

STARTERS

Soup of the Day

Market Salad

romaine lettuce, apple, sweet peppers
red onion, cherry tomatoes, bleu cheese
cucumber melon vinaigrette

GF 129 . 16 . 5 . 6 . 3 . 252

Milk . Onion . Garlic

Spring Herb Salad

roasted corn, cherry tomatoes, cucumber
fresh parsley & dill, tender mixed greens
Becky's Best Dressing, candied pepitas &
sunflower seeds

GF . V 146 . 18 . 5 . 7 . 5 . 194

Soy . Garlic . Seeds

Crispy Baked Chicken Wings

dry-rubbed chicken wings served with your choice of
pineapple habanero glaze or Calabrian pesto sauce

GF 188 . 2 . 15 . 11 . 1 . 428

Garlic . Onion

Kale Caesar Salad

organic baby kale, endive, parmesan
cheese, crispy garbanzos

GF 140 . 13 . 8 . 7 . 4 . 295

Milk . Egg . Fish . Garlic . Onion

ADD A PROTEIN

- honey ginger tofu
- garlic herb roasted salmon
- classic tuna salad
- maple mustard glazed chicken breast

Calabrian Pesto Sauce (1 oz)

GF 104 . 6 . 1 . 9 . tr . 271

Milk . Garlic . Onion

Pineapple Habanero Glaze (1 oz)

GF . V 15 . 4 . tr . tr . tr . 26

Garlic

HANDCRAFTED PIZZAS

Margherita

San Marzano tomato sauce, mozzarella parmesan
cheese, heirloom tomatoes, basil olive oil

399 . 48 . 20 . 15 . 8 . 750

Milk . Wheat . Garlic . Onion

Italian

San Marzano tomato sauce, mozzarella
roasted fennel, roasted red peppers
chicken sausage

359 . 46 . 22 . 10 . 7 . 740

Milk . Wheat . Garlic . Onion

Chicken Alfredo

oat milk alfredo sauce, artichoke hearts
tomato, spinach, caramelized onions
mozzarella

453 . 57 . 37 . 10 . 11 . 695

Milk . Wheat . Garlic . Onion

Longevity Garden

San Marzano tomato sauce, artichokes
tofu ricotta, olives, caramelized onion
peppers, arugula, prickly pear balsamic

V 382 . 57 . 21 . 11 . 12 . 750

Wheat . Soy . Garlic . Onion

Mushroom Pesto

caramelized onions, toasted pine nuts
mozzarella

459 . 53 . 22 . 19 . 9 . 571

Milk . Wheat . Tree Nuts . Garlic . Onion

Arizona BBQ

fruit-sweetened bbq sauce, grilled Red
Bird chicken, roasted green chilies
Monterey Jack cheese

420 . 48 . 33 . 11 . 6 . 727

Milk . Wheat . Soy . Garlic . Onion

ENTREES

Grilled Butcher Block*

chef's choice of grass-fed cut of beef
black garlic ponzu, grilled asparagus
togarashi onions, potato salad

GF 438 . 30 . 38 . 19 . 7 . 838

Soy . Egg . Sesame . Garlic . Onion . Seeds

Tuna Salad Wrap

whole-wheat tortilla, spinach
marinated tomatoes, Yukon
gold potatoes, mustard sauce

447 . 40 . 41 . 13 . 8 . 747

Milk . Egg . Wheat . Fish . Onion . Garlic

Turkey Reuben Sandwich

Barrio rye bread, turkey pastrami
sauerkraut, baby kale, Swiss
cheese, 1,000 island dressing

449 . 45 . 31 . 16 . 7 . 618

Milk . Egg . Wheat . Garlic . Onion . Seeds

BBQ Pulled Pork Sandwich

wheat bun, potato salad, pepper jack cheese

497 . 54 . 38 . 14 . 7 . 498

Milk . Soy . Wheat . Egg . Sesame . Garlic . Onion . Seeds

Greek Lamb Pita

Mediterranean braised lamb, tomato
red leaf lettuce, hummus, tzatziki
feta cheese, jicama

491 . 47 . 37 . 18 . 7 . 671

Milk . Wheat . Sesame . Garlic . Onion . Seeds

Bright Vitality Bowl

black bean spaghetti, avocado, roasted carrot, arugula, roasted red peppers
citrus vinaigrette, everything bagel seasoning, roasted pumpkin & sunflower seeds

GF . V 481 . 44 . 40 . 18 . 20 . 398

Sesame . Garlic . Onion . Seeds

Chef's Spotlight

ask your server about today's feature
showcasing seasonal ingredients and
local inspiration

Chicken Curry Wrap

whole-wheat tortilla, garbanzo beans
red onion, roasted red pepper, dried
cranberries, curry mayonnaise

481 . 56 . 31 . 16 . 7 . 482

Milk . Egg . Wheat . Onion

Southwest Veggie Burger

house-made vegetable burger patty
wheat bun, lettuce, tomato, pickled
red onions, avocado, jalapeno aioli

V 467 . 60 . 32 . 12 . 9 . 488

Soy . Wheat . Sesame . Garlic . Onion . Seeds

Salmon Burger*

wheat bun, red leaf lettuce, tomato, pickled
red onions, scallion mayo, potato salad

455 . 48 . 35 . 13 . 7 . 497

Milk . Egg . Soy . Wheat . Fish . Sesame . Garlic . Onion . Seeds

Tomato Jam Burger*

100% ground beef patty, wheat bun
arugula, dill pickles, parmesan cheese
potato salad, garlic aioli

486 . 49 . 34 . 17 . 7 . 373

Milk . Egg . Wheat . Sesame . Garlic . Onion . Seeds

BEHIND
DINNER



NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

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.)

† = Served Raw

*This item may be served 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.

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



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