tuscan Kale
- Kale Caesar
- Chilled Thai Noodle
- Simple Greens

FRESH DRINKS

Lemonades ½ gallon

Pink or Peach Lemonade

Arnold Palmer ½ gallon

Peach Lemonade + Traditional Black Tea

Matcha Horchata ½ gallon

SERVES 10

SERVES 14-16

Essential Eats

- Tuscan Kale Salad **VEG**
- Teriyaki Remix Bowl **v GF**
- side of Grilled Chicken
- 8 Colossal Cookies **VEG**
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

Ultimate Feast

- TFK Dip Platter **VEG**
- Kale Caesar Salad **VEG**
- Ancient Grains Bowl **v**
- side of Grilled Chicken
- side of Thai Noodle Salad **v GF**
- side of Fingerling Potato Salad **VEG GF**
- Dessert Platter **VEG**
- 8 Colossal Cookies **VEG**
- gallon of Peach Lemonade
- gallon of Traditional Black Tea
- 2 bottles of Mountain Valley Water (still)

SHARABLE PLATTERS

SERVES 8-10

TFK Dip Platter **VEG**

mediterranean hummus, edamame guacamole and hatch chili ranch with crudité vegetables, house-made baked tortilla chips and ancient grain pita

Edamame Guacamole Platter **v GF**

avocado, lime, edamame, pistachio pesto, Chef Matt's Magical Dust, house-made baked tortilla chips

Mediterranean Hummus Platter **v**

spicy herb sauce, red pepper pistachio muhammara spread, crispy chickpeas, za'atar spice, ancient grain pita

SERVES 12-14

SERVES 16-20

SERVES 8-10

Iced Tea ½ gallon

Green Tea or Traditional Black Tea

Mountain Valley Water Bottles *each*

Spring or Sparkling

Cold Brew Coffee *one gallon*