

Seasonally inspired cooking with every item less than 475 calories

We would like to thank the following California farms for their fresh and seasonal produce:  
Be Wise - Country Sweet - Fresh Origins - Cal Organic - Windrose - Tutti Frutti - Weiser - Frog Hollow



## Flatbreads

- Artichoke & Goat Cheese** leaf spinach, balsamic onions, roasted peppers 9.95
- Ripe Plum Tomato** fresh basil, roasted garlic, melted Parmesan cheese 8.25
- Garlic Chicken** balsamic onions, roasted red peppers, mozzarella cheese 8.95
- Spicy Chipotle Shrimp** grilled pineapple, feta cheese, roasted poblano peppers 9.95
- Steak & Cremini Mushroom** fresh spinach, crumbled blue cheese 9.50

## Appetizers

- All-Natural Beef Chili** black beans, cilantro sour cream Bowl 6.25 Cup 6.75
- Sno-Pac Farms Organic Edamame** steamed whole soybeans, Japanese green tea salt 5.50
- Double Hummus & Crisp Sea Salt Lavosh** minted edamame hummus, roasted red pepper hummus 6.75
- Dungeness Crab, Roasted Shrimp & Spinach Stuffed Mushrooms** under Parmesan-panko crust 9.50
- \*Sushi-Grade Ahi Tuna Seared Rare** sliced and served chilled, Asian cucumber salad, sesame crisps 12.25

## Small Salads

- Organic Arugula** truffle dressing, Portobello mushrooms, Parmesan cheese 7.75
- Kalymnos Greek** feta cheese, cucumbers, tomatoes, sliced red onions, kalamata olives 7.75
- Organic Baby Spinach** seasonal pears, toasted pine nuts, crumbled gorgonzola cheese 7.25
- Organic Mixed Greens** toasted pumpkin seeds, tomatoes, cucumbers, white balsamic vinaigrette 5.75

## Sandwiches & Burgers

- \*Oak-Fired Western Buffalo Burger** guacamole, roasted pepper salsa, spicy chili sour cream 10.75
- Roasted Market Vegetable Sandwich** three cheeses, tomato-basil sauce, grilled ciabatta bread 8.75
- Plainville Farm All-Natural Turkey Wrap** herb cheese, avocado, tomato, arugula, soft wheat lavosh 9.25
- Blackened Fish Tacos** pico de gallo, salsa verde, guacamole, chipotle sour cream, soft wheat tortilla 12.75
- Grilled Chicken Caesar Sandwich** lettuce, tomato, Caesar dressing, soft grilled Mediterranean bread 9.50
- Grilled Portobello Turkey Burger** melted mozzarella cheese, sliced tomatoes, whole wheat bun 9.95

## Entrée Salads

- All-Natural Beef Chili & Salad** a bowl of beef chili with organic mixed greens salad 11.75
- Soup & Salad** your choice of a bowl of today's soup with organic mixed greens salad 11.25
- BBQ Chicken** organic field lettuce, fresh corn, roasted red peppers, pumpkin seeds, crumbled blue cheese 12.50
- \*Maui Tuna Crunch** sushi-grade seared tuna, organic greens, pineapple, toasted almonds, miso vinaigrette 16.25
- \*Lemongrass King Salmon** organic greens, pineapple, mango, jicama, toasted sesame dressing 15.50  
*E.U. Certified Organic Salmon, \$6 Surcharge*

## Vegetarian

- Sonoma Goat Cheese Ravioli** organic tomato broth, roasted garlic, fresh sweet basil 12.50
- Vegetarian Tasting** quinoa-farro salad, soft taco, chili relleno, vegetables, cedar roasted tofu, mango chutney 14.50

## Fish & Seafood

- Caramelized Grilled Sea Scallops** roasted asparagus, sun-dried tomato-mushroom pearl pasta 19.95
- Grilled Jumbo Shrimp Penne Pasta** spinach, mushrooms, garlic, sour cream, sun-dried tomatoes 17.75
- Grilled Boneless Rainbow Trout** dill roasted potatoes, baby carrots, dill mustard, broiled lemon 16.50
- \*Cedar Plank Roasted Pacific King Salmon** roasted rainbow carrots, fresh asparagus, Weiser Farm roasted potatoes 18.50  
*E.U. Certified Organic Salmon, \$6 Surcharge*

## Poultry & Meat

- Cider-Glazed Grilled Chicken Skewers** sun-dried cranberries, toasted pumpkin seeds, organic mixed greens salad 9.95
- Spicy Chicken Chile Relleno** goat cheese, spinach, roasted corn cakes on pico de gallo 9.95
- Springer Mountain Farm All-Natural Grilled Chicken** tamarind glaze, sweet potato mash, pumpkin seeds 15.50

## Desserts

**Mini Indulgences...** individual servings of classic desserts 2.50 ea

Ghirardelli Chocolate Rocky Road  
Meyer Lemon Pound Cake  
Mocha Macchiato  
Chocolate Peanut Butter Mousse

Pumpkin Pie with Ginger Snap Crust  
Pecan Pie with Vanilla Mousse  
Raspberry Chocolate Chip Cannoli  
Market Fresh Fruit

Espresso 3.25 • Cappuccino 3.75 • Hot Tea 2.50 • Coffee 2.50

David J. Holter, Managing Partner

Steve de Barril, Executive Chef Partner

\*MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.



