

## balanced selection

By following our Balanced Selection for each meal, you will be nourished with a wide, balanced variety of fresh fruits and vegetables, healthy fats, whole grains and lean proteins. You will enjoy 1600 to 1800 calories per day and take in less than 2300 milligrams of sodium.

BERKSHIRE APPLE SLAW GF 165 / 32 • 1 • 5 / 3  
STEAMED QUINOA GF V 105 / 20 • 4 • 2 / 2  
ASIAN POACHED MAHI GF 325 / 36 • 25 • 7 / 3  
PINK GUAVA SORBET GF V 60 / 15 • tr • tr / tr

---

## starters

### tastes for today only

CREAMY CARROT SOUP GF A 95 / 10 • 2 • 5 / 3

FAVA BEAN SOUP GF V 85 / 13 • 5 • 2 / 3

BEEF CARPACCIO 130 / 13 • 11 • 4 / 1

Thinly shaved grass-fed beef tenderloin with capers, lemon zest, microgreens, and served with flatbread

BERKSHIRE APPLE SLAW GF 165 / 32 • 1 • 5 / 3  
Apples, raisins and celery tossed with a creamy lemon dressing

### daily fare

MISO SOUP GF V 40 / 5 • 2 • 1 / 1

Miso broth with tofu and onion garnish

CHICKEN NOODLE SOUP 120 / 16 • 8 • 3 / 1

GAZPACHO GF V 45 / 10 • 2 • tr / 2

## bread

SPROUTED MULTI-GRAIN ROLL V 160 / 34 • 6 • 1 / 4

GOLDEN FLAX SEED ROLL V 135 / 25 • 5 • 2 / 2

CARAWAY RYE BREAD V 100 / 19 • 3 • 2 / 2

WHOLE WHEAT BREAD V 85 / 18 • 3 • tr / 2

Nutrient Analysis: Calories / carb grams . protein grams . fat grams / fiber grams tr = trace (less than 1 gram)

A = Contains a trace of alcohol V = Vegan (contains no animal product) GF = Gluten-Free (no wheat, rye or barley)

We offer a variety of fresh prepared gluten-free items (no wheat, rye, or barley). However, our kitchens are not gluten-free environments.

If you have food allergies or sensitivities, please let your server know.

# entrées

## SPICY CURRIED CAULIFLOWER GF

Served with yogurt sauce and brown rice

310 / 48 • 12 • 9 / 8

## MUSTARD-CRUSTED CHICKEN A

With roasted sweet potatoes and braised Markkisto Farm mixed greens

440 / 56 • 33 • 8 / 5

## ASIAN POACHED MAHI GF

Served with mango ginger sauce, basmati rice cake,  
Thai red pepper coulis and grilled bok choy

325 / 36 • 25 • 7 / 3

## ZAHTAR-CRUSTED LAMB CHOPS

With pomegranate couscous, roasted fennel, and fig balsamic essence

390 / 43 • 29 • 12 / 6

## SPAGHETTI WITH ITALIAN SAUSAGE 345 / 54 • 19 • 7 / 4

With Parmesan cheese 375 / 54 • 21 • 8 / 4

## PASTA WITH MARINARA SAUCE V 250 / 49 • 9 • 2 / 3

With Parmesan cheese 275 / 49 • 12 • 4 / 3

## VEGAN SAMPLER GF V

Steamed vegetable basket, roasted sweet potatoes,  
grilled bok choy, steamed edamame

300 / 49 • 15 • 9 / 13

## VEGETABLE STIR-FRY GF V

With brown rice and Mongolian BBQ Sauce

220 / 42 • 7 • 3 / 6

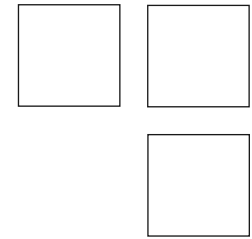
With Chicken GF 360 / 42 • 33 • 6 / 6

With Salmon GF 395 / 42 • 26 • 14 / 6

With Tofu GF V 330 / 43 • 20 • 11 / 7

## PLAIN GRILLED CHICKEN GF 140 / 0 • 26 • 3 / 0

## PLAIN GRILLED SALMON GF 175 / 0 • 19 • 11 / 0



# vegetables & starches

## sides of the day

### CARAMELIZED ZUCCHINI WITH STRAUSS FREE-RAISED VEAL BACON GF 60 / 5 • 6 • 2 / 1

Veal bacon slowly caramelized with fresh zucchini

### STEAMED QUINOA GF V 105 / 20 • 4 • 2 / 2

Light and fluffy grain with a slight nutty flavor

### POMEGRANATE COUSCOUS V 130 / 26 • 4 • 1 / 2

### ROASTED SWEET POTATOES GF V 120 / 23 • 1 • 3 / 3

### BASMATI RICE CAKE GF 140 / 21 • 3 • 2 / 1

### GRILLED BOK CHOY GF V 20 / 2 • 1 • 1 / 1

### ROASTED FENNEL GF V 20 / 5 • 1 • tr / 2

### BRAISED MIXED GREENS GF V 35 / 5 • 2 • 1 / 1

## daily fare

### SAUTÉED SPINACH WITH GARLIC GF V 45 / 4 • 3 • 3 / 3

### STEAMED SPINACH, BROCCOLI OR CARROTS GF V 25 / 4 • 3 • tr / 3

### EDAMAME (STEAMED GREEN SOYBEANS) GF V 80 / 6 • 7 • 4 / 2

### STEAMED FRESH VEGETABLE BASKET GF V 80 / 18 • 5 • 1 / 7

### SEASONED BROWN RICE GF V 120 / 25 • 3 • 1 / 1

### BAKED SWEET POTATO GF V 140 / 32 • 3 • tr / 5

Half GF V 75 / 18 • 2 • tr / 3

Please let your server know your time restrictions.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness,  
especially if you have certain medical conditions.