

APPETIZERS

Lettuce Wraps

smoked salmon, lemon crema, radish, pea tendrils
(GF . 198 . 4 . 22 . 10 . 1 . 802) Fish . Coconut

Steamed Organic Edamame

japanese ginger ponzu dipping sauce
(GF . V . 165 . 14 . 14 . 7 . 5 . 103) Soy

Roasted Garlic Hummus & Grilled Whole-Grain Pita

marinated kalamata olives, oregano
(V . 162 . 18 . 5 . 8 . 3 . 249) Wheat . Sesame . Garlic . Seeds

Blue Crab & Lobster Cakes

pea tendrils, watercress, frisee, persian cucumbers, chipotle aioli
(186 . 19 . 7 . 9 . 3 . 416) Wheat . Milk . Egg . Shellfish . Onion . Soy

SOUPS

Chicken Bone Broth

(GF . 15 . tr . 1 . 1 . tr . 107)

Soup of the Day

SPRING SALADS

CR Signature Manchego Chopped Salad ... Lettuce-Less

Persian cucumbers, celery, petite heirloom tomatoes, sliced sweet petite peppers, artichokes, capers, green onions, Castelvetrano olives chickpeas, house-made dijon vinaigrette, manchego cheese
(GF . 170 . 17 . 8 . 8 . 5 . 363) Milk . Garlic . Onion

Brussels & Avocado Caesar

romaine lettuce, caramelized brussels sprouts
roasted roma tomatoes, house Caesar dressing
vegan parmesan, homemade sourdough crackers
(V . 220 . 26 . 9 . 11 . 7 . 342) Wheat . Soy . Tree Nuts . Coconut . Garlic . Onion

Burrata Panzanella

heirloom tomato, olive oil, white balsamic vinegar
gluten-free croutons
(GF . 1067 . 72 . 20 . 81 . 8 . 773) Milk . Egg . Seeds

PROTEIN ADDITIONS

great with a salad, or have it by itself; available plain grilled

Grilled Salmon*

(GF . 233 . tr . 25 . 14 . tr . 60) Fish

Prime Flat Iron Steak*

(GF . 186 . tr . 24 . 9 . tr . 160) None

Grilled Free Bird Chicken Breast

(GF . 147 . tr . 26 . 4 . tr . 150) None

Steamed Shrimp

(GF . 107 . tr . 23 . 2 . tr . 234) Shellfish

Ponzu Organic Tofu

(GF . V . 123 . 1 . 13 . 9 . 1 . 111) Soy

HANDHELD SANDWICHES

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Roasted Turkey & Emmenthal Cheese Club

apple walnut sourdough, crispy turkey bacon, pea tendrils
sliced heirloom tomatoes, house mayonnaise
(500 . 48 . 38 . 18 . 6 . 678) Wheat . Tree Nuts . Milk . Egg

Salmon Belly Sandwich*

pea tendrils, red onion, Old Bay aioli, house-made potato bun
(582 . 38 . 34 . 33 . 6 . 803) Fish . Wheat . Egg . Onion

Crispy Chicken Sandwich

butter milk brined chicken breast, kohlrabi & onion slaw
turkey bacon, chipotle aioli, house-made potato bun
(706 . 51 . 55 . 33 . 9 . 1740) Wheat . Milk . Egg . Garlic . Onion

Vegan Burger

mushroom & chickpea burger, vegan mayonnaise
vegan cheddar, romaine lettuce, tomato
house-made potato bun
(V . 468 . 28 . 24 . 29 . 7 . 768) Wheat . Soy . Onion . Garlic . Seeds . Coconut

Angus Beef Burger*

romaine, basil mayo, cheddar cheese, house-made potato bun
(486 . 33 . 34 . 24 . 6 . 499) Wheat . Milk . Egg

ENTREES

Grilled Salmon*

steamed brown rice, sauteed spinach, kohlrabi slaw
(GF . 508 . 39 . 38 . 23 . 8 . 898) Fish . Garlic . Onion

Vegetable & Black Rice Stir-Fry

bok choy, snap peas, red onions, petite sweet peppers, brussels sprout leaves, shiitake mushrooms, Japanese ponzu sauce
Add a protein of your choice from the selections above
(GF . V . 245 . 42 . 9 . 6 . 5 . 418 (no protein)) Soy . Onion

Grilled Flat Iron Steak*

steamed brown rice, sauteed spinach, sunflower seed romesco
(GF . 497 . 40 . 39 . 18 . 6 . 201) Garlic . Seeds

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

Nutrient Analysis:

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

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.



See over 500 recipes on our Nourish blog.

BEVERAGES

HOMEMADE

Virgin Bloody Mary

tomato juice, horseradish, Worcestershire sauce, celery seed
(GF . V 45 . 8 . 2 . tr . 2 . 268)

SPRITZERS

Honey Lemon

sparkling water with fresh lemon & a hint of honey
(GF . V . 34 . 9 . tr . tr . tr . 4)

Pomegranate

(GF . V . 46 . 12 . 0 . 0 . 0 . 8)

Tart Cherry

(GF . V . 39 . 10 . 0 . 0 . 0 . 30)

Cranberry

(GF . V . 49 . 12 . 0 . tr . 0 . 3)

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL, with Italian heritage.

