



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

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

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

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
Tree Nuts . 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

DAY 1
LUNCH



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

Sonoma Chicken Wrap

crisp apples, red grapes, toasted pecans
creamy tarragon mayo dressing
whole-wheat tortilla
403 . 30 . 16 . 25 . 6 . 702
Tree Nuts . Wheat . Egg

Turkey Apple Press

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

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

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

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Soup of the Day

California Turkey Sandwich

Barrio whole-wheat bread, radish
arugula, marinated tomatoes, pickled
onions, avocado spread
422 . 52 . 29 . 10 . 10 . 596
Wheat . Sesame . Onion . Garlic . Seeds

Tuscan Bresaola & Arugula Wrap

shaved parmigiano reggiano, lemon juice
truffle oil, whole-wheat tortilla
222 . 25 . 13 . 9 . 5 . 659
Wheat . Milk

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 squest 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

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
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Arizona BBQ

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

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Chef's Spotlight

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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

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

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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Bright Vitality Bowl

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avocado, roasted carrot, citrus vinaigrette
arugula, everything bagel seasoning
roasted pumpkin & sunflower seeds
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DAY 3
LUNCH



NUTRIENT ANALYSIS

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