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## **BASES**

### **CLASSIC BROWN RICE**

Brown rice (brown rice, water, sea salt, bay leaf), **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

### **FARM GREENS WITH MINT**

Napa cabbage, Mint, mesclun, tuscan kale, lacinato kale.

### **LEMON & HERB FARRO**

Farro (farro, water, sea salt, dried oregano, bay leaf), candied lemon, herb marinade (canola oil, garlic, basil, parsley, rosemary, oregano, thyme, sea salt), celery, extra virgin olive oil, parsley, Maldon sea salt.

**Contains: Gluten/Wheat**

## **PROTEINS**

### **CHARRED CHICKEN**

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

### **CRISPY TOFU W/ MAPLE CIDER GLAZE**

Tofu (Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano), **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic).

**Contains: Soy**

### **HERB ROASTED SKINLESS CHICKEN**

Chicken breast, Herb Marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt).

### **MEATBALLS WITH TOMATO RAGU**

Meatballs (beef, chicken, whole grain oats, tomato, citric acid, white onion, Green Lentils, celery seed, parsley, egg, carrot, sea salt, garlic, fennel, black pepper), **Spicy Tomato Ragu** (crushed tomatoes, sea salt, sugar, chili flake, black pepper, garlic oil [sunflower oil, garlic]).

**Contains: Egg**

### **SEARED WILD SALMON**

Wild Alaskan salmon, seasoning blend (sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar), canola oil.

**Contains: Fish**

### **HOT HONEY CHICKEN**

**CHARRED CHICKEN**, Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic), **Maple Honey Sriracha (Sriracha** [canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey).

### **CRISPY BAKED CHICKEN**

**CHARRED CHICKEN**, Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). Buttermilk, Cornflakes, AP Flour, baking soda, baking powder.

**Contains: Wheat/Gluten, Milk**

## **SIDES**

### **SPRING COUSCOUS**

Couscous (couscous, water, sea salt), garlic oil (garlic, sunflower oil), dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper.

**Contains: Gluten/Wheat**

### **GREEK SALAD**

Romaine lettuce, heirloom cherry tomato, Persian cucumber, Kalamata olive, **Pickled Red Onions** (cider vinegar, water, sea salt, sugar, Peppadew Peppers), feta cheese, dried oregano, parsley, **Rosemary Vinaigrette** (rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water).

**Contains: Milk**

### **ROASTED CAULIFLOWER WITH PARMESAN**

Cauliflower, mayonnaise, garlic powder, parmesan cheese, lemon juice, sea salt, chili flake, scallion.

**Contains: Milk, Egg**

### **HERB MARINATED CANNELLINI BEANS**

Cannellini Beans, **Gremolata Pesto** (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. **Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Peppadew Peppers*), Scallions, Celery

### **TOMATOES AND CUCUMBERS**

**Persian Cucumbers and Heirloom Cherry Tomatoes, Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*), **Mint, Parsley**, black pepper, Maldon sea salt.

### **CASHEW KALE CAESAR**

**Green kale, Tuscan kale, Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric), **Candied Cashew** (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), **chili flake, Cauliflower - OR - Napa cabbage, lemon juice, Maldon sea salt.**

**Contains: Tree Nut (cashew)**

### **CHARRED BROCCOLI WITH LEMON**

**Roasted broccoli** (broccoli, sea salt, garlic oil [garlic, sunflower oil], lemon, Maldon sea salt).

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

**Whole wheat pasta, Bechamel Sauce** bechamel sauce (canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, Nisin), **Jasper Hill cheese blend, heavy cream, Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper).

**Contains: Milk, 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** (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt.

### **SHEET TRAY CARROTS**

**Coriander spiced carrot** (carrot, canola oil, coriander, sea salt, chili flake), **Gremolata Pesto** (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt.

