

## SIGNATURE SALADS

32 OZ • \$10.15 - \$12.15

### SPICY + KALE CAESAR 190 cal

Romaine + Kale, Grape Tomatoes, Jalapeño, Garlic Croutons, Aged Parmesan, Fresh Lemon, Add Chicken (+\$3.15)

**Dressing:** Evergreens Caesar

### THE SUPER BOWL 260 cal

Arugula, Quinoa, Turkey, Almonds, Grape Tomatoes, Aged Parmesan, Herb Pesto, Add Avocado (+\$2)

**Dressing:** Red Wine Vini

### COBB YOUR ENTHUSIASM 600 cal

Romaine, Whole Avocado, Pickled Red Onion, Bacon, Hard Boiled Egg, Gorgonzola, Add Chicken (+\$3.15)

**Dressing:** Red Wine Vini

### EL SOMBRERO 560 cal

Romaine, Whole Avocado, Grape Tomatoes, Jalapeño, Fire Roasted Corn, Black Beans, Tortilla Chips, Beecher's Flagship, Add Chicken (+\$3.15)

**Dressing:** Cilantro Lime

## SEASONAL SALADS

32 OZ • \$10.15

### APPLE-Y EVER AFTER 290 cal

Romaine + Kale, Apple, Celery, Pickled Beet, Dried Cranberries, Pepita Crunch, Add Turkey (+\$3.15)

**Dressing:** Cider Vini

### PERKS OF BEING A CAULIFLOWER 250 cal

Romaine + Mixed Greens, Ras el Hanout Cauliflower, Red Bell Pepper, Green Onion, Sunflower Seeds, Apricot Mostarda, Add Chicken (+\$3.15)

**Dressing:** Preserved Lemon Vini

### TWIST & SPROUT 500 cal

Romaine + Spinach, Roasted Brussels Sprouts, Spiced Garbanzos, Quinoa, Almonds, Feta, Chimichurri, Add Steak (+\$3.15)

**Dressing:** Red Wine Vini

### DON'T BE SICILY 290 cal

Romaine + Arugula, Balsamic Mushrooms, Herbed Sun-Dried Tomato, Garlic Croutons, Fresh Mozzarella, Herb Pesto, Add Chicken (+\$3.15)

**Dressing:** Dijon Balsamic

### FINDING NORI 220 cal

Romaine, Tofu, Carrot, Cucumber, Jalapeño, Sesame Wakame, Green Onion, Cashews, Nori Furikake, Add Chicken (+\$3.15)

**Dressing:** Orange Miso Vini

## SOUPS 24 OZ • \$6.95

Butternut Squash Bisque 180 cal/12 oz

Miso Soup 40 cal/12 oz

Red Pepper Bisque 90 cal/12 oz

Tomato Basil Soup 140 cal/12 oz

Ancho Tortilla Soup 180 cal/12 oz

## SPECIALTY SIDES \$4.25 - \$5.95

House Pickles 8 oz

Pickled Beets 8 oz

Pickled Onions 8 oz

Balsamic Roasted Mushrooms 8 oz

Roasted Bursells Sprouts 16 oz

Spiced Garbanzo Beans 16 oz

Ras el Hanout Cauliflower 16 oz

## DRESSINGS & FINISHES \$6.95

### DRESSINGS - 8 OZ

Cider Vini 100 cal/oz

Cilantro Lime 103 cal/oz

Dijon Balsamic 116 cal/oz

Evergreens Caesar 154 cal/oz

Orange Miso Vini 170 cal/oz

Preserved Lemon Vini 170 cal/oz

Red Wine Vini 140 cal/oz

Yogurt Ranch 20 cal/oz

### FINISHES - 6 OZ

Chimichurri 100 cal/oz

Herb Pesto 48 cal/oz

## CHEESES \$6.95 - \$10.75

Aged Parmesan 8oz

Feta 8oz

Fresh Mozzarella 8oz

Gorgonzola 8oz

Beecher's Flagship

Cheddar 8oz

## PROTEINS

Chicken - \$7.95 8 oz

Turkey - \$7.95 8 oz

Bacon - \$4.95 6 oz

Steak - \$10.95 8oz

Hard Boiled Egg - \$1.75 2 ea

Tofu - \$4.95 16 oz

Avocado - \$2 ea

## PANTRY

Garlic Croutons - \$6.95 8 oz

Juanita's Tortilla Chips - \$2.95 24 oz bag

Kettle Chips - \$4.95 4 snack size bags

Quinoa - \$7.95 16 oz

Brown Rice - \$2.25 16 oz

Macrina Focaccia - \$2.50 1/4 loaf

### FRESH BAKED COOKIES \$6.95

Triple Chocolate (4) 2 oz/ea

Harvest Fruit & Nut (4) 3 oz/ea

Gluten Free Oatmeal Raisin (8) 1.5 oz/ea

## BEVERAGES

Spindrift Sparkling Water - \$5 (4) 12 oz cans

Proud Source Water - \$7.50 (6) 16 oz bottles

Puget Sound Kombucha - \$3.75 16 oz bottle

**FAMILY HARVEST \$55**

Dinner is ready!

Enjoy salad, soup, Macrina focaccia bread, and fresh baked cookies for four people.

\* Food allergies, dietary restrictions and preferences are important to us, so please let us know when ordering so that we can provide you with the best service possible.

\*\* Calorie counts DO NOT include dressing.

**GF** Gluten Free

**P** High Protein (more than 20g per salad)

**V** Vegan