

ASTER CAFÉ

Served 11:00am – 3:00pm

WELLNESS SHOTS

Orange Boost

orange, mango, ginger, turmeric,
chili powder, coconut water
43 calories | 0g fat | 12g carb | 1g protein | gf | df | v

Classic Red

strawberries, raspberries, banana,
almond milk, vanilla
36 calories | 0g fat | 6g carb | 0g protein | gf | df | v

SALADS

Heirloom Tomato Salad

blueberries, strawberries, red cabbage,
red onion, heirloom tomato, radicchio,
pumpkin seeds, pistachio, feta cheese,
hemp basil dressing
200 calories | 19g fat | 10g carb | 8g protein | gf

Lemony Beet & Quinoa Salad

raw beet, quinoa, pistachio, shallot, dill,
green olives, lemon camu vinaigrette
350 calories | 22g fat | 30g carb | 15g protein | gf | df | v



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.

FAVORITES

Spicy Yellow Fin Tuna Tacos

avocado, cumin scented jicama slaw, cilantro,
gluten free tortillas
341 calories | 20g fat | 17g carb | 22g protein | gf | df

Avocado & Basil Sandwich

almond ricotta, beet, radish, sprouts, avocado,
lettuce, tomato, cucumber, basil pesto,
ciabatta
585 calories | 18g fat | 58g carb | 27g protein | df | v

Mezze Platter

tabbouleh, mint tzatziki, miso hummus,
marinated artichokes, olives, radish, pita
480 calories | 26g fat | 52g carb | 21g 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.*

“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.”

HEALTHY BOWLS

Quinoa Bulgur Bowl

cherry tomatoes, cucumber, red onion,
cilantro, barbecue cauliflower, roasted pecan,
dried mulberries, pomegranate, capers,
parsley, mint
346 calories | 10g fat | 52g carb | 12g protein | df | v

Vegetