Bowls

CHEF'S BOWLS

Our chef-created bowls are served over a bed of warm organic rice & quinoa. Sub cauliflower rice for +\$2!



Chef's Pick

Curry Salmon* @ ®

14.45 Sustainable salmon, fire roasted veggies, marinated kale, coconut sweet potato curry, toasted coconut, green onion CALORIES: 800

Blackened Chicken Mango @ 12.45

Antibiotic-free blackened chicken thigh, mango salsa, chile sweet potato, organic black bean, kale, scallion, lime wedge, pineapple BBQ sauce

CALORIES: 590

Lemongrass Tuna*@@®

Line-caught ahi tuna, carrot, cucumber, pickled onion, jalapeño, cilantro, peanut, lemongrass aioli, chile vinegar

CALORIES: 660

Smoky Chicken @ 11.95

Herb-marinated roasted chicken, chile sweet potato, citrus cabbage slaw, heirloom cherry tomato, cotija, avocado-tomatillo salsa, smoked crema CALORIES: 740

Buddha @ № 10.45

Organic sesame glazed tofu, spicy roasted broccoli, carrot, citrus cabbage slaw, peanut, cilantro. peanut mango sauce

CALORIES: 600

All dressings & sauces included in calorie counts.

PROTEIN BOWLS

Includes protein over bed of warm organic rice & quinoa (sub cauliflower rice +\$1), with sauce &

> Steak*@@ CALORIES: 400



PICK A PROTEIN



greens!



Sustainable 13.95 Salmon*@® CALORIES: 400



Herb Marinated 12.45 Roasted Chicken @ ® CALORIES: 350



Blackened 12.95 Chicken Thiah @ @ CALORIES: 340



Organic Sesame 9.95 Glazed Tofu @ ™

CALORIES: 340



PICK 2 SIDES

New! Kale Caesar Salad @ � CALORIES: 70

Arugula & Blue Cheese Salad⊕♦ CALORIES: 100

Mixed Greens Salad ⊕ ♦ CALORIES: 30

Cauliflower Rice @ M CALORIES: 80

Fire Roasted Veggies @ .

Rosemary Sweet Potato Mash@ •

Roasted Garlic Mashed

Potatoes @ � CALORIES: 290

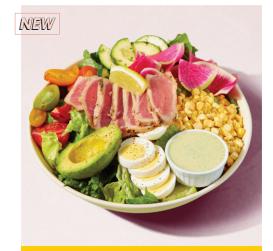
CALORIES: 200

Organic Rice & Quinoa@ © CALORIES: 240

Macaroni & Cheese ♦ CALORIES: 370

SIDES CAN BE ORDERED À LA CARTE 2.50

Greens



Summer Seared Ahi* ©

Romaine, line-caught seared tuna, marinated squash, heirloom cherry tomato, fresh corn, watermelon radish, sliced cage-free egg, avocado, lemon wedge, scallion ranch dressing CALORIES: 620

Baja Blackened Chicken @

Romaine, antibiotic-free blackened chicken thigh, cotija, organic black bean, corn, pickled onion, organic blue corn tortilla strips, avocado, lime wedge, creamy jalapeño lime dressing CALORIES: 600 | 300

Salmon Caesar* 12.95

Romaine, kale, sustainable salmon, Grana Padano, heirloom cherry tomato, cucumber, basil, ciabatta croutons, house Caesar dressing **CALORIES: 660**

Thai Coconut @ @ 11.95 | 8.45

Mixed greens, herb-marinated roasted chicken, chile sweet potato, toasted coconut, cucumber, pickled onion, cilantro, peanut, peanut mango dressing CALORIES: 740 | 370

Flatiron* @ 13.95 | 9.45

Mixed greens, 100% grass-fed steak, bleu cheese, roasted fingerling potato, heirloom cherry tomato, roasted onion, basil balsamic vinaigrette CALORIES: 850 | 425



Chef's Pick

Farmer 2.0 @ ®

12.95 | 8.45

Baby greens, herb-marinated roasted chicken, goat cheese, corn, seasonal fruit, watermelon radish, almond, sesame seed, citrus champagne vinaigrette

CALORIES: 810 | 405

Sammies

Served with house-seasoned Kettle Chips



Chef's Pick

Chile Steak* 11.95 | 8.45

100% grass-fed steak, cotija, Cholula cabbage slaw, avocado tomatillo salsa, fresh cilantro, chipotle aioli on ciabatta

CALORIES: 820 | 500

Blackened Chicken Bánh Mì @ 10.45 | 6.95

Antibiotic-free blackened chicken thigh, pickled carrot, cilantro, basil, jalapeno, lemongrass aioli on ciabatta CALORIES: 750 | 450

Basil Chicken 10.45 | 7.45

Herb-marinated roasted chicken, tomato, red onion, provolone, arugula, basil aioli on ciabatta

CALORIES: 750 | 450

Chicken Bacon Club 11.45 | 7.45

Herb-marinated roasted chicken, nitratefree bacon, provolone, tomato, arugula, scallion ranch on sourdough CALORIES: 890 | 520

Blueberry Pesto ♦ 9.95 | 6.95

Fresh Mozzarella, blueberry chia jam, tomato, arugula, basil pesto on ciabatta CALORIES: 640 | 395