## **CHEF'S SPECIALS**

### **VEGAN CLASSIC DIG**

**Crispy Tofu**, Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano, **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic). **Roasted Sweet Potatoes** Sweet potato, sweet potato marinade (canola oil, extra virgin olive oil, paprika, sea salt, black pepper), **Rosemary Oil** (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt. **Charred Broccoli with Lemon Broccoli**, sea salt, garlic oil (garlic, sunflower oil), lemon, Maldon sea salt. **Classic Brown Rice - Brown rice**, water, sea salt, bay leaf, **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley. **Garlic Aioli** Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices

**Contains: Soy**

### **CLASSIC DIG**

**Charred Chicken** Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea 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, sea salt, black pepper), **Rosemary Oil** (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt. **Charred Broccoli with Lemon** Broccoli, sea salt, garlic oil (garlic, sunflower oil), lemon, Maldon sea salt. **Brown Rice** Brown rice, water, sea salt, bay leaf, **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

**Garlic Aioli** Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices

### **HOT HONEY CHICKEN**

**Charred Broccoli with Lemon** Broccoli, sea salt, **Garlic Oil** (garlic, sunflower oil), lemon, Maldon sea salt. **Sheet Tray Carrots** Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt. **Jasper Hill Mac & Cheese** Whole wheat pasta, bechamel sauce (canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, Nisin), Jasper Hill cheese blend, heavy cream, **Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper), sea salt. **Charred Chicken** Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic)

**Maple Honey Sriracha** Sriracha (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), maple syrup, honey.

**Contains: Milk, Wheat/Gluten**

### **SPICY MEATBALL BOWL**

**Classic Brown Rice** (brown rice, water, sea salt, bay leaf), **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley. **Meatballs** (beef, chicken, whole grain oats, tomato, citric acid, white onion, Green Lentils, celery seed, parsley, egg, carrot, sea salt, garlic, fennel, black pepper), **Spicy Tomato Ragu** (crushed tomato, sea salt, sugar, chili flake, black pepper, garlic oil (garlic, sunflower oil)). **Green kale, Tuscan kale, Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric), **Candied Cashew** (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), **chili flake, Napa cabbage, lemon juice, Maldon sea salt. Sheet Tray Carrots** (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt.

**Contains: Tree nuts, Egg**

### **CRISPY CHICKEN SANDWICH**

Potato bun, **Farm Greens with Mint** (Napa cabbage, mint, mesclun, tuscan kale, lacinato kale), **Crispy Baked Chicken** (Skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed], buttermilk, cornflakes, AP flour, baking soda, baking powder), **Dig Sauce** (mayonnaise, **Sriracha** [Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water], smoked black pepper, garlic powder), dill pickles.

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

### **SPRING ROAST CHICKEN PLATE**

**Spring Couscous** (couscous [couscous, water, sea salt], garlic oil [garlic, sunflower oil], dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper, **Sheet Tray Carrots (Coriander spiced carrot** [carrot, canola oil, coriander, sea salt, chili flake], **Gremolata Pesto** [Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper], lemon, Maldon sea salt, **Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [garlic, sunflower oil], lemon, Maldon sea salt), **Herb Roasted Skinless Chicken (Chicken breast, Herb Marinade** [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt], Garlic White Wine Sauce (Chicken stock [water, chicken broth powder, salt, chicken fat, corn syrup solids], Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], canola oil, white wine, garlic, corn starch, extra virgin olive oil, wheat starch, chicken fat [chicken fat, rosemary], granulated sugar, sea salt, onion powder, yeast extract, carrot powder [carrot, rice hull], spices).

