



APPETIZERS

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

Roasted Garlic Hummus & Grilled Whole-Grain Pita
marinated kalamata olives, oregano
(V . 162 . 18 . 5 . 8 . 3 . 249) Wheat . Sesame . Garlic . Seeds

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

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

SUMMER SALADS

CR Signature Manchego Chopped Salad ... Lettuce-Less
Persian cucumbers, celery, petite heirloom tomatoes, sliced sweet
petite peppers, artichokes, capers, green onions, Castelvtrano 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 . Seeds

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

Grilled Free Bird Chicken Breast
(GF . 147 . tr . 26 . 4 . tr . 150) None

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

Prime Flat Iron Steak*
(GF . 186 . tr . 24 . 9 . tr . 160) 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

Crispy Chicken Sandwich
buttermilk brined chicken breast, kohlrabi & onion slaw
turkey bacon, chipotle aioli, house made potato bun
(706 . 51 . 55 . 33 . 9 . 1740) Milk . Wheat . Soy . Garlic . Onion . Coconut

Angus Beef Burger*
romaine, basil mayo, cheddar cheese, house-made potato bun
(481 . 32 . 34 . 24 . 6 . 498) Milk . Wheat . Egg

Salmon Belly Sandwich
pea tendrils, red onion, old bay aioli, house-made potato bun
(582 . 38 . 34 . 33 . 6 . 803) Wheat . Fish . Egg . Onion

Vegan Burger
mushroom & chickpea burger, vegan mayonnaise, vegan cheddar
romaine lettuce, tomato, house-made potato bun
(V . 434 . 27 . 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 . Onion . Garlic

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

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

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

J'ENWEY TEA

Organic & Direct Trade

ICED TEA

black • lychee green • hibiscus berry peach

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

calming chamomile • cherry berry • lemon lover • immunity blend

Green Tea Sachets

jasmine silver needle • vanilla peach • citrus mint

Oolong Tea Sachets

turmeric ginger

Black Tea Sachets

lady blue earl grey • English breakfast

LOCALLY SOURCED VENDORS

High Lawn Farm

Lee, MA | Milk, Cheese

Delftree Mushroom Company

Adams, MA

Gaetano's Organic Farm

Becket, MA

Hilltop Orchards

Richmond, MA | Apples, Apple Cider

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup



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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*

Petite Heirloom Tomato, Fresh Mozzarella & Cucumber
basil, olive oil, red wine vinegar, red onion
(GF . 198 . 14 . 14 . 10 . 3 . 114) *Milk . Onion*

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

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

SUMMER SALADS

Salad Niçoise
petite heirloom tomatoes, persian cucumbers, fingerling potatoes
hard-boiled egg, French beans, niçoise olives, baby gem lettuce
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*

Beet & Chevre Salad
baby arugula, salt roasted beets, pickled red onion,
goat cheese, orange, 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 Free Bird Chicken Breast
(GF . 147 . tr . 26 . 4 . tr . 150) None

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

Prime Flat Iron Steak*
(GF . 186 . tr . 24 . 9 . tr . 160) 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 BLAT
turkey bacon, romaine lettuce, avocado, basil mayo
heirloom tomato, 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*

Angus Beef Burger*
romaine, basil mayo, cheddar cheese, house-made potato bun
(481 . 32 . 34 . 24 . 6 . 498) *Milk . Wheat . Egg*

Salmon Belly Sandwich
pea tendrils, red onion, old bay aioli, house-made potato bun
(582 . 38 . 34 . 33 . 6 . 803) *Wheat . Fish . Egg . Onion*

Vegan Burger
mushroom & chickpea burger, vegan mayonnaise, vegan cheddar
romaine lettuce, tomato, house-made potato bun
(V . 434 . 27 . 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 . Onion . Garlic*

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

Grilled Chicken
(GF . 431 . 31 . 36 . 18 . 5 . 637) *Onion . Coconut*

Grilled Salmon
(GF . 468 . 31 . 35 . 22 . 5 . 638) *Fish . Onion . Coconut*

Grilled Flat Iron Steak*
(GF . 480 . 31 . 35 . 24 . 5 . 650) *Onion . Coconut*

Steamed Shrimp
(GF . 381 . 31 . 33 . 15 . 5 . 742) *Shellfish . Onion . Coconut*

Ponzu Marinated Organic Tofu
(GF . V . 382 . 34 . 17 . 22 . 7 . 759) *Soy . Onion . Coconut*

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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)

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

Cranberry

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

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Mezzanotte decaf drip coffee

Cold brew coffee

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calming chamomile • cherry berry • lemon lover • immunity blend

Green Tea Sachets

jasmine silver needle • vanilla peach • citrus mint

Oolong Tea Sachets

turmeric ginger

Black Tea Sachets

lady blue earl grey • English breakfast

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Gaetano's Organic Farm

Becket, MA

Hilltop Orchards

Richmond, MA | Apples, Apple Cider

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup



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