Add-ons



CALORIES: 30-370



SUB GLUTEN-FREE 1.75 CALS ON SOURDOUGH: -170 CALS ON CIABATTA: +40











CALORIES: 240

Curry Sweet Potato @ M 5.45

CALORIES: 180



Pizza



Chef's Pick

Supremo 13.95 | 8.45

Creminelli pepperoni, nitrate-free bacon, kalamata olive, roasted mushroom, red onion, fresh basil, whole milk mozzarella, red sauce

CALORIES: 1010 | 505

Modern Mushroom ♦

11.95 | 7.95

Roasted crimini mushroom, marinated kale, red onion, goat cheese, red sauce CALORIES: 780 | 390

Margherita ♦ 10.45 | 7.45 Basil, fresh mozzarella, red sauce

CALORIES: 690 | 345

CALORIES: 740 | 370

Cheese ♦ 9.95 | 6.95 Whole milk mozzarella, red sauce



4.00 | 2.00 ADD CALORIES: 280 | 140



GLUTEN-FREE CRUST ♦ 🖭 3.50 | 1.75 ADD CALORIES: 60 | 30

Pepé 11.95 | 7.45

Creminelli pepperoni, whole milk mozzarella, red sauce CALORIES: 890 | 445

BBQ 11.95 | 7.95

Herb-marinated roasted chicken, red & green onion, cilantro, fresh jalapeno, whole milk mozzarella, smoky BBQ sauce CALORIES: 980 | 490



Street Corn ♦ 11.95 | 7.95

Fresh sweet corn, fresh jalapeño, smoked crema, cotija, chile powder, cilantro, lime, whole milk mozzarella, cheddar cream sauce CALORIES: 990 | 495



Includes a milk

Kids

CALORIES: 430

CALORIES: 790

& dressing

CALORIES: VARIES

Kids Pizza 6.45

CALORIES: 370-460

with noodles

CALORIES: 750

Chicken Plate @ 6.45

With mashed potatoes & simple salad

sourdough served with kettle chips

Kids B-Y-O Salad 5.45

Whole milk mozzarella, red sauce

Add nitrate-free pepperoni +.50

Mac & Cheese ♦ 4.45

Toasted Cheese & Tomato ♦ 5.45

Whole milk mozzarella, tomato and olive oil on

Pick your kid's favorite greens, 3 salad toppings

White cheddar, asiago, & whole-milk mozzarella

Drinks

House-Made Lemonade 2.75





Boylan Craft

Soda 2.75

All-natural, with cane sugar CALORIES: 0-225

Bottles & Cans

CALORIES: 0-170

Kombucha 4.50

CALORIES: 55-105

Cold Brew Coffee

4.50 CALORIES: 0

Iced Tea 2.75

Assorted flavors CALORIES: 5-90

Beer + Wine Local Craft Brews 4.50 **CALORIES: 160-280**

Breakfast All Day



Pearl Sugar Waffle ♦ 4.45 Belgian dessert waffle, Blueberry chia jam, powdered sugar CALORIES: 410

Modern Avo Toast № 4.95

Avocado, green onion, chile spice, sourdough toast CALORIES: 290

B-L-Toast® 7.95

CALORIES: 480

Avocado, heirloom cherry tomato, arugula, nitrate-free bacon, basil aioli, sourdough toast

CALORIES: 640

Everything Avo Toast* 8.45

Avocado, sustainable smoked salmon, red onion, fresh dill, everything spice, sour cream, sourdough toast CALORIES: 400

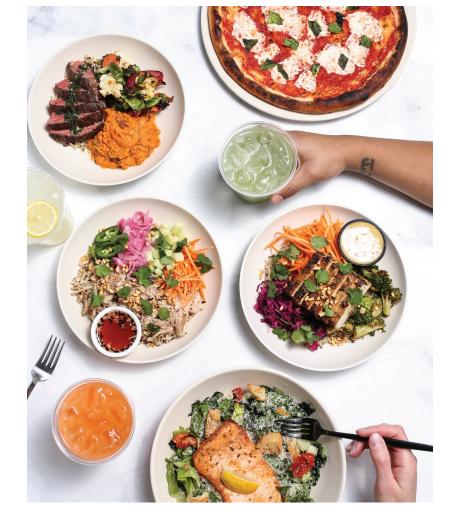
Keto Smoked Salmon

Bowl* @ 12.95

Sustainable smoked salmon, avocado, cage-free hard boiled egg, watermelon radish, red onion, arugula, fresh dill, everything spice, sour cream CALORIES: 490



ADD A CAGE-FREE HARD **BOILED EGG** 1.25 CALORIES: 70



Sweet Treats

Carrot Cake with Candied Ginger ♦ 4.00

CALORIES: 360

Salted Nutella® Marshmallow Treat @ ® 4.50

CALORIES: 220

Chocolate Chip Cookie @ M 3.00 CALORIES: 380

Oatmeal Cranberry Cookie @ 13.00

CALORIES: 340

*These foods may contain undercooked eggs, meat, seafood, and/or shellfish. Consuming undercooked eggs, meat, seafood, and/or shellfish may increase your risk of foodborne illness.