**Contains: Wheat/Gluten, Milk**

### **GREEK CRISPY CHICKEN PLATE**

**Classic Brown Rice** (brown rice [water, sea salt, bay leaf], **thyme oil** [Sunflower Oil, thyme], apple cider vinegar, lime juice, Maldon sea salt, parsley), **Greek Salad** (Romaine lettuce, heirloom cherry tomato, Persian cucumber, Kalamata olive, **Pickled Red Onions** [red onion, cider vinegar, water, sea salt, sugar, Peppadew Peppers], feta cheese, dried oregano, parsley, **Rosemary Vinaigrette** [rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water]), **Sheet Tray Carrots (Coriander spiced carrot** [carrot, canola oil, coriander, sea salt, chili flake], **Gremolata Pesto** [Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper], lemon, Maldon sea salt), **Crispy Baked Chicken** (Skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed], buttermilk, cornflakes, AP flour, baking soda, baking powder), **Garlic Aioli** (Canola Oil, Chickpea Broth [chickpeas, water], Apple Cider Vinegar, Roasted Garlic, Dijon Mustard [Vinegar, Water, mustard seeds, Turmeric], Sea Salt, Water, Spices).

**Contains: Wheat/Gluten, Milk**

### **TOFU GREENS AND GRAINS PLATE**

**Spring Couscous** (couscous [couscous, water, sea salt], garlic oil [garlic, sunflower oil], dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper), **Greek Salad** (Romaine lettuce, heirloom cherry tomato, Persian cucumber, Kalamata olive, **Pickled Red Onions** [red onion, cider vinegar, water, sea salt, sugar, Peppadew Peppers], feta cheese, dried oregano, parsley, **Rosemary Vinaigrette** [rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water]), **Sheet Tray Carrots** (**Coriander spiced carrot** [carrot, canola oil, coriander, sea salt, chili flake], **Gremolata Pesto** [Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper], lemon, Maldon sea salt, **Crispy Tofu with Maple Cider Glaze** (**Crispy Tofu** [Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano], **Cider Garlic Sauce** [Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic]).

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

### **SEARED SALMON PLATE**

**Spring Couscous** (couscous [couscous, water, sea salt], garlic oil [garlic, sunflower oil], dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper), **Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [garlic, sunflower oil], lemon, Maldon sea salt), **Tomatoes and Cucumbers** (Persian Cucumbers, Heirloom Cherry Tomatoes, **Pickled Red Onions** [cider vinegar, water, sea salt, sugar, Peppadew Peppers], mint, parsley, Maldon salt), **Seared Wild Salmon** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil), Garlic White Wine Sauce (Chicken stock [water, chicken broth powder, salt, chicken fat, corn syrup solids], Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], canola oil, white wine, garlic, corn starch, extra virgin olive oil, wheat starch, chicken fat [chicken fat, rosemary], granulated sugar, sea salt, onion powder, yeast extract, carrot powder [carrot, rice hull], spices).

**Contains: Wheat/Gluten, Fish, Milk**

## **DIG GREENS**

### **KALE CAESAR SALAD**

**Farm Greens with Mint** (Mesclun, Mizuna, Mint, Napa Cabbage), **Green kale, Tuscan kale, Persian Cucumber, Heirloom Cherry Tomatoes. Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*). **Fresh Mint, Parsley.** Sea salt, **Avocado, Seasoned Breadcrumb** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper), 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 - OR - Napa Cabbage, lemon juice, Maldon sea salt, black pepper.**

**Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric)

**Contains: Wheat/Gluten, Tree Nuts (cashew)**

- + **SEARED WILD SALMON** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil.

**Contains: Fish**

- + **HERB CHICKEN** (*chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt], garlic, rosemary, parsley, marjoram, thyme, paprika, coriander*)

### **HOUSE SALAD**

**Farm Greens with Mint** (Napa cabbage, Mint, mizuna mix, mesclun - **OR** - kale mix, and fresh mint), **Sheet Tray Carrots**, (carrot, canola oil, coriander, sea salt, chili flake), **Gremolata Pesto** (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. Herb Marinade, (canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt), garlic, rosemary, parsley, marjoram, thyme), **Tomatoes and Cucumbers**, Persian Cucumbers and Heirloom Cherry Tomatoes, **Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*). Fresh Mint, Parsley. Sea salt, **Avocado**, **Balsamic Vinaigrette** (Balsamic Vinegar Canola Oil, mustard, agave, shallot, rosemary, garlic). **Superseed Crunch** (Maple syrup, Flax Seeds, Sunflower Seeds, Canola Oil).

