

## **BASES**

### **BROWN RICE**

Brown rice (brown rice, water, sea salt, bay leaf), thyme oil (extra virgin olive oil, water, garlic puree [garlic, canola oil, extra virgin olive oil], sea salt, black pepper, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

### **FARM GREENS WITH MINT**

Napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette (canola oil, red wine vinegar, rosemary oil [extra virgin olive oil, canola oil, water, rosemary, sea salt], shallot, garlic, rosemary, sea salt), mint, Maldon sea salt, black pepper.

### **SPICED FARRO WITH BUTTERNUT SQUASH**

Farro with butternut squash (farro, water, roasted butternut squash [butternut squash, canola oil, sea salt], preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], sea salt, cinnamon stick, bay leaf), celery, extra virgin olive oil, parsley, Maldon sea salt.

**Contains: Wheat/Gluten**

## **PROTEINS**

### **CHARRED CHICKEN**

Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).

### **GRILLED TOFU**

Tofu, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), roasted onion ring (red onion, extra virgin olive oil, sea salt), spicy pickled pepper (bell pepper, Fresno chili, rice wine vinegar, sugar, salt), Maldon sea salt.

**Contains: Soy**

### **HERB ROASTED CHICKEN**

Chicken breast, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), garlic, rosemary, parsley, marjoram, thyme.

### **MEATBALLS WITH TOMATO RAGU**

Meatball (beef, chicken, gluten-free oat, tomato, yellow onion, white button mushroom, celery, parsley, free-range egg, carrot, sea salt, garlic, fennel, black pepper), spicy tomato ragu (diced tomato, sea salt, sugar, chili flake, black pepper, garlic oil [canola oil, extra virgin olive oil, garlic]).

**Contains: Egg**

## **PEPPERCORN STEAK**

100% grass-fed top sirloin steak (black pepper, white pepper, sea salt, canola oil, Maldon sea salt)

## **WILD ALASKAN SALMON**

Wild Alaskan salmon, lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt), canola oil, Maldon sea salt.

**Contains: Fish**

## **SIDES**

### **APPLES & CELERY**

Celery, apple, candied walnuts (walnuts, honey, black pepper, coriander, fennel, sugar, sea salt), lemon, extra virgin olive oil, parsley, parmesan cheese, Maldon sea salt.

**Contains: Milk, Tree Nut.**

### **CASHEW KALE CAESAR**

Green kale, Tuscan kale, cashew Caesar dressing (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper), candied cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, cauliflower, lemon juice, Maldon sea salt.

**Contains: Tree Nut**

### **CAULIFLOWER WITH GARLIC AND PARMESAN**

Roasted cauliflower (cauliflower, garlic aioli [tofu, garlic, cayenne, sea salt, mustard powder, garlic puree {garlic, canola oil, extra virgin olive oil}, apple cider vinegar, olive oil, canola oil, water], parmesan, lemon) garlic chive, chili flake, sea salt.

**Contains: Milk, Soy**

### **CHARRED BROCCOLI WITH LEMON**

Roasted broccoli (broccoli, sea salt, garlic oil [garlic, canola oil, extra virgin olive oil]), lemon, garlic oil (garlic, canola oil, extra virgin olive oil), Maldon sea salt.

### **HERB ROASTED SQUASH**

Marinated kabocha squash (kabocha squash rosemary oil [water, sea salt, rosemary, extra virgin olive oil, canola oil]), maple rosemary vinaigrette (rosemary oil [water, sea salt, rosemary, extra virgin olive oil, canola oil], maple syrup, apple cider vinegar, sea salt), spiced pumpkin seeds

(pumpkin seeds, canola oil, crushed red pepper, paprika, sea salt), fried sage (sage, canola oil, sea salt), pumpkin spice (cinnamon, ginger, cloves, nutmeg), sea salt.

### **JASPER HILL MAC & CHEESE**

Whole wheat pasta, bechamel sauce (extra virgin olive oil, whole wheat flour, whole milk, garlic puree [garlic, canola oil, extra virgin olive oil], rosemary, nutmeg, sea salt, bay leaf, black pepper), Jasper Hill cheese blend, heavy cream, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), sea salt.

