

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

Tuscan kale, green kale, mesclun mix, romaine, 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.

TOMATO & BASIL SUMMER FARRO

Farro, bay leaf, sea salt, marjoram, basil stem, lemon zest, water, confit tomatoes (plum tomato, olive oil, sea salt, garlic, basil, canola oil), basil, parsley, celery, tomato vinaigrette (tomato paste, garlic, shallot, sea salt, rice wine vinegar, coconut aminos, water), olive oil.

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

COLD SIDES

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

CHARRED SCALLION GREEN BEANS

Steamed green beans (green beans, extra virgin olive oil, sea salt), grilled scallions (scallion, canola oil, sea salt), black urfa chili, Maldon 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.

HOT SIDES

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.

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

LEMON BASIL SUMMER SQUASH

Green zucchini, yellow squash, garlic oil (garlic, canola oil, extra virgin olive oil), sea salt, black pepper, squash dressing (Sir Kensington's vegan mayo, garlic, lemon zest), seasoned breadcrumbs (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), lemon juice, basil, Maldon sea salt.

Contains: Wheat/Gluten

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.

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

HOT HONEY CHICKEN & CARROTS

Seasoned Quinoa Tricolor quinoa (tricolor quinoa, water, sea salt), roasted onion ring (red onion, extra virgin olive oil, sea salt), black pepper, rosemary vinaigrette (canola oil, red wine vinegar, rosemary oil [extra virgin olive oil, canola oil, water, rosemary, sea salt], shallot, garlic, rosemary, sea salt).

Garlicky Kale Green kale, Tuscan kale, garlic oil (canola oil, extra virgin olive oil, garlic).

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.

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).

Apple Pear

Brussels Dressing Apple cider gastrique (apple cider vinegar, agave), garlic puree (garlic, canola oil, extra virgin olive oil), coconut aminos.

Hot Honey Honey, sriracha (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water).

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 Ragù 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 ragù (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

SUMMER SQUASH & TOMATO GRAIN BOWL

Lemon basil summer squash Green zucchini, yellow squash, garlic oil (garlic, canola oil, extra virgin olive oil), sea salt, black pepper, squash dressing (Sir Kensington's vegan mayo, garlic, lemon zest), seasoned breadcrumbs (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil], onion powder, sea salt, smoked sweet paprika, black pepper), lemon juice, basil, Maldon sea salt.

Heirloom cherry tomatoes Cherry tomatoes, extra virgin olive oil

Tomato & basil summer farro Farro, bay leaf, sea salt, marjoram, basil stem, lemon zest, water, confit tomatoes (plum tomato, olive oil, sea salt, garlic, basil, canola oil), basil, parsley, celery, tomato vinaigrette (tomato paste, garlic, shallot, sea salt, rice wine vinegar, coconut aminos, water), olive oil.

Jammy egg Egg, chili oregano salt (crushed red pepper, oregano, sea salt).

Avocado

Balsamic dressing Balsamic vinegar, shallot, agave, sea salt, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), canola oil, Dijon mustard.

Pesto vinaigrette

Contains: Eggs, Wheat/Gluten

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 SALAD

Farm greens (Tuscan kale, green kale, mesclun mix, romaine), heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil), roasted 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), radish, candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), herbed quinoa (tricolor quinoa, water, sea salt, canola oil, garlic, parsley, rosemary, oregano, thyme), herb roasted chicken (chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt], garlic, rosemary, parsley, marjoram, thyme, extra virgin olive oil), avocado, lemon wedge, Maldon 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

HUDSON VALLEY NIÇOISE

Farm greens (Tuscan kale, green kale, mesclun mix, romaine), steamed green beans (green beans, extra virgin olive oil, sea salt), steamed fingerling potatoes (fingerling potatoes, apple cider vinegar, canola oil, sea salt), hot smoked steelhead trout, hard boiled egg, radish, black urfa chili, lemon, Kalamata olives.

Lemon dijonnaise (Sir Kensington's vegan mayo, Dijon mustard, rice wine vinegar, capers, tarragon, sea salt, lemon juice, lemon zest.)

Contains: Fish, Egg

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 SALAD

100% grass-fed top sirloin steak (black pepper, white pepper, sea salt, canola oil, Maldon sea salt), farm greens (Tuscan kale, green kale, mesclun mix, romaine), herbed quinoa (tricolor quinoa, water, sea salt, canola oil, garlic, parsley, rosemary, oregano, thyme), heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil), 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), roasted onion ring (red onion, extra virgin olive oil, sea salt), candied sunflower seeds (sunflower seeds, coriander, fennel seed, black pepper, sugar, honey, sea salt), avocado, radish, lemon, Maldon 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

SUMMER VEGETABLE CAPRESE

Mesclun, persian cucumber, heirloom cherry tomatoes (cherry tomatoes, extra virgin olive oil, Maldon sea salt, black pepper), basil, mozzarella, green zucchini, yellow squash, seasoned breadcrumb (panko breadcrumb, garlic puree [garlic, canola oil, extra virgin olive oil])

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.

Contains: Milk, Wheat/Gluten

SAUCES & DRESSINGS

BALSAMIC DRESSING

Canola oil, balsamic vinegar, agave, Dijon mustard, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt) shallot, sea salt.

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, cinna- mon, cardamom), flax seed, sunflower seed.

Contains: Egg, Milk, Soy, Wheat/Gluten