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BASES

HOMESTYLE MASHED POTATOES

Yukon Gold potatoes, Cream, Adobo spice (Oregan, black pepper, garlic, turmeric), Butter Contains: Dairy(Milk)

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, mizuna mix, mesclun - OR - kale mix, and fresh mint.

SPICED FARRO WITH CARROTS

Cooked Farro, (Bay leaf, Cinnamon Stick,) Roasted Carrots, Candied Orange, Sea Salt, Black Pepper.

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

DIG - Fall 2023 Version 1.0

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

Meatball (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

WILD ALASKAN SALMON

Wild Alaskan salmon, Maldon sea salt.

Contains: Fish

Pairing: Lemon Wedge

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** Apple cider gastrique (apple cider vinegar, agave), garlic puree (extra virgin olive oil, canola oil, garlic), coconut aminos. Maple Honey 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, Flour

Contains: Wheat (Gluten), Dairy(Milk)

SIDES

CHILI ROASTED BRUSSELS SPROUTS

Brussels Sprouts, Coconut Aminos, Chili Crisp (Non-GMO Expeller Pressed Canola Oil, Onions, Chili Peppers, Rice Bran, Garlic, Mushroom Powder, Spices, Turbinado Sugar, Salt). Basil

KALE AND APPLE CRUNCH

Tuscan Kale, Apples, Dried cranberries, **Balsamic Vinaigrette** (Balsamic Vinegar Canola Oil, mustard, agave, shallot, Rosemary. **Superseed Crunch** (Maple syrup, Flax Seeds, Sunflower Seeds, Canola Oil). **Jasper Hill Cheese Blend.**

Contains: Milk

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, *Vinegar*), Scallions, Celery

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,

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 Breadcrumb (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 Breadcrumb (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, Cauliflower - OR - 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: Nuts, Egg

CHICKEN N' RANCH PLATE

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, Flour. **Sheet Tray Carrots** Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake) garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt. **Charred Broccoli with Lemon** Broccoli, sea salt, garlic oil (garlic, sunflower oil), lemon, Maldon sea salt. **HOMESTYLE MASHED POTATOES** Yukon Gold potatoes, Cream, Adobo spice (Oregan, black pepper, garlic, turmeric), Butter. **VEGAN RANCH** Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar.

Contains: Dairy(Milk), Gluten, Soy

CHILI SALMON PLATE

Wild Alaskan Salmon, 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. Chili Crisp Sauce (Non-GMO Expeller Pressed Canola Oil, Onions, Chili Peppers, Rice Bran, Garlic, Mushroom Powder, Spices, Turbinado Sugar, Salt, Coconut Aminos, Balsamic Vinegar, Avocado, Farm Greens with Mint (Mesclun, Mizuna, Mint, Napa Cabbage), Green kale, Tuscan kale

DIG GREENS

CRISPY CHICKEN 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), 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) 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, Flour

Contains: Wheat/Gluten, Tree Nuts (cashew)

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)

- + ALASKAN SALMON (Wild Alaskan Salmon, Maldon Sea salt) Contains: Fish
- + **HERB CHICKEN** (chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, sea salt], garlic, rosemary, parsley, marjoram, thyme, paprika, coriander)

EVERGREENS

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).

- + ALASKAN SALMON (Wild Alaskan Salmon, Maldon Seasalt) 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.

- + ALASKAN SALMON (Wild Alaskan Salmon, Maldon Sea salt) 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 DINNER BOXES

CRISPY CHICKEN DINNER BOX

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, Flour, CHARRED BROCCOLI WITH LEMON, Roasted broccoli (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), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. HOMESTYLE MASHED POTATOES, Yukon Gold potatoes, Cream, Adobo spice (Oregan, black pepper, garlic, turmeric), Butter. MAPLE HOT HONEY Sriracha (Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water), Honey, Maple Syrup, VEGAN RANCH, Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar.

CONTAINS: WHEAT (GLUTEN), DAIRY (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.

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,

MARCH LTO

HOMESTYLE MASHED POTATOES W/ MUSHROOM GRAVY

Yukon Gold potatoes, Cream, Adobo spice (Oregan, black pepper, garlic, turmeric), Butter. **Red Wine Mushroom Ragout (** Water, Mushrooms, Red Wine, Onions, Shallots, Corn Starch, Butter, Sea Salt, Spices, Onion Powder, Guar Gum, Xanthan gum, Carrot Powder, Caramel Color, Granulated Garlic, Nisin.

Contains: Dairy (Milk)

HERB CHICKEN WITH MUSHROOM GRAVY

Chicken breast, Herb Marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), Red Wine Mushroom Ragout (Water, Mushrooms, Red Wine, Onions, Shallots, Corn Starch, Butter, Sea Salt, Spices, Onion Powder, Guar Gum, Xanthan gum, Carrot Powder, Caramel Color, Granulated Garlic, Nisin.

Contains: Dairy (Milk)

ANTIPASTO STYLE MUSHROOMS

Button Mushrooms, Coconut Aminos, Balsamic Vinegar, **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, *Vinegar*), Scallions

ANTIPASTO MUSHROOM SALAD

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). ANTIPASTO STYLE MUSHROOMS Button Mushrooms, Coconut Aminos, Balsamic Vinegar, 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, Vinegar), Scallions, 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, Vinegar), Scallions, Celery

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.