**Contains: Milk, Wheat/Gluten**

### **KALE & QUINOA WITH PRESERVED ORANGE**

Seasoned quinoa (quinoa, roasted onion ring [red onion, extra virgin olive oil, sea salt], rosemary vinaigrette [Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt)], black pepper), green kale, tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange (orange, agave, rice wine vinegar, Chinese five spice, star anise), black pepper.

### **ROASTED SWEET POTATOES**

Roasted sweet potato (sweet potato, sweet potato marinade [canola oil, extra virgin olive oil, paprika, sea salt, black pepper]), rosemary oil (water, sea salt, rosemary, extra virgin olive oil, canola oil), extra virgin olive oil, Maldon sea salt.

### **SHEET TRAY CARROTS**

Coriander spiced carrot (carrot, grapeseed oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, grapeseed oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

### **SPICED PERSIAN CUCUMBERS**

Persian cucumber, cucumber marinade (apple cider vinegar, shallot, garlic, sea salt, olive oil), sumac, black urfa, Maldon sea salt.

### **ROASTED BRUSSELS SPROUTS**

Marinated Brussels sprouts (Brussels sprouts, canola oil), roasted onion ring (red onion, extra virgin olive oil, sea salt), maple honey sriracha (sriracha [canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), lemon, sea salt.

## **CHEF'S SPECIALS**

### **CLASSIC DIG**

**Charred Chicken** Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).

**Roasted Sweet Potatoes** Sweet potato, sweet potato marinade (canola oil, extra virgin olive oil, paprika, sea salt, black pepper), rosemary oil (water, sea salt, rosemary, extra virgin olive oil, canola oil), extra virgin olive oil, Maldon sea salt.

**Charred Broccoli with Lemon** Broccoli, sea salt, garlic oil (garlic, canola oil, extra virgin olive oil), lemon, Maldon sea salt.

**Brown Rice** Brown rice, water, sea salt, bay leaf, thyme oil (extra virgin olive oil, water, garlic puree [garlic, canola oil, extra virgin olive oil], sea salt, black pepper, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

**Garlic Aioli** Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree (garlic, canola oil, extra virgin olive oil).

**Contains: Soy**

### **FALL HARVEST BOWL**

**Spiced Farro with Butternut Squash** Farro with butternut squash (farro, water, roasted butternut squash [butternut squash, canola oil, sea salt], preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], sea salt, cinnamon stick, bay leaf), celery, extra virgin olive oil, parsley, Maldon sea salt.

**Sweet and Spicy Brussels Sprouts** Marinated Brussels sprouts (Brussels sprouts, canola oil), roasted onion ring (red onion, extra virgin olive oil, sea salt), maple honey sriracha (sriracha [canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), lemon, sea salt.

**Apple and Celery** Celery, apple, candied walnuts (walnuts, honey, black pepper, coriander, fennel, sugar, sea salt), lemon, extra virgin olive oil, parsley, parmesan cheese, Maldon sea salt.

**Sage and Spiced Pumpkin Seeds** Fried sage (sage, canola oil), spiced pumpkin seeds (pumpkin seeds, canola oil, crushed red pepper, paprika, sea salt)

**Rosemary Vinaigrette** Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt).

**Contains: Milk, Tree Nuts, Wheat/Gluten**

## **SPICY LIME LEAF SALMON**

**Classic brown rice** Brown rice, water, sea salt, bay leaf

**Charred Broccoli with Lemon** Broccoli, sea salt, garlic oil (garlic, canola oil, extra virgin olive oil), lemon, Maldon sea salt.

**Wild Alaskan salmon** Salmon, lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt), canola oil, Maldon sea salt.

**Cabbage slaw** Shredded napa cabbage, Maldon salt, lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt).

### **Avocado**

**Spicy lime leaf dressing** Sriracha (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt), coconut aminos, ginger, spicy pickled pepper (bell pepper, Fresno chili, rice wine vinegar, sugar, salt).

