



SUMMER MENU
DAY 1

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Mediterranean Charred Octopus

Castelvetro olives, lemon olive oil, basil, pistachios
(GF . 179 . 3 . 16 . 12 . 1 . 221)
Shellfish . Tree Nuts

Asparagus Tartine

house-made sourdough, za'atar
vegan pistachio labneh, nutritional yeast
(V . 357 . 57 . 17 . 10 . 11 . 617)
Tree Nuts . Wheat . Sesame . Seeds . Onion . Garlic

Tuna Crudo*

melon, urfa biber, feta
Pharaoh's heirloom vinegar
(GF)
Fish . Milk

Spring Pea Guacamole

jalapeno, scallion, cilantro, lime, tortillas
(GF . V . 253 . 19 . 6 . 19 . 10 . 523)
Onion . Seeds

Steamed Edamame

choice of plain, salted, or spicy garlic
with ponzu dipping sauce
(GF . V . 165 . 14 . 7 . 5 . 103)
Soy

CHEF'S COMPOSED DISHES

Roasted Cauliflower

vegan roasted pepper aioli, golden
raisins, toasted sunflower seeds, micro herbs
add a protein of your choice
(GF . V . 586 . 89 . 23 . 22 . 17 . 700)
Soy . Seeds

Cape Cod Flounder

ube puree, watercress, frisee
togarashi sake vinaigrette, peach chutney
(GF . 771 . 51 . 22 . 54 . 6 . 2289)
Fish . Sesame . Garlic . Seeds

Marinated Stir-Fry*

bok choy, snap peas, petite sweet peppers
red onions, Brussels sprout leaves, shiitake
mushrooms, forbidden rice, Japanese ponzu;
add a protein of your choice, tofu available
(GF . V)

Grilled Filet Mignon*

whipped potatoes, wilted kale
black pepper port demi-glace
(GF . 585 . 30 . 46 . 32 . 6 . 1456)
Milk . Garlic . Onion

Herb-Crusted Salmon*

Mediterranean spice mix, fennel citrus slaw
steamed brown rice
(GF . 471 . 39 . 35 . 19 . 6 . 1219)
Fish . Garlic

Crispy Chicken Breast

panko-crusted FreeBird Farms chicken
whipped potatoes, grilled asparagus
mustard sauce
(624 . 72 . 44 . 17 . 5 . 630)
Wheat . Milk . Egg

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish
petite tomatoes, roasted carrots, kalamata olives
mansion-made basil vinaigrette
(GF . 113 . 14 . 4 . 6 . 5 . 182)
Egg . Garlic . Onion

Blood Orange & Spinach Salad

shaved fennel, Swiss chard, shredded carrots
toasted sunflower seeds, sesame verjus vinaigrette
(GF . V . 206 . 24 . 7 . 11 . 8 . 248)
Sesame . Seeds

Baby Kale & Romaine Caesar Salad

endive, Caesar dressing, vegan parmesan, capers
(V . 163 . 16 . 6 . 9 . 6 . 252)
Wheat . Tree Nuts . Soy . Sesame . Onion . Garlic
Coconut . 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.

BEVERAGES

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

HOMEMADE MOCKTAILS

Strawberry Pamplemousse “Rosé”

strawberry puree, lime and grapefruit juices
sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3)

Virgin Bloody Mary

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

It’s About Thyme

pear juice, lemon juice, thyme & juniper simple syrup
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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



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

GLOSSARY OF CULINARY TERMS

Labneh

Traditionally made by straining yogurt until thick and creamy; modern plant-based versions achieve a similar tangy richness using cultured nuts such as pistachios or cashews.

Togarashi

A Japanese chili spice blend traditionally made with red pepper, citrus peel, sesame seeds, seaweed, and aromatic spices for a savory heat.

Ube

A purple yam from the Philippines known for its vibrant color and sweet, nutty flavor. It’s commonly used in Filipino desserts like cakes, ice cream, and pastries.

LOCAL & SEASONAL FARE

Cucumber

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

New Potatoes

Including Yukon Golds and Fingerlings, New Potatoes are a nutrient-dense high-quality carb that provides steady energy, fiber, and potassium for heart health. Like other high-quality carbs, their natural fiber promotes fullness and balanced blood sugars, two key factors for weight loss goals. To learn more, join the Nutrition Team’s presentation, “Weight Loss: Nutrition for Breaking Barriers” on Tuesdays at 4pm.

