

# Dinner

Served 5:30pm – 9:00pm

## APPETIZERS

### Roasted Cauliflower

Za'atar seasoning, hemp seeds, Medjool dates, garden mint, pistachio, tzatziki sauce  
162 calories / 13g fat / 10g carb / 5g protein GF

### Bruschetta

Ciabatta, "Pure Luck" chevre, roasted heirloom tomato, garden basil,  
Texas olive, 25 years aged balsamic  
166 calories / 7g fat / 22g carb / 5g protein

### Cilantro Almond Hummus

Red onion, radish, cucumber, heirloom cherry tomato, chia seeds,  
queso fresco, Texas olive oil, whole wheat pita  
390 calories / 21g fat / 42g carb / 12g protein

### Simple Greens

Mesclun mix, radish, cucumber, parmigiano reggiano, meyer lemon vinaigrette  
195 calories / 18g fat / 10g carb / 5g protein GF

### Goat Cheese Salad

Red quinoa crusted goat cheese, garden lemon balm marinated zucchini,  
asparagus, radish, toasted sunflower seeds, pea shoot sprouts  
200 calories / 19g fat / 8g carb / 7g protein GF

### Heirloom Tomato & Cucumber

Lemon ricotta, heirloom tomato, cucumber, garden basil pesto,  
olive dust, tomato vinaigrette  
205 calories / 19g fat / 8g carb / 7g protein GF

### Beetroot Salad

Marinated chioggia beets, walnut crumble, shallot, avocado,  
arugula, tahini-lemon dressing  
195 calories / 16g fat / 10g carb / 5g protein GF DF

## MAIN COURSE

### Red Bird All Natural Chicken

Sous vide cooked, peppered pistachio crusted, eggplant puree,  
tomato chutney, organic kamut, herb cashew cream  
615 calories / 24g fat / 67g carb / 46g protein DF

### Butternut Squash Everything

Roasted butternut squash, butternut squash puree, wilted spinach, toasted nibbed  
almonds, gorgonzola creme fraiche, butternut squash broth, pickled shallots  
365 calories / 25g fat / 32g carb / 6g protein GF

### Ocean Trout

Tomatillo, corn, heirloom tomato, hominy, sprouted watermelon seed,  
radish, sofrito sauce  
510 calories / 32g fat / 13g carb / 41g protein GF DF

### 44 Farms Grass Fed Beef Bavette

Garden kale, tomato romesco sauce, red finn potatoes, almond, radish  
538 calories / 32g fat / 26g carb / 37g protein GF DF

### Redfish

Gingered spinach, bok choy, organic bunapi mushroom, goji berries,  
sesame tamari ponzu  
438 calories / 22g fat / 30g carb / 35g protein GF DF

### House Made Spaghetti

Sun dried tomato pesto, toasted pine nut, red onion, green onion, lemon,  
mache, vegetable emulsion, parmigiano reggiano  
415 calories / 26g fat / 40g carb / 8g protein



*Za'atar* is a generic name for a family of related Middle Eastern herbs from the genera *Origanum* (oregano), *Calamintha* (basil thyme), *Thymus* (Thyme), and *Satureja* (savory).



When you compare their nutritional value to that of other snacks out there, **watermelon seeds** come out far ahead. It is low calorie, contains magnesium, iron and folate, and it is what is called "good fats."



As goji's popularity as a superfood continues to grow, proponents suggest that consuming goji berries or drinking **goji berry** juice can boost health and stave off a host of health conditions. Goji berries, for instance, are purported to promote weight loss, sharpen eyesight, lift mood, improve circulation, and slow up the aging process..



**KAMUT®** khorasan wheat, in addition to always being grown organically and preserved from modification or hybridization, is an excellent source of protein, fiber, zinc, phosphorus, magnesium, vitamin B1 (thiamin) and vitamin B3 (niacin). It is also high in many minerals such as Selenium, copper, manganese and molybdenum. These nutrients have many benefits including contribution to normal cognitive function, normal metabolism, maintaining normal blood pressure and protection against oxidative stress. For its nutritional qualities and digestibility, **KAMUT®** khorasan wheat is particularly suited for athletes, people with an active lifestyle and generally anyone looking for high quality nutrition.

*"Treat yourself to the taste of "conscientious cuisine." With this philosophy in mind, we are thoughtful and intentional in the selection of our ingredients to put flavor, balance and nutrition at the forefront of the palate. Whether grown in the area or from our very own organic gardens, our celebrated ingredients are sourced locally to gratify your appetite and appreciation for the Texas Hill Country."*

**-Executive Chef Stephane Beaucamp**