

# WELCOME



## GRAIN BOWLS

### POWER BOWL — \$9.75

black/red rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, green goddess (V) (GF)

### FIESTA BOWL — \$9.75

black/red rice, corn, poblano cabbage slaw, cheddar cheese, black bean spread, pico de gallo, cilantro, tortilla strips, salsa roja (VG) (V) (GF)

### THAI BOWL — \$10.00

black/red rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto (VG) (V) (GF)



## GREENS & GRAINS

### CASHEW BOWL — \$10.50

black/red rice, mixed greens, roasted broccoli, five spice roasted cauliflower, pickled radish and carrot, sprouts, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette (V) (GF)

### CLUB MED BOWL — \$9.75

arugula, tabbouleh (quinoa, tomato, cucumber, mint, lemon, bell pepper, red onion), golden raisins, feta cheese, roasted red pepper hummus, cilantro, pita chips, creamy tahini (V)



### SALMON BOWL — \$15.00

quinoa, spinach, poblano cabbage slaw, roasted red peppers, citrus roasted fennel, sunflower sprouts, smoked salmon, green goddess (GF)

ADD A CUP OF SOUP TO ANY BOWL OR SALAD FOR \$3.50

## SOUPS

### VEGAN CHILI

\$5.00 (CUP) \$7.50 (BOWL)

### BUTTERNUT SOUP

\$5.00 (CUP) \$7.50 (BOWL)

## PROTEINS

HARD BOILED EGG \$2.00

ROASTED CHICKEN \$3.50

LENTIL MEATBALLS \$3.50

ROASTED TOFU \$3.50

TEMPEH \$3.50

SMOKED SALMON \$7.00

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

## SALADS

### CHICKEN CAESAR — \$13.00

romaine, sourdough croutons, parmesan, egg, chicken, caesar dressing

### BATATAS — \$10.00

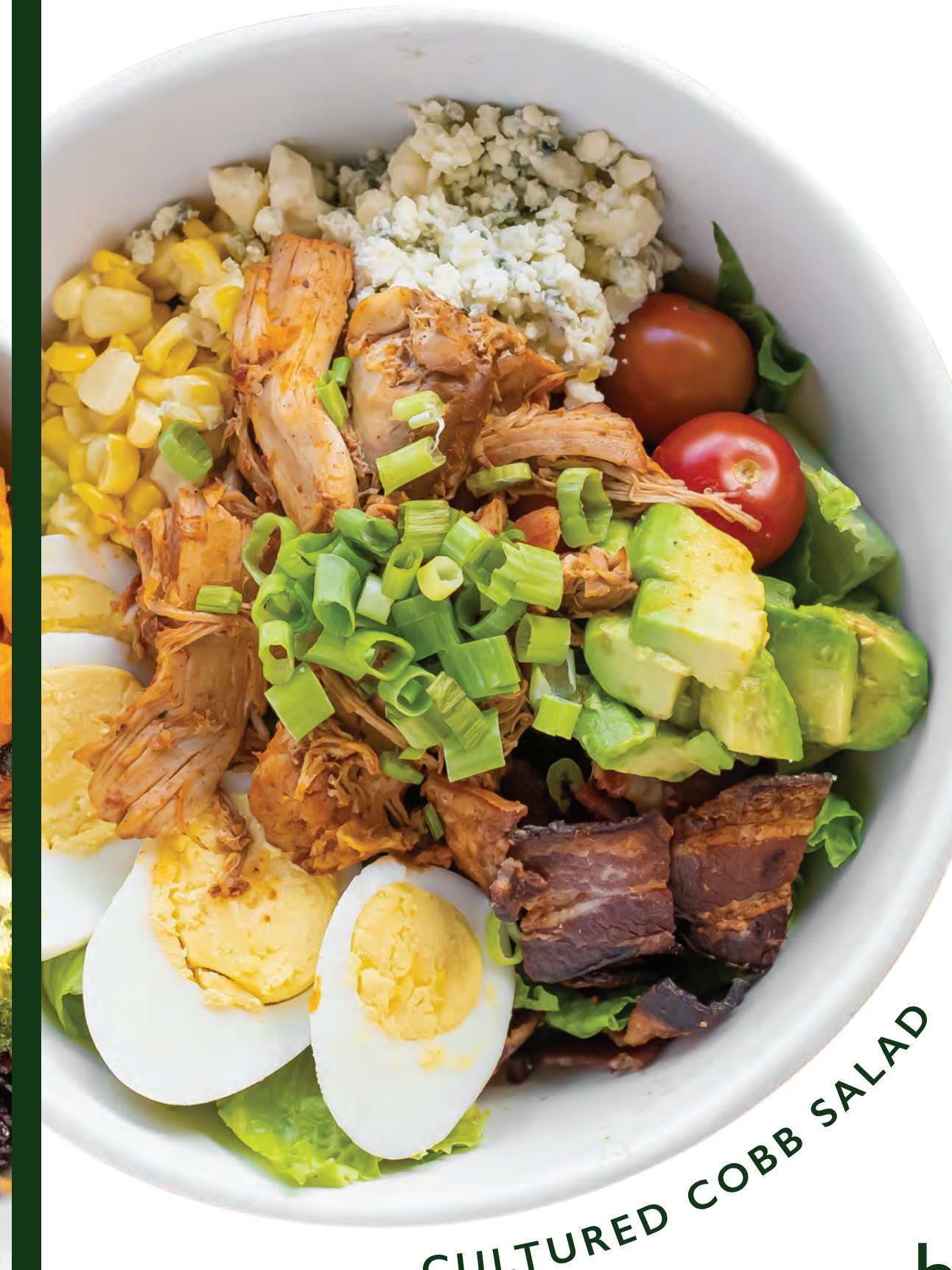
romaine, roasted sweet potatoes, corn, black beans, avocado, cilantro, green onion, salsa roja (V) (GF)

### CULTURED COBB — \$14.75

romaine, corn, tomato, avocado, bacon, egg, blue cheese, roasted chicken, green onion, red wine vinaigrette (GF)

### LOCAL ROOTS — \$10.50

arugula, spinach, beets, brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic vinaigrette (V) (GF)



## MAKE YOUR OWN — \$7.00

includes your choice of two bases, three standard ingredients, and your choice of dressing (additional ingredients available for additional charges)

## BASES

MIXED GREENS • ROMAINE • SPINACH • ARUGULA

BLACK/RED RICE • QUINOA • CAULIFLOWER RICE

## BEVERAGES

BOTTLED WATER \$3.50

FORAGE KOMBUCHA \$2.95

FORAGE IN HOUSE BEVERAGES \$2.95

## PURVEYORS

CEDAR GROVE CHEESE

CARR VALLEY CHEESE

MONT CHEVRE CHEESE

MADISON SOURDOUGH

SIMPLE SOYMAN

ALSUM CORN

VITRUVIAN FARMS

RALEIGH'S HILLSIDE FARMS

HOLISTIC HARVEST

ELDERBERRY FARMS

SUPERCHARGE FOODS

ORGANICK PASTURES EGGS



# SEASONAL

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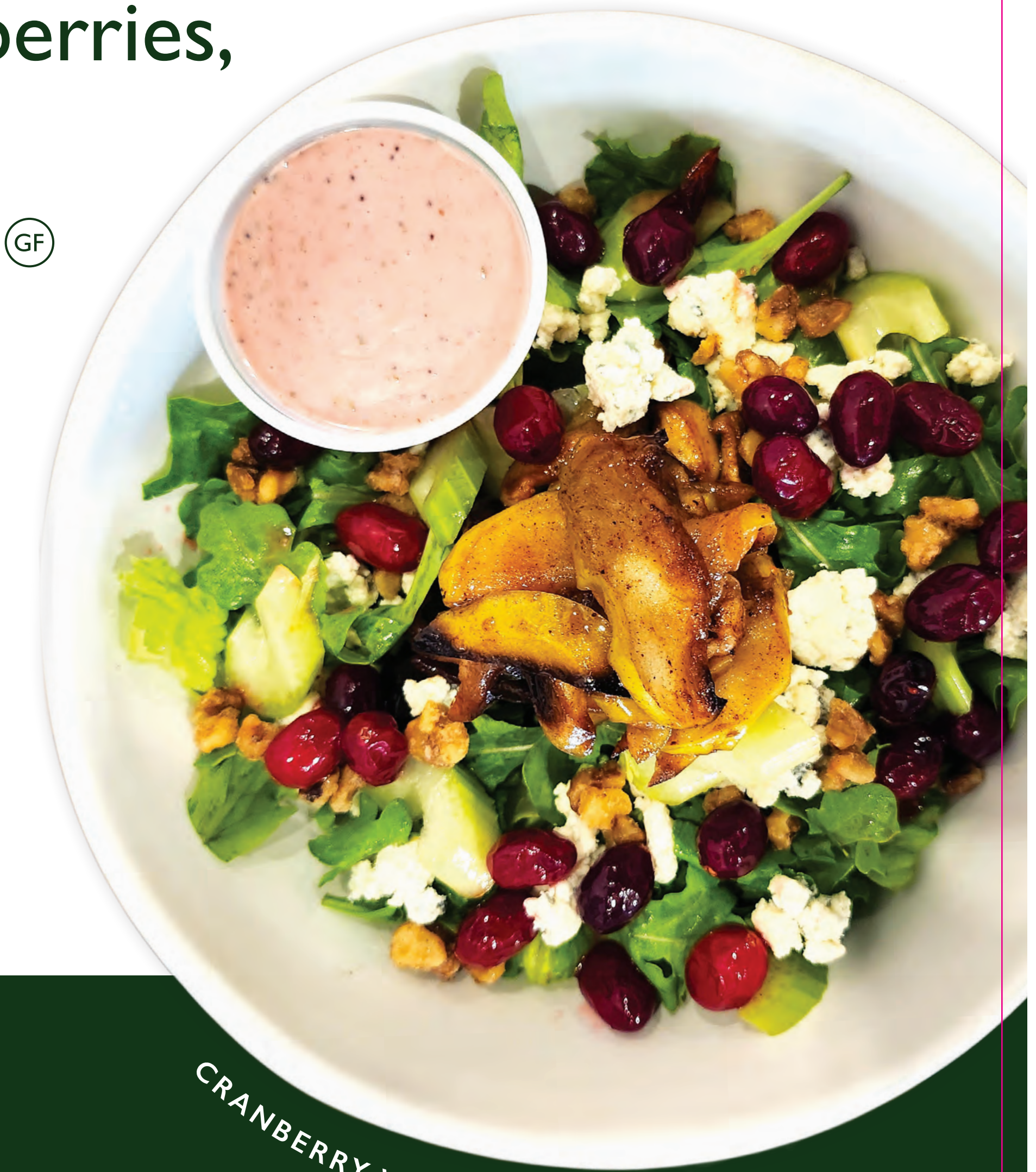
ROOT DOWN

## ROOT DOWN — \$12.25

quinoa, arugula, roasted carrots, roasted parsnips, roasted sweet potatoes, roasted celeriac, roasted squash, roasted pepitas, apple cider vinaigrette (VG) (V) (GF)

## CRANBERRY WALDORF — \$11.50

arugula, romaine, macerated cranberries, baked apples, celery, blue cheese, candied walnuts, cranberry ranch (V) (GF)



CRANBERRY WALDORF

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# THANK YOU

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