

BEHIND THE GLASS

Soup of the Day

Tanque Verde Turkey Sandwich

Barrio super seed whole-wheat bread
peach preserves, goat cheese, arugula
romato tomato, red onion

435 . 51 . 34 . 9 . 7 . 618
Wheat . Milk . Sesame . Onion . Seeds

Mixed Olives

calabrian chile, lemon zest

GF . V 25 . 1 . tr . 3 . 1 . 180
Garlic

Southern Style Mustard Potato Salad

Yukon gold potatoes, hard-boiled eggs
sweet relish, celery, tangy mustard-mayo
dressing, topped with paprika

GF 116 . 20 . 3 . 6 . 1 . 425
Milk . Egg . Onion

Thai Sweet Chili Glass Noodle Salad

shredded cabbage, carrots, crushed peanuts
cilantro, sweet chili-lime dressing

GF . V 125 . 26 . 3 . 2 . 2 . 634
Soy . Sesame . Onion . Garlic . Seeds

Mediterranean Chickpea Salad

English cucumbers, cherry tomatoes
kalamata olives, crumbled feta cheese
lemon-oregano vinaigrette

GF 158 . 9 . 3 . 13 . 2 . 313
Milk . 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

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

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

Chef's Spotlight

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

Kale Caesar Salad

organic baby kale, endive, parmesan
cheese, crispy garbanzos

GF 140 . 13 . 8 . 7 . 4 . 295
Milk . Egg . Fish . Garlic . Onion

Sonoma Chicken Salad

crisp apples, red grapes, toasted pecans
creamy tarragon mayo dressing

GF 186 . 5 . 8 . 15 . 1 . 288
Egg

Market Salad

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

GF . V 90 . 15 . 1 . 3 . 3 . 100
Onion . Garlic

Classic Shoyu Tuna Poke* †

cubed ahi tuna, sweet pearl onions, &
green onions tossed in sesame-soy
marinade with a touch of chili flakes

GF 148 . 2 . 19 . 7 . 1 . 234
fish . Soy . Sesame . Onion . Seeds

Tuna Salad

red and yellow bell pepper, celery
sweet pickle relish, mayonnaise

GF 67 . 2 . 11 . 1 . tr . 56
Fish . Egg

ADD A PROTEIN

fruit bbq grilled tofu, lemon herb salmon or
cilantro lime chicken

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

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

GF . V 481 . 44 . 40 . 18 . 20 . 398
Sesame . Garlic . Onion . Seeds

LUNCH DAY 1



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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BEHIND THE GLASS

Soup of the Day

Chicken Curry Wrap

whole-wheat tortilla, garbanzo beans
red onion, roasted red pepper, dried
cranberries, curry mayonnaise
527 . 54 . 32 . 21 . 9 . 430
Milk . Egg . Wheat . Onion

Giardiniera

cauliflower, cucumber, carrot, peppers, fennel, radish
GF . V 63 . 14 . 1 . tr . 1 . 86
Onion

Market Salad

romaine lettuce, crisp apple, sweet
peppers, red onion, cherry tomatoes
cucumber melon vinaigrette
GF . V 90 . 15 . 1 . 3 . 3 . 100
Onion . Garlic

Roasted Veg & Tri-Color Quinoa Salad

butternut squash, zucchini, red onion
dried cranberries, maple-tahini dressing
GF . V 137 . 19 . 2 . 6 . 2 . 305
Onion

Kale Caesar Salad

organic baby kale, endive, parmesan
cheese, crispy garbanzos
GF 140 . 13 . 8 . 7 . 4 . 295
Milk . Egg . Fish . Garlic . Onion

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

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

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

Chef's Spotlight

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

Smokey Grilled Eggplant & Red Pepper Salad

garlic, parsley, red wine vinegar, olive oil
GF . V 49 . 10 . 2 . 1 . 4 . 530
Garlic

Smoked Salmon & Everything Bagel Salad

flaked hot-smoked salmon, capers, red onion
cucumber, whipped dill cream cheese dressing
everything bagel seasoning
GF 201 . 8 . 22 . 8 . 1 . 755
Fish . Milk . Sesame . Onion . Garlic . Seeds

