

Served 11am - 2pm

STARTERS

Burrata Appetizer for Two \$16  
blistered cherry tomatoes, basil, whole grain toast, fresh fig, aged balsamic macerated berries

LIGHT BITES

Manchego Chopped Salad GF \$16  
Persian cucumber, celery, petite heirloom tomato, sliced sweet petite peppers, artichokes, capers, red onion, Castelvetrano olives, chickpeas, house-made dijon vinaigrette

Caesar Salad \$15  
kale, gem lettuce, avocado, grilled ciabatta bread, parmesan cheese

Arugula and Fig Salad GF \$15  
toasted pecans, feta cheese, asparagus, basil, red onion, balsamic dijon dressing

Vegetable & Black Rice Stir Fry GF . V \$18  
cauliflower, broccoli, red onion, sweet petite peppers, Brussels sprouts leaves, pomegranate arils, cremini mushrooms, ginger pomegranate ponzu sauce

PROTEIN ADDITIONS  
boost muscle recovery and support stable energy with one of these add-ons

- Seared Tuna\* GF \$15
- Prime Flat Iron Steak\* GF \$15
- Grilled Red Bird Farms Chicken Breast GF \$12
- Seared Shrimp GF \$15
- Organic Tofu GF . V \$10

LUNCH ENTREES

served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Grilled Bison Burger\* \$22  
aged white cheddar, lettuce, tomato, onion, special burger sauce

Turkey Bacon Brie Sandwich \$20  
sourdough bread, bibb lettuce, tomato, mayonnaise

Shrimp and Grits GF \$20  
sweet peppers, tomato, kale, chicken sausage, red skin potatoes

Tacos, Tacos, Tacos GF  
served on corn tortillas with chipotle aioli, cilantro cabbage slaw, and pico de gallo

- Yellowfin Tuna Tacos\* \$22
- 3 Chili Braised Chicken Tacos \$18
- Chimichurri Carne Asada Tacos\* \$22
- Baja Tofu Tacos \$16
- Cajun Shrimp Tacos \$22

WELLNESS ADDITIONS  
To support the individual journey of eating towards better health, our chef will include any of the following wellness additions to best help you improve your health:  
chia seeds | turmeric oil | tomato oil | flax seeds  
avocado oil | pomegranate seeds | goji berries | açai powder



PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)  
V = Vegan (contains no animal product. May contain honey.)  
\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase seafood that is fished or farmed in ways that minimize their impact on the environment. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out [seafoodwatch.org](https://seafoodwatch.org).



Learn about our  
approach to healthy  
eating.