

Breakfast

Served 7:00am - 10:00am



Sunflower Seeds health benefits includes improving cholesterol levels, supporting bone health, promoting healthy detoxification, supporting the health of your skin, a good source of protein, helps promote weight loss, assist with cancer prevention



Hemp Seeds 101
Hemp seeds are one of the few plant proteins that contain all of the amino acids our bodies need and can't produce on their own. Hemp is an entirely different plant than marijuana, but in the same family.

PLATES

Tofu Scramble or two Vital Farm organic pasture raised eggs

Viva Las Migas

Organic eggs scrambled, pico de gallo, avocado, corn tortilla crisp, queso fresco

242 calories / 18g fat / 5g carb / 15g protein GF

Chia Seed Pudding

Coconut milk, chia seed pudding, roasted almonds, mixed berries, maple honey syrup

222 calories / 8.5g fat / 29g carb / 10g protein GF DF

Ladybird Bowl

Quinoa, sweet potato, avocado, portobello, sunflower seeds, broccoli pesto, sunny side up egg

370 calories / 19g fat / 37g carb / 15g protein GF DF

Avocado Toast

Avocado, heirloom cherry tomato, dukkah, herbs, sunny side up egg on a multigrain toast

333 calories / 21g fat / 26g carb / 14g protein / Gluten Free Bread Available DF

Lemon Quinoa Pancakes

Greek yogurt, hemp seeds, maple honey syrup

135 calories / 7.5g fat / 14g carb / 3.5g protein GF

PLATES (cont.)

Healthy Scramble

Egg white scrambled, broccolini, heirloom carrot, red onion, bell pepper, smoked gouda, parmesan

165 calories / 9g fat / 6g carb / 15g protein GF

Berry Banana Smoothie Bowl

Almond, chia seed, coconut, banana, mixed berries, flaxseed oil

272 calories / 7.8g fat / 45g carb / 11g protein GF DF

Getting Nutty

Toasted sprouted English muffin, marinated Portobello, seasonal greens, sesame avocado, cashew hollandaise

420 calories / 20g fat / 47g carb / 17g protein DF

SIDES

Two Eggs Any Style

164 calories / 12g fat / 13g carb / 13g protein

Uncured Bacon

30 calories / 2.5g fat / 0g carb / 2g protein

Turkey Bacon

35 calories / 1.5g fat / 0g carb / 6g protein

Vegan Patties

50 calories / 2g fat / 4g carb / 5g protein

Sweet Potato Hash

75 calories / 5g fat / 6g carb / 0g protein



Dukkah 101

Plus, in addition to benefiting your taste buds, the zesty spice is also good for your health, providing calcium, fiber, and magnesium via the sesame seeds, and protein, essential fats, and antioxidants from the nuts.



Quinoa 101

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is also high in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

"We've created a healthy start to your day that incorporate herbs and vegetables from our organic gardens - along with proteins and carbohydrates to give you an energy boost for a busy day of activities."

-Executive Chef Stephane Beaucamp

Lunch

Served 11:00am – 2:00pm

PLATES

44 Farms Grass - Fed Burger

Umami, tomato, mushroom, shallot confit, arugula, parmesan, challah bun, served with roasted sweet potatoes and kale Caesar
599 calories / 25g fat / 55g carb / 38g protein

Avocado Tartine

Sprouted toast, fresh avocado, tomato, cucumber, radish, lemon, Texas ranch olive oil, maple-honey, pistachio, wild arugula.
261 calories / 16g fat / 26g carb / 8g protein **DF**

Vegan Tacos

House made corn tortillas, roasted cauliflower, green chickpeas, avocado, pickled red onion, chimichurri
318 calories / 16g fat / 37g carb / 7g protein **DF GF**

Oak Smoked All Natural Chicken Wrap

Oak smoked Red Bird Farm all natural chicken, lettuce, avocado, tomato, "Pure Luck" Chevre, served with roasted sweet potatoes and kale Caesar
605 calories / 26g fat / 72g carb / 49g protein

Mediterranean Plate

Kamut and pine nut tabbouleh, chickpea hummus, dukkah, Mediterranean relish, grilled halloumi cheese, whole wheat pita bread
555 calories / 26g fat / 56g carb / 26g protein

Margherita Flatbread

Di Napoli tomato, fresh mozzarella, fresh basil, ancient grain gluten free crust
440 calories / 12g fat / 74g carb / 12g protein **GF**



The arugula comes from our on-site organic gardens, which home more than 1,000 species of plants, herbs, vegetables, spices and wildflowers.



The Henry family and Texas Olive Ranch believe that all stages of sprout growth offer a unique sensation to the taste buds. That's why they press olives at various stages of ripening. The result is flavor that is a combination of buttery and earthy that offers a hint of a peppery aftertaste that any olive oil fan will appreciate.



Pure Luck is a family farm and goat dairy, sitting on five acres of certified organic land on Barton Creek in Dripping Springs, Texas. They specialize in handmade artisan goat cheese and certified organic culinary herbs. Everything they do is by hand.



Red Bird Farms' chicken is antibiotic free. It's raised cage free and without hormones or steroids. Red Bird Farms chicken is also gluten free. The chickens are healthy, safe, and clean.

"Our philosophy of Conscientious Cuisine provides thoughtful ingredient selections that are good for your body, as well as the environment. We source locally when possible using products from local farmers, millers and growers."

-Executive Chef Stephane Beaucamp

POWER BOWLS

Choose your protein, vegetable, grain and sauce

Proteins

Sustainable Salmon
209 calories / 9g fat / 0g carb / 31g protein **GF DF**

Red Bird Farm All Natural Chicken
187 calories / 4g fat / 0g carb / 35g protein **GF DF**

44 Farms Grass - Fed Steak
275 calories / 16g fat / 0g carb / 31g protein **GF DF**

Grilled Avocado
114 calories / 10g fat / 6g carb / 1g protein **GF DF**

Gulf Coast Shrimp
92 calories / 7g fat / 0g carb / 6g protein **GF DF**

Sauces

Zesty Hoisin Chili Sauce
60 calories / 0g fat / 14g carb / 0g protein **GF DF**

Tzatziki Sauce
41 calories / 3g fat / 2g carb / 1g protein **GF**

Cilantro-Spinach Chimichurri
76 calories / 8g fat / 1g carb / 0g protein **GF DF**

Coconut - Curry Sauce
50 calories / 3g fat / 5g carb / 1g protein **GF DF**

Basil Pesto
84 calories / 8g fat / 1g carb / 2g protein **GF DF**

Vegetables, Grains And Legumes

Ancient Grains
132 calories / 4g fat / 20g carb / 4g protein **GF DF**

Black Pearl & Red Japonica Rice
160 calories / 1.5g fat / 34g carb / 5g protein **GF DF**

Grilled Asparagus
45 calories / 3g fat / 4g carb / 2g protein **GF DF**

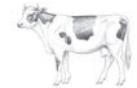
Organic Mushroom
61 calories / 3g fat / 6g carb / 2g protein **GF DF**

Sautéed Spinach
124 calories / 6g fat / 14g carb / 11g protein **DF DF**

Roasted Sweet Potatoes
98 calories / 5g fat / 13g carb / 1g protein **GF DF**

Spicy Eggplant
139 calories / 8g fat / 19g carb / 2g protein **GF DF**

Indian Style Cauliflower
56 calories / 3g fat / 6g carb / 3g protein **GF DF**



It is the mission of 44 Farms to provide consumers with the very finest eating experience and provide relevant Angus genetics and innovation to cattle producers in assisting them to be the very best they choose to be.

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