FRESH SALADS

**Salmon Caesar** $11.00
Romaine, sustainable salmon, kale, roasted tomato, cucumber, basil, ciabatta croutons, Grana Padano, house Caesar dressing
CALORIES: 776 WHOLE / 495 HALF

**Thai Coconut** $9.90 / $6.90
Mixed greens, roasted chicken, sweet potato, toasted coconut, cucumber, pickled onion, cilantro, peanut, peanut mango dressing
CALORIES: 888 WHOLE / 495 HALF

**Farmer** $9.40 / $6.90
Mixed greens, roasted chicken, feta, seasonal fruit, corn, almond, champagne vinaigrette
CALORIES: 728 WHOLE / 348 HALF

GRAIN BOWLS

**Mediterranean Bowl** $12.50
100% grass fed steak, warm heirloom rice, quinoa pilaf, red onion, cucumber, Kalamata olive, romaine, feta, herb yogurt, dill
CALORIES: 888

**Lemongrass Pork Bowl** $9.90
Humanely-raised Berkshire pulled pork, warm heirloom rice, carrot, cucumber, pickled onion, jalapeno, cilantro, peanut, chili vinegarette
CALORIES: 628

**Curry Salmon Bowl** $13.20
Sustainable salmon, warm heirloom rice, marinated kale, coconut sweet potato curry, toasted coconut, green onion
CALORIES: 678

HOMEMADE SOUPS

**Ask About Our Seasonal Soups**

**Hand Carved Plates**

**Choose Two Sides**
Includes a protein over bed of warm heirloom rice, with chimichurri and two sides

1. **Pick a Protein:**
   - **Sustainable Salmon** $18.00
   - **100% Grass Fed Steak** $13.50
   - **Herb Marinated Chicken** $11.00

2. **Pick Two Sides:**
   - **Rosemary Sweet Potato Mash** $6.00
   - **Roasted Garlic Mashed Potato** $6.00
   - **Argula & Blue Cheese Salad** $4.00
   - **Greens & Asaggio Salad** $4.00
   - **Heirloom Rice** $4.00
   - **Macaroni and Cheese** $4.00
   - **Fire Roasted Veggie** $3.00

**Pulled Pork Bánh Mì**
Humanely-raised Berkshire pulled pork, pickled carrot, cilantro, basil, jalapeño, lemongrass aioli on ciabatta
CALORIES: 908 WHOLE / 490 HALF

**Blueberry Feta** $8.85 / 5.65
Fresh mozzarella, basil pesto, blueberry, blueberry chia jam, tomato, arugula, balsamic vinaigrette
CALORIES: 704 WHOLE / 440 HALF

**Buddha Bowl** $8.99
Seared glazed tofu, warm heirloom rice, spicy roasted broccoli, carrot, citrus, cabbage slaw, peanut, cilantro, peanut mango sauce
CALORIES: 608

**Smoky Chicken Bowl** $9.40
Roasted chicken, warm heirloom rice, chili sweet potato, citrus, cabbage slaw, roasted tomato, cilantro, avocado-tomatillo salsa, smoked creme
CALORIES: 644

**Wintergreen Soup** $8.90 / $5.90
Baby greens, green apple, goat cheese, roasted potato, medjool date, walnut, agave herb vinaigrette
CALORIES: 538 WHOLE / 255 HALF

TOASTED SANDWICHES

SERVING WITH KETTLE CHIPS

**Chipotle Steak** $10.85 / $6.55
100% grass fed steak, SPICY Chipotle aioli, arugula, asiago cheese, tomato on ciabatta
CALORIES: 938 WHOLE / 495 HALF

**Tender Belly BLT** $9.35 / $5.95
Tender Belly™ bacon, basil aioli, avocado, tomato, arugula on sourdough
CALORIES: 1208 WHOLE / 662 HALF

**Basil Chicken** $8.85 / $5.65
Roasted chicken, basil aioli, tomato, red onion, provolone on arugula on ciabatta
CALORIES: 836 WHOLE / 455 HALF

** Extras **
- Make it Gluten-Free
- Add Bag of Chips
- Add Greens & Asaggio Salad
- Add Arugula & Blue Cheese Salad

** Chipotle Bacon ** $7.50
Cage-free egg, Tender Belly™ bacon, provolone, tomato, SPICY chipotle aioli on ciabatta
CALORIES: 680

** Classic Sandwich** $6.00
Cage-free egg-free sandwich, on ciabatta
CALORIES: 346

** Colorado Burrito** $5.00
Cage-free scrambled eggs, Colorado green chile, roasted potato, pepper jack, tortilla, salsa
CALORIES: 446

** Tender Belly Burrito** $6.00
Cage-free scrambled eggs, Colorado green chile, roasted potato, Tender Belly™ bacon, pepper jack, tortilla, salsa
CALORIES: 778

** Oatmeals **
- **Peanut Butter Banana** $5.50
Steel cut oats, peanut butter, banana, honey, peanuts
CALORIES: 270

**Super Berry** $5.50
Steel cut oats, blueberry chia jam, blueberry hemp superfod granola, toasted coconut
CALORIES: 440

** Avocado Toast **

**Modern Avo Toast** $5.50
Fresh avocado, scoundough toast, chili spice, green onion, fresh dill, everything spice
CALORIES: 240

**Everyday Avo Toast** $7.00
Fresh avocado, scoundough toast, smoked salmon, cream, red onion, fresh dill, everything spice
CALORIES: 422

**Add Hard boiled Eggs** $1.00
CALORIES: 70

** Sub Gluten-Free Toast** $1.25
CALORIES: 85

** Breakfast Bowls **

**Brekkie Bowl** $7.50
Cage-free scrambled eggs, chili roasted sweet potato, tomato, dressed arugula, sourdough toast included, bacon or avocado or upgrade to Smoked Salmon $1.50
CALORIES: 510 / 310

**Sunrise Bowl** $7.50
Cage-free hard boiled egg, avocado, baby greens, Tender Belly™ bacon, roasted tomato, almond, sourdough toast
CALORIES: 570

** Waffles **

**Pearl Sugar Waffle** $4.50
Blueberry chia jam, Belgium dessert waffle, powdered sugar.
CALORIES: 618

** Avocado Toast **

**Everything Avo Toast** $7.00
Fresh avocado, scoundough toast, smoked salmon, cream, red onion, fresh dill, everything spice
CALORIES: 422