Heirloom Tomato Caprese Salad

multi-color heirloom cherry tomatoes, fresh
mozzarella pearls, cold-pressed olive oil
torn sweet basil, fig balsamic reduction
GF 177 . 10 . 12 . 9 . 1 . 231
Milk

Chipotle-Lime Chicken Salad

black beans, sweet corn, cilantro, cotija
cheese, chipotle-lime crema
GF 288 . 10 . 11 . 23 . 2 . 212
Milk . Egg . Onion . Garlic

Sesame Ginger Poke* †

cubed ahi tuna, edamame, wakame
sesame seeds, ginger-soy dressing
GF 117 . 4 . 17 . 3 . tr . 297
Fish . Soy . Sesame . Seeds

ADD A PROTEIN

fruit bbq grilled tofu, lemon herb salmon or
cilantro lime chicken

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

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, roasted red peppers
avocado, roasted carrot, citrus vinaigrette
arugula, everything bagel seasoning
roasted pumpkin & sunflower seeds
GF . V 481 . 44 . 40 . 18 . 20 . 398
Sesame . Garlic . Onion . Seeds

LUNCH DAY 2



NUTRIENT ANALYSIS

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

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Soup of the Day

Turkey Apple Press

Barrio cranberry walnut bread, brie cheese, spinach, chipotle mayonnaise
610 . 63 . 36 . 23 . 9 . 811
Tree Nuts . Wheat . Milk . Egg

Togarashi Spiced Pickles

carrots, peppers, onions, cauliflower, rice vinegar
GF . V 25 . 5 . 1 . tr . 2 . 167
Sesame . Seeds

Cucumber Lime Feta Salad

crisp English cucumbers and cubed feta cheese tossed with fresh mint, lime zest and a squeeze of lime juice
GF 97 . 5 . 5 . 7 . 1 . 352
Milk

Kale Caesar Salad

organic baby kale, endive, parmesan cheese, crispy garbanzos
GF 140 . 13 . 8 . 7 . 4 . 295
Milk . Egg . Fish . Garlic . Onion

Three Bean Salad

kidney beans, cannellini beans, green beans red onion, sun-dried tomatoes, cilantro roasted corn dressing
GF . V 220 . 37 . 12 . 4 . 10 . 367
Onion

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

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

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
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Tomato Jam Burger*

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

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Market Salad

romaine lettuce, crisp apple, sweet peppers, red onion, cherry tomatoes cucumber melon vinaigrette
GF . V 90 . 15 . 1 . 3 . 3 . 100
Onion . Garlic

Moroccan Roasted Beet Salad

celery, blackberries, mint, cilantro, black beluga lentils, orange-cumin dressing
GF . V 53 . 10 . 2 . 1 . 3 . 62
None

Tuscan Bresaola & Arugula Salad

shaved parmigiano reggiano, lemon juice, truffle oil
GF 110 . 4 . 12 . 6 . 1 . 544
Milk

Sriracha Salmon Poke* †

cubed fresh Atlantic salmon, diced avocado green onions, sriracha aioli, oyster sauce
GF 175 . 3 . 14 . 12 . 1 . 396
Shellfish . Soy . Fish . Onion . Garlic

Curried Chicken Salad

tender chicken breast cubes, scallions dried cranberries, golden curry mayo dressing
GF 197 . 9 . 17 . 10 . 1 . 285
Egg . Onion

ADD A PROTEIN

fruit bbq grilled tofu, lemon herb salmon or cilantro lime chicken

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
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BBQ Pulled Pork Sandwich

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Greek Lamb Pita

Mediterranean braised lamb, tomato red leaf lettuce, hummus, tzatziki feta cheese, jicama
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Milk . Wheat . Sesame . Garlic . Onion . Seeds

Bright Vitality Bowl

black bean spaghetti, roasted red peppers avocado, roasted carrot, citrus vinaigrette arugula, everything bagel seasoning roasted pumpkin & sunflower seeds
GF . V 481 . 44 . 40 . 18 . 20 . 398
Sesame . Garlic . Onion . Seeds

LUNCH DAY 3



NUTRIENT ANALYSIS

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