Bizzarri medium-dark roast drip coffee

Gusto Crema medium roast espresso

Mezzanotte decaf drip coffee

Cold brew coffee

Milks: whole • skim • half & half • unsweetened almond • oat

RISHI TEA

Organic & Direct Trade

ICED TEA

black • citrus green • peach black

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

chamomile medley • peppermint • turmeric ginger

Green Tea Sachets

jasmine

Oolong Tea Sachets

ruby oolong

Black Tea Sachets

earl grey • English breakfast • masala chai

LOCALLY SOURCED VENDORS

High Lawn Farm

Lee, MA | Milk, Cheese

Hilltop Orchards

Richmond, MA | Apples, Apple Cider

Delftree Mushroom Company

Adams, MA

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup

Gaetano's Organic Farm

Becket, MA



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APPETIZERS

Shrimp Ceviche & Sourdough Crackers*

fresh orange, cucumber, avocado, grapefruit juice
(197 . 17 . 15 . 8 . 4 . 193) *Wheat . Shellfish . Onion . Sesame . Seeds*

Quinoa Tabbouleh

endive, cucumber, shallot, herbs, lemon, olive oil, warm pita
(V . 557 . 92 . 17 . 16 . 12 . 1021) *Wheat . Onion*

SOUPS

Chicken Bone Broth

(GF . 15 . tr . 1 . 1 . tr . 107)

Soup of the Day

SPRING SALADS

Salad Niçoise

petite heirloom tomatoes, persian cucumbers, fingerling potatoes
hard-boiled egg, French beans, niçoise olives, baby gem lettuce
J'ENWEY hibiscus red wine vinaigrette
(GF . 184 . 20 . 10 . 8 . 4 . 297) *Egg . Onion*

Green Garden Salad

romaine, cucumber, grape tomato, red onion
peas, vegan green goddess dressing
(GF . V . 319 . 32 . 9 . 20 . 12 . 784) *Soy . Onion . Garlic*

Beets & Chevre

baby arugula, salt roasted beets, orange
pickled red onion, balsamic vinaigrette
(GF . 777 . 46 . 24 . 56 . 11 . 969) *Milk . Onion*

PROTEIN ADDITIONS

great with a salad, or have it by itself; available plain grilled

Grilled Salmon*

(GF . 233 . tr . 25 . 14 . tr . 60) *Fish*

Prime Flat Iron Steak*

(GF . 186 . tr . 24 . 9 . tr . 160) *None*

Grilled Free Bird Chicken Breast

(GF . 147 . tr . 26 . 4 . tr . 150) *None*

Steamed Shrimp

(GF . 107 . tr . 23 . 2 . tr . 234) *Shellfish*

Ponzu Organic Tofu

(GF . V . 123 . 1 . 13 . 9 . 1 . 111) *Soy*

HANDHELD SANDWICHES

served with an endive, watercress & orange salad with a strawberry verjus vinaigrette

Turkey Bacon A.L.T.

romaine lettuce, avocado, heirloom tomato
basil mayo, house-made sourdough
(753 . 58 . 31 . 48 . 10 . 1215) *Wheat . Egg*

Chicken Caesar Wrap

romaine lettuce, marinated tomato, avocado, parmesan
Caesar dressing, gluten free tortilla
(GF . 813 . 81 . 42 . 36 . 7 . 1618) *Milk . Soy . Garlic . Onion . Coconut . Seeds*

Angus Beef Burger*

romaine, basil mayo, cheddar cheese, house-made potato bun
(486 . 33 . 34 . 24 . 6 . 499) *Wheat . Milk . Egg*

Salmon Belly Sandwich*

pea tendrils, red onion, Old Bay aioli, house-made potato bun
(582 . 38 . 34 . 33 . 6 . 803) *Fish . Wheat . Egg . Onion*

Vegan Burger

mushroom & chickpea burger, vegan mayonnaise
vegan cheddar, romaine lettuce, tomato
house-made potato bun
(V . 468 . 28 . 24 . 29 . 7 . 768) *Wheat . Soy . Onion . Garlic . Seeds . Coconut*

ENTREES

Grilled Salmon*

steamed brown rice, sauteed spinach, kohlrabi slaw
(GF . 508 . 39 . 38 . 23 . 8 . 898) *Fish . Garlic . Onion*

Grilled Flat Iron Steak*

steamed brown rice, sauteed spinach, sunflower seed romesco
(GF . 497 . 40 . 39 . 18 . 6 . 201) *Garlic . Seeds*

Tacos*

kohlrabi & onion slaw, cucumber pico de gallo
lemon crema, corn tortillas

Add a protein of your choice from the selections above
Salmon (GF . 468 . 31 . 35 . 22 . 5 . 638) *Fish . Onion . Coconut*
Flat Iron Steak (GF . 480 . 31 . 35 . 24 . 5 . 650) *Onion . Coconut*
Chicken Breast (GF . 431 . 31 . 36 . 18 . 5 . 637) *Onion . Coconut*
Shrimp (GF . 381 . 31 . 33 . 15 . 5 . 742) *Shellfish . Onion . Coconut*
Tofu (GF . V . 383 . 34 . 17 . 22 . 7 . 759) *Soy . Onion . Coconut*

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earl grey • English breakfast • masala chai

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