- + **SEARED WILD SALMON** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil.

**Contains: Fish**

- + **HERB CHICKEN** (*chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt], garlic, rosemary, parsley, marjoram, thyme, paprika, coriander*)

### **AVO GRAIN BOWL**

**Spiced Farro with Carrots**, Cooked Farro, (Bay leaf, Cinnamon Stick,) Roasted Carrots, Candied Orange, Sea Salt, Black Pepper. **Farm Greens with Mint** (Napa cabbage, Mint, mizuna mix, mesclun - **OR** - kale mix, and fresh mint). **Heirloom Cherry Tomatoes** (cherry tomatoes, extra virgin olive oil). **Tomatoes and Cucumbers**, Persian Cucumbers and Heirloom Cherry Tomatoes, **Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Pickled Aji Peppers, Vinegar*). **Fresh Mint, Parsley**. Sea salt. **Superseed Crunch** (Maple syrup, Flax Seeds, Sunflower Seeds, Chia Seed, Canola Oil). **Sheet Tray Carrots** (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. **Balsamic Vinaigrette** (Balsamic Vinegar Canola Oil, mustard, agave, shallot, rosemary).

- + **SEARED WILD SALMON** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil.

**Contains: Fish**



- + **HERB CHICKEN** (*chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt], garlic, rosemary, parsley, marjoram, thyme, paprika coriander*)

## DIG FAMILY DINNER

### SPRING FAMILY DINNER

**Lemon and Herb Farro** (Farro [farro, water, sea salt, dried oregano, bay leaf], candied lemon, herb marinade [canola oil, garlic, basil, parsley, rosemary, oregano, thyme, sea salt], celery, extra virgin olive oil, parsley, Maldon sea salt), **Greek Salad** (Romaine lettuce, heirloom cherry tomato, Persian cucumber, Kalamata olive, **Pickled Red Onions** [red onion, cider vinegar, water, sea salt, sugar, Peppadew Peppers], feta cheese, dried oregano, parsley, **Rosemary Vinaigrette** [rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water]), **Sheet Tray Carrots** (Coriander spiced carrot [carrot, canola oil, coriander, sea salt, chili flake], Gremolata Pesto [Marjoram, Parsley, garlic, extra virgin olive oil, canola oil, sea salt, black pepper], lemon, Maldon sea salt), **Charred Chicken** (skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed]), **Garlic Aioli** (Canola Oil, Chickpea Broth [chickpeas, water], Apple Cider Vinegar, Roasted Garlic, Dijon Mustard [Vinegar, Water, mustard seeds, Turmeric], Sea Salt, Water, Spices), **Sriracha** (Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water).

**Contains: Wheat/Gluten, Milk**

### GREEK CRISPY CHICKEN FAMILY DINNER

**Classic Brown Rice** (brown rice [water, sea salt, bay leaf], **thyme oil** [Sunflower Oil, thyme], apple cider vinegar, lime juice, Maldon sea salt, parsley), **Greek Salad** (Romaine lettuce, heirloom cherry tomato, Persian cucumber, Kalamata olive, **Pickled Red Onions** [red onion, cider vinegar, water, sea salt, sugar, Peppadew Peppers], feta cheese, dried oregano, parsley, **Rosemary Vinaigrette** [rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water]), **Crispy Baked Chicken** (Skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed], buttermilk, cornflakes, AP flour, baking soda, baking powder), **Vegan Ranch** (Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar), **Sriracha** (Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water).