MONTEREY BAY AQUARIUM SEAFOOD WATCH

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SUMMER MENU
DAY 2

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Smoked Edamame Dip

sourdough crackers, crudite
(V . 138 . 18 . 9 . 4 . 4 . 714)

Wheat . Soy . Sesame . Garlic . Onion . Coconut . Seeds

Roasted Artichokes

herb marinated artichoke hearts, baby arugula
roasted red pepper aioli
(315 . 46 . 10 . 11 . 10 . 713)

Wheat . Soy . Egg

Lettuce Wraps

cumin roasted sweet potato, avocado, radish
toasted pepitas, lime crema

(GF . V . 223 . 21 . 7 . 14 . 5 . 340)

Seeds . Coconut

Spring Pea Guacamole

jalapeno, scallion, cilantro, lime, tortillas

(GF . V . 253 . 19 . 6 . 19 . 10 . 523)

Onion . Seeds

Beet Tartare

black garlic gastrique, pea shoots
preserved lemon, sourdough crackers

(V . 175 . 19 . 4 . 10 . 4 . 1624)

Wheat . Soy . Sesame . Onion . Garlic . Seeds

CHEF’S COMPOSED DISHES

Roasted Celeriac

black vinegar lentils, broiled asparagus
tofu cream sauce

(GF . V . 398 . 52 . 25 . 12 . 20 . 742)

Milk . Onion

Pan-Roasted Duck Breast*

chilled soba noodle salad
sesame tamari dressing, plum compote

(449 . 31 . 33 . 22 . 3 . 1019)

Wheat . Soy . Sesame . Onion . Garlic . Seeds

Steamed Mussels

white wine, garlic, shallot, parsley
butter, grilled sourdough

(1289 . 80 . 67 . 57 . 4 . 1929)

Shellfish . Milk . Onion . Garlic

Line-Caught Striped Bass

tomato fennel sofrito
roasted new potato, saffron broth

(GF . 559 . 61 . 33 . 20 . 11 . 834)

Fish . Onion . Garlic

Sweet Corn Risotto

queso fresco, charred corn
cucumber

Wheat . Milk . Onion . Garlic

Braised Short Rib

whipped potato, green beans
braising jus, sweet drop peppers

(GF . 487 . 40 . 28 . 23 . 7 . 1103)

Milk . Onion . Garlic

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish
petite tomatoes, roasted carrots, kalamata olives
mansion-made basil vinaigrette

(GF . 113 . 14 . 4 . 6 . 5 . 182)

Egg . Garlic . Onion

Kale & Grape Salad

baby kale, roasted grapes, pickled red onion
toasted pepitas, pomegranate vinaigrette

(GF . V . 200 . 20 . 4 . 12 . 3 . 255)

Onion . Seeds

Arugula & Berries Salad

baby arugula, fresh berries, candied pecans
strawberry verjus vinaigrette

(GF . 746 . 82 . 19 . 45 . 28 . 208)

Tree Nuts . Egg . Onion

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BEVERAGES

CAFFÉ UMBRIA COFFEE

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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

HOMEMADE MOCKTAILS

Strawberry Pamplemousse “Rosé”

strawberry puree, lime and grapefruit juices
sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3)

Virgin Bloody Mary

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

It’s About Thyme

pear juice, lemon juice, thyme & juniper simple syrup
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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



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

GLOSSARY OF CULINARY TERMS

Gastrique

A refined French sauce with a flavor that unfolds in layers rather than hitting with just sweetness or acidity.

Preserved Lemon

A whole lemon that has been cured in salt and its own juices until the peel becomes soft, intensely fragrant, and deeply savory-citrusy.

Soba Noodles

Long, thin Japanese noodles with a soft but slightly firm texture and a mild nutty flavor from buckwheat. Their texture is smoother and less chewy than ramen or udon.