**Contains: Fish**

## **SPICY MEATBALL BOWL**

**Meatballs with Tomato Ragu** Meatball (beef, chicken, gluten-free oat, tomato, yellow onion, white button mushroom, celery, parsley, free-range egg, carrot, sea salt, garlic, fennel, black pepper), spicy tomato ragu (diced tomato, sea salt, sugar, chili flake, black pepper, garlic oil [canola oil, extra virgin olive oil, garlic]).

**Cauliflower with Garlic and Parmesan** Cauliflower, garlic aioli (tofu, garlic, cayenne, sea salt, mustard powder, garlic puree [garlic, canola oil, extra virgin olive oil], apple cider vinegar, olive oil, canola oil, water), parmesan, lemon, garlic chive, chili flake, sea salt.

**Sheet Tray Carrots** Carrot, grapeseed oil, coriander, sea salt, chili flake, lemon gremolata (lemon peel, garlic, marjoram, grapeseed oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

**Brown Rice** Brown rice, water, sea salt, bay leaf, thyme oil (extra virgin olive oil, water, garlic puree [garlic, canola oil, extra virgin olive oil], sea salt, black pepper, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

**Pesto** Garlic puree (garlic, canola oil, extra virgin olive oil), caper, shallot, Dijon mustard, garlic, champagne vinegar, sea salt, black pepper, canola oil, extra virgin olive oil, basil, parsley, dill.

**Contains: Soy, Milk, Egg**

## **STEAK & EGGS. AND BRUSSELS**

**Spiced Farro with Butternut Squash** Farro with butternut squash (farro, water, roasted butternut squash [butternut squash, canola oil, sea salt], preserved orange [orange, agave, rice wine vinegar, Chinese five spice, star anise], sea salt, cinnamon stick, bay leaf), celery, extra virgin olive oil, parsley, Maldon sea salt.

**Sweet and Spicy Brussels Sprouts** Marinated Brussels sprouts (Brussels sprouts, canola oil), roasted onion ring (red onion, extra virgin olive oil, sea salt), maple honey sriracha (sriracha [canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), lemon, sea salt.

**Sheet Tray Carrots** Coriander spiced carrot (carrot, grapeseed oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, grapeseed oil, parsley, Maldon sea salt), lemon, Maldon sea salt.

**Sirloin Steak** 100% grass-fed top sirloin steak, black pepper, sea salt.

**Sriracha** Canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water.

**Contains: Egg, Milk**

## **DIG GREENS**

### **ALASKAN SALMON KALE CAESAR SALAD**

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper], chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper, wild Alaskan salmon, lime leaf oil (canola oil, lime leaf, lemon grass, ginger, lemon peel, sea salt), canola oil, Maldon sea salt.

**Cashew Caesar dressing** (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

**Contains: Wheat/Gluten, Tree Nuts**

### **CHICKEN AVOCADO RANCH SALAD**

Kale and quinoa with preserved orange (Seasoned quinoa (quinoa, roasted onion ring [red onion, extra virgin olive oil, sea salt], rosemary vinaigrette [Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt)], black pepper), green kale, tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange (orange, agave, rice wine vinegar, Chinese five spice, star anise), black pepper), farm greens (napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette [canola oil, red wine vinegar, rosemary oil (extra virgin olive oil, canola oil, water, rosemary, sea salt)], herb roasted chicken (chicken breast, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), garlic, rosemary, parsley, marjoram, thyme.), sheet tray carrots (carrot, grapeseed oil, coriander, sea salt, chili flake,

lemon gremolata [lemon peel, garlic, marjoram, grapeseed oil, parsley, Maldon sea salt], lemon, Maldon sea salt), heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), radish, avocado, roasted onion ring (red onion, extra virgin olive oil, sea salt).

**Yogurt dill dressing** (labne, sea salt, dill, Dijon mustard, milk)

**Contains: Milk**

## **HERB CHICKEN KALE CAESAR SALAD**

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper]), chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper, chicken breast, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), garlic, rosemary, parsley, marjoram, thyme.

**Cashew Caesar dressing** (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

**Contains: Wheat/Gluten, Tree Nuts**

## **KALE CAESAR SALAD**

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper]), chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper.

**Cashew Caesar dressing** (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

**Contains: Wheat/Gluten, Tree Nuts**

## **STEAK AVOCADO RANCH SALAD**

Kale and quinoa with preserved orange (Seasoned quinoa (quinoa, roasted onion ring [red onion, extra virgin olive oil, sea salt], rosemary vinaigrette [Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt)], black pepper), green kale, tuscan kale, sea salt, lemon, extra virgin olive oil, parsley, mint, preserved orange

(orange, agave, rice wine vinegar, Chinese five spice, star anise), black pepper), farm greens (napa cabbage, mizuna mix, mesclun mix, rosemary vinaigrette [canola oil, red wine vinegar, rosemary oil (extra virgin olive oil, canola oil, water, rosemary, sea salt), 100% grass-fed top sirloin steak, black pepper, sea salt, sheet tray carrots (carrot, grapeseed oil, coriander, sea salt, chili flake, lemon gremolata [lemon peel, garlic, marjoram, grapeseed oil, parsley, Maldon sea salt], lemon, Maldon sea salt), heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), radish, avocado, roasted onion ring (red onion, extra virgin olive oil, sea salt).

**Yogurt dill dressing** (labne, sea salt, dill, Dijon mustard, milk)

**Contains: Milk**

## **STEAK KALE CAESAR SALAD**

Green kale, Tuscan kale, romaine lettuce, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), avocado, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper]), chili flake, cauliflower, lemon juice, Maldon sea salt, black pepper, 100% grass-fed top sirloin steak, black pepper, white pepper, sea salt, canola oil, Maldon sea salt.

**Cashew Caesar dressing** (canola oil, extra virgin olive oil, cashew, Dijon mustard, red wine vinegar, coconut aminos, garlic puree [garlic, canola oil, extra virgin olive oil], lemon juice, garlic, sea salt, black pepper).

**Contains: Wheat/Gluten, Tree Nuts**

## **SAUCES & DRESSINGS**

### **GARLIC AIOLI**

Canola oil, extra virgin olive oil, cayenne pepper, mustard powder, sea salt, tofu, apple cider vinegar, garlic, garlic puree (garlic, canola oil, extra virgin olive oil).

**Contains: Soy**

### **HABANADA VINAIGRETTE**

Habanada reduction (habanada mash, bay leaf, cumin coriander, paprika, rice wine vinegar, agave), chili vinegar (rice wine vinegar, aji dulce, sugar, sea salt, water), agave, canola oil, garlic puree (garlic, canola oil, extra virgin olive oil), sea salt, oregano, water.

### **PESTO**



Pesto base (garlic puree [garlic, canola oil, extra virgin olive oil], caper, shallot, Dijon mustard, garlic, champagne vinegar, sea salt, black pepper), canola oil, extra virgin olive oil, basil, parsley, dill.

### **ROSEMARY VINAIGRETTE**

Rosemary, canola oil, shallot, sea salt, red wine vinegar, garlic, rosemary oil (rosemary, canola oil, extra virgin olive oil, sea salt).

### **SRIRACHA**

Canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water.

### **TARRAGON MUSTARD**

Canola oil, Sir Kensington's spicy brown mustard, Dijon mustard, white vinegar, extra virgin olive oil, sugar, sea salt, tarragon.

## **DESSERTS**

### **FLOURLESS BROWNIE**

Semisweet chocolate, sugar, free-range egg, sweet potato puree (sweet potato, canola oil, extra virgin olive oil, black pepper, paprika, sea salt), vanilla extract, sea salt, baking soda, baking powder, Maldon sea salt.

**Contains: Egg, Soy**

### **KITCHEN SINK COOKIE**

Kitchen sink cookie batter (butter, gluten-free oat, all-purpose flour, brown sugar, raisin, carrot, sugar, free-range egg, semi-sweet chocolate, sea salt, vanilla extract, baking powder, baking soda, cinnamon, cardamom), flax seed, sunflower seed.

**Contains: Egg, Milk, Soy, Wheat/Gluten**