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

## SAUCES & DRESSINGS

### **GARLIC AIOLI**

Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices

### **PESTO**

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

### **SRIRACHA**

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

### **GARLIC WINE SAUCE**

Chicken stock (water, chicken broth powder, salt, chicken fat, corn syrup solids), Romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes), canola oil, white wine, garlic, corn starch, extra virgin olive oil, wheat starch, chicken fat (chicken fat, rosemary), granulated sugar, sea salt, onion powder, yeast extract, carrot powder (carrot, rice hull), spices.

**Contains: Wheat/Gluten, Milk**

### **ROSEMARY VINAIGRETTE**

Rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water.

### **MAPLE HOT HONEY**

Sriracha (Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water), Honey, Maple Syrup.

### **CASHEW CAESAR DRESSING**

**Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric)

**Contains: Tree Nuts (Cashew)**

### **BALSAMIC VINAIGRETTE**

Balsamic Vinegar Canola Oil, mustard, agave, shallot, garlic, rosemary.

### **VEGAN RANCH**

Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar.

**Contains: Soy**

### **CIDER GARLIC SAUCE**

Coconut Aminos, Agave, Sugar, White Vinegar, Apple Cider Vinegar, Garlic,

## **ASPARAGUS**

### **ASPARAGUS WITH SPRING HERBS**

Roasted Asparagus (asparagus, sea salt, canola oil, Asparagus Seasoning [sumac, ground ginger, dried mint, dried tarragon, ground coriander]), hemp seed hearts, mint, chives, parsley, lemon juice.

### **ROAST CHICKEN AND ASPARAGUS PLATE**

**Lemon and Herb Farro** (Farro [farro, water, sea salt, dried oregano, bay leaf], candied lemon, herb marinade [canola oil, garlic, basil, parsley, rosemary, oregano, thyme, sea salt], celery, extra virgin olive oil, parsley, Maldon sea salt), **Farm Greens with Mint** (Napa cabbage, Mint, mesclun, tuscan kale, lacinato kale), **Asparagus with Spring Herbs** (Roasted Asparagus [asparagus, sea salt, canola oil, Asparagus Seasoning {sumac, ground ginger, dried mint, dried tarragon, ground coriander}], hemp seed hearts, mint, chives, parsley, lemon juice), Avocado (Avocado, extra virgin olive oil, Maldon sea salt), **Herb Roasted Skinless Chicken** (Chicken breast, Herb Marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), Garlic White Wine Sauce (Chicken stock [water, chicken broth powder, salt, chicken fat, corn syrup solids], Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], canola oil, white wine, garlic, corn starch, extra virgin olive oil, wheat starch, chicken fat [chicken fat, rosemary], granulated sugar, sea salt, onion powder, yeast extract, carrot powder [carrot, rice hull], spices).

**Contains: Wheat/Gluten, Milk**

### **SEARED SALMON AND ASPARAGUS PLATE**

**Spring Couscous** (couscous [couscous, water, sea salt], garlic oil [garlic, sunflower oil], dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper), **Farm Greens with Mint** (Napa cabbage, Mint, mesclun, tuscan kale, lacinato kale), **Asparagus with Spring Herbs** (Roasted Asparagus [asparagus, sea salt, canola oil, Asparagus Seasoning {sumac, ground ginger, dried mint, dried tarragon, ground coriander}], hemp seed hearts, mint, chives, parsley, lemon juice), Avocado (Avocado, extra virgin olive oil, Maldon sea salt), **Seared Wild Salmon** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil), Garlic White Wine Sauce (Chicken stock [water, chicken broth powder, salt, chicken fat, corn syrup solids], Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], canola oil, white wine, garlic, corn starch, extra virgin olive oil, wheat starch, chicken fat [chicken fat, rosemary], granulated sugar, sea salt, onion powder, yeast extract, carrot powder [carrot, rice hull], spices).

**Contains: Wheat/Gluten, Milk, Fish**

## **DESSERTS**

### **FLOURLESS BROWNIE**

Dark 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**

### **CHOCOLATE CHIP COOKIE**

Flour, butter, Milk, Sugar, Brown Sugar, Dark Chocolate, Vanilla, Sea Salt

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