LOCAL & SEASONAL FARE

Cucumber

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

New Potatoes

Including Yukon Golds and Fingerlings, New Potatoes are a nutrient-dense high-quality carb that provides steady energy, fiber, and potassium for heart health. Like other high-quality carbs, their natural fiber promotes fullness and balanced blood sugars, two key factors for weight loss goals. To learn more, join the Nutrition Team’s presentation, “Weight Loss: Nutrition for Breaking Barriers” on Tuesdays at 4pm.

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APPETIZERS

Soup of the Day

Steamed Edamame

choice of plain, salted, or spicy garlic
with ponzu dipping sauce
(GF . V . 165 . 14 . 14 . 7 . 5 . 103)
Soy

Mediterranean Charred Octopus

sunflower seed romesco, Castelvetrano olives, olive oil
(GF . 188 . 5 . 9 . 16 . 2 . 234)
Shellfish . Garlic . Seeds

Tuna Tartare*

cucumber, avocado, ponzu, scallion
sweety drop peppers
(GF . 224 . 14 . 24 . 9 . 6 . 247)
Fish . Soy . Onion

Spring Pea Guacamole

jalapeno, scallion, cilantro, lime, tortillas
(GF . V . 253 . 19 . 6 . 19 . 10 . 523)
Onion . Seeds

BBQ Baby Carrots

sumac cumin yogurt, smoked paprika
(GF . 110 . 20 . 7 . 1 . 6 . 115)
Milk

CHEF’S COMPOSED DISHES

Massaman Tofu Curry

eggplant, green beans, fermented carrots
steamed brown rice
(GF . V . 455 . 35 . 30 . 22 . 9 . 213)
Soy . Garlic . Onion . Coconut

Roasted Bell & Evans Chicken

pan roasted, steamed brown rice
sauteed spinach, mushroom marsala pan jus
(GF . 588 . 39 . 51 . 23 . 5 . 743)
Milk . Onion . Garlic

Roasted Cauliflower

vegan roasted pepper aioli, golden raisins
toasted sunflower seeds, micro herbs
(GF . V . 586 . 89 . 23 . 22 . 17 . 700)
Soy . Seeds

Grilled Hanger Steak*

whipped potatoes, grilled asparagus
horseradish gremolata
(380 . 24 . 36 . 16 . 5 . 646)
Milk . Garlic

Broiled Jumbo Shrimp

leek soubise, marinated artichokes
baby arugula
(GF . 480 . 36 . 38 . 23 . 11 . 892)
Shellfish . Milk . Onion

Pan-Seared Idaho Trout

fingerling potatoes, green beans
slivered almonds, honey sage butter
(GF . 620 . 36 . 53 . 30 . 8 . 191)
Tree Nuts . Fish . Milk

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish
petite tomatoes, roasted carrots, kalamata olives
mansion-made basil vinaigrette
(GF . 113 . 14 . 4 . 6 . 5 . 182)
Egg . Garlic . Onion

Tuscan Kale & Cherry Chopped Salad

chopped broccoli, red onion, dried cherries
toasted sunflower seeds, dijon vinaigrette
(GF . V . 208 . 22 . 5 . 13 . 5 . 110)
Onion . Seeds

Heirloom Tomato Salad

Maple Brook Farm burrata, olio verde
spiced pecans, grilled Jersey peaches
(GF)
Tree Nuts . Milk . Sesame . Seeds

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BEVERAGES

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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

HOMEMADE MOCKTAILS

Strawberry Pamplemousse “Rosé”

strawberry puree, lime and grapefruit juices
sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3)

Virgin Bloody Mary

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

It’s About Thyme

pear juice, lemon juice, thyme & juniper simple syrup
sparkling water, mint (GF . V . 29 . 8 . tr . tr . 1 . 6)

SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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



LOCALLY SOURCED VENDORS

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Becket, MA

Hilltop Orchards

Richmond, MA | Apples, Apple
Cider

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Burrata

A rich, creamy Italian cheese with a delicate mozzarella shell filled with soft, shredded curd and fresh cream.

Castelvetrano Olives

A prized Sicilian olive variety, known for their bright green color, mild buttery flavor, and crisp, meaty texture. They are less salty and less bitter than many other olives, making them approachable and versatile for eating on their own or adding to dishes.

Ube

A purple yam from the Philippines known for its vibrant color and sweet, nutty flavor. It’s commonly used in Filipino desserts like cakes, ice cream, and pastries.

