

## Daily Soup

### STARTERS

#### Avocado Hummus

Sundried tomato, dukkah, radish sprout, crudité, focaccia  
238 calories / 16g fat / 21g carb / 7g protein DF

#### Za'atar Spiced Beet Dip

“Pure Luck” Chevre, Toasted Hazelnut, whole wheat pita  
231 calories / 7g fat / 35g carb / 11g protein



*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.*

## SALADS

### Mother Earth

Baby kale, swiss chard, Raw vegetables, green garbanzo, savory granola, quinoa, pomegranate vinaigrette  
390 calories / 9g fat / 66g carb / 16g protein GF DF

### Butternut squash & Avocado

Lentils, roasted squash, baby spinach, red onion, avocado, Walnut, Creamy miso dressing  
350 calories / 22g fat / 30g carb / 10g protein GF DF

### ADD 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

#### Roasted Avocado

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

## FLATBREADS

served on ancient grains gluten free crust

### Mushroom Flatbread

Leek, wild mushroom, cauliflower, almond ricotta, broccoli pesto, parmesan cheese  
513 calories / 16g fat / 82g carb / 16g protein GF

### Margherita Flatbread

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

## HEALTHY BOWLS

### Quinoa Cashew Bowl

Red bird farm all natural chicken, Red quinoa, cashew, snap pea, zucchini, Celery, red onion, heirloom carrot, shiitake mushroom, Thai basil, red chili hoisin  
595 calories / 22g fat / 56g carb / 46g protein GF DF

### Pan Roasted Salmon

Hummus, quinoa, arugula, cauliflower, carrot, shredded cabbage, radish, mint, za'atar, herb tahini dressing  
520 calories / 29g fat / 30g carb / 36g protein GF DF

## SANDWICHES

served with roasted sweet potatoes and kale Caesar salad

### Red Bird Farm Chicken Sandwich

Grilled all natural chicken breast, arugula, pear, house pickled onions, provolone cheese, Multigrain toast  
585 calories / 15g fat / 61g carb / 49g protein

### Falafel Burger

Hummus, tomato, avocado, butter lettuce, cucumber, red onion, tzatziki, feta cheese.  
231 calories / 7g fat / 35g carb / 11g protein



*Why is quinoa so good for you? 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.*



*What is Za'atar ? Za'atar (zaatar) is a mixture of sumac, sesame seed and herbs used throughout the Middle East and Mediterranean.*

*“Our Conscientious Cuisine features fresh, bold and delicious dishes that are bursting with flavors and goodness. Our aim is to make sure that when you leave our Café, you feel satisfied, nourished and energized.”*

**-Executive Chef Stephane Beaucamp**