

Lunch

Served 11:00am – 2:00pm

BURGERS & SANDWICHES

All sandwiches are served with roasted sweet potatoes and kale caesar. Sides are included in calorie counts. Lettuce wrap can be substituted for any bread.

Guac Veggie Burger

Lentil-beet-hemp seed patty, guacamole, corn salsa, lettuce, tomato, chipotle aioli, challah bun
657 calories / 38g fat / 74g carb / 17g protein **DF**

44 Farms Grass - Fed Burger*

Grilled grass fed beef patty, gruyere, tomato, butter lettuce, red onion, sauce gribiche, challah bun
717 calories / 40g fat / 46g carb / 40g protein

Red Bird Farm Chicken Focaccia*

Grilled chicken, basil pesto, fresh mozzarella, heirloom tomato, caramelized cipollini onion, arugula, herb focaccia
700 calories / 33g fat / 49g carb / 51g protein

Avocado Tartine

Multigrain tartine, crushed avocado, heirloom tomato, cucumber, radish, arugula, citrus, Texas Hill Country olive oil, pistachio, honey
382 calories / 25g fat / 35g carb / 10g protein **DF**

Vegetarian Wrap

Lettuce, heirloom tomato, avocado, cucumber, carrot, havarti cheese, green goddess dressing, grilled gluten free wrap
662 calories / 40g fat / 67g carb / 17g protein **GF**

TACOS

Rotisserie Chicken Tacos*

Roasted corn pico, charred heirloom tomato, queso blanco, roasted poblano salsa verde, corn tortilla
380 calories / 14g fat / 27g carb / 37g protein **GF**

Yellowfin Tuna Poke Tacos*

Napa slaw, sesame tamari vinaigrette, pickled red onion, wasabi crema, black sesame seeds, jicama tortilla
341 calories / 20g fat / 17g carb / 22g protein **GF**

GLUTEN FREE FLATBREADS

Margherita Flatbread

Di Napoli tomato sauce, pesto, fresh mozzarella, heirloom tomato, basil, parmesan, ancient grain gluten free crust
542 calories / 20g fat / 80g carb / 16g protein **GF**

Bianca Flatbread

Ricotta, prosciutto, mozzarella, parmesan, arugula, wild mushrooms, ancient grain gluten free crust
608 calories / 20g fat / 81g carb / 28g protein **GF**



Texas Hill Country Olive Company is family-owned. They are passionate about what they do, and the most awarded olive oil company in Texas, located in the beautiful and beloved "Texas Hill Country" of Dripping Springs Texas. Since day one, in 2008, the focus has been on preserving the natural beauty of the area while providing fresh locally produced extra virgin olive oil and other premium quality products.



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.



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.

POWER BOWLS

Choose your bowl and pick one protein

The Green Queen

Swiss chard, baby kale, spinach, asparagus, green beans, broccoli, avocado, marinated portobello, radish, heirloom tomato, savory granola
283 calories / 10g fat / 41g carb / 18g protein **GF DF V**

Baja Mexican

Spiced beans, quinoa, tomatillo, red onion, spinach, heirloom tomato, hominy, avocado, pico de gallo, tortilla crisp, lime, pepitas, baja sauce
346 calories / 10g fat / 52g carb / 12g protein **GF**

Miso Happy

Fresh ramen noodle, ginger, organic mushroom, cucumber, radish, sprouts, broccoli, lime, cilantro, miso broth, sesame oil, togarashi
300 calories / 13g fat / 38g carb / 7g protein **DF**

Goodness

Millet, roasted radish, sweet potato, cauliflower, red onion, pepper, tomato, green chickpeas, avocado, pistachio, almond, hemp seed, curry coconut sauce
441 calories / 26g fat / 47g carb / 10g protein **DF GF V**

Mediterranean

Hummus, cauliflower tabbouleh, halloumi cheese, arugula, cucumber, heirloom tomato, olives, dukkah, grilled pita bread
550 calories / 26g fat / 52g carb / 26g protein

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 V

Gulf Coast Shrimp*

92 calories / 7g fat / 0g carb / 6g protein
GF DF

Poached Egg*

72 calories / 4g fat / tr carb / 6g protein
GF DF

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. If you have food allergies or special dietary requests, please notify your server before ordering or ask to speak to the Chef.

OUR PHILOSOPHY

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.

In order to maintain the tranquil and relaxing atmosphere of Lake Austin Spa Resort, we respectfully ask that you refrain from using cell phones, tablets or Laptops in our restaurants.