LOCAL & SEASONAL FARE

Cucumber

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

New Potatoes

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SUMMER MENU
DAY 4

DINNER

5:00 — 8:30 PM

APPETIZERS

Soup of the Day

Steak Tartare*

pickled cipollini onions, horseradish
grilled sourdough
Wheat . Onion

Spring Pea Guacamole

jalapeno, scallion, cilantro, lime, tortillas
(GF . V . 253 . 19 . 6 . 19 . 10 . 523)
Onion . Seeds

Pistachio Labneh

za'atar, veggie chips, sourdough crackers
(V . 384 . 29 . 7 . 28 . 7 . 301)
Tree Nuts . Wheat . Sesame . Onion . Garlic . Seeds

Braised Chicken Meatballs

saffron basil Pomodoro, ricotta cheese, parmesan
(GF . 200 . 19 . 13 . 8 . 2 . 213)
Milk . Garlic . Onion, Gluten

Urfa Biber Green Beans

lemon herb yogurt
(GF . 405 . 27 . 11 . 5 . 4 . 1976)
Milk

House-Made Pappardelle

tamari butter sauce, bok choy
snap peas, vegan chili crisp
Tree Nuts . Wheat . Milk . Soy . Egg . Sesame . Seeds

Grilled Yellowfin Tuna*

heirloom tomato, avocado
corn broth, pea shoots
(GF . 330 . 15 . 39 . 10 . 8 . 2988)
Fish . Onion

Eggplant “Scallops”

seared eggplant medallions, quinoa tabbouleh
roasted broccoli, black garlic gastrique, sorrel
(V . 437 . 67 . 12 . 20 . 14 . 3883)
Wheat . Soy . Garlic . Onion

Pan-Roasted Duck Breast*

herb-roasted fingerling potatoes
wilted swiss chard
apricot demi glace
(GF . 847 . 44 . 32 . 62 . 4 . 6868)
Onion . Garlic

Steamed Mussels

fennel, tomato, onion, celery
saffron, garlic challah toast
(847 . 61 . 60 . 38 . 7 . 1855)
Shellfish . Wheat . Milk . Egg . Onion . Garlic

Elysian Fields Rack of Lamb*

Otto File polenta, mushroom ragu
caper relish
(GF)
Milk . Onion . Garlic

SUMMER SALADS

The Silverleaf Salad

mixed local lettuce, shaved cucumber, radish
petite tomatoes, roasted carrots, kalamata olives
mansion-made basil vinaigrette
(GF . 113 . 14 . 4 . 6 . 5 . 182)
Egg . Garlic . Onion

Classic Caesar Salad

boquerones, grana padano
lime, sourdough croutons
Wheat . Milk . Fish

Kale & Frisee Salad

baby kale, chopped frisee, roasted carrots, asparagus tips
pickled red onion, sherry vinaigrette
(GF . V . 545 . 52 . 17 . 34 . 18 . 853)
Onion

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HOMEMADE MOCKTAILS

Strawberry Pamplemousse “Rosé”

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sparkling water, mint (GF . V . 23 . 6 . tr . tr . 1 . 3)

Virgin Bloody Mary

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celery seed (GF . V . 45 . 8 . 2 . tr . 2 . 268)

It’s About Thyme

pear juice, lemon juice, thyme & juniper simple syrup
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SPRITZERS

Tart Cherry

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

Pomegranate

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

Cranberry

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



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Delftree Mushroom Company

Adams, MA

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Becket, MA

Hilltop Orchards

Richmond, MA | Apples, Apple
Cider

Mill Brook Sugarhouse

Lenox, MA | Maple Syrup

GLOSSARY OF CULINARY TERMS

Urfa Biber

A dark Turkish chili pepper with a rich, smoky-sweet flavor and moderate heat. The peppers are harvested ripe, then dried during the day and wrapped at night, which gives them their characteristic deep color, soft texture, and complex taste.

Pistachio Labneh

A thick, cultured spread with the texture of whipped soft cheese and the rich flavor of toasted nuts.

LOCAL & SEASONAL FARE

Cucumber

A refreshing vegetable made up of over 95% water, helping to keep you cool and hydrated while working out. They also contain antioxidants and silica, which promote healthy skin, joint health, and digestion.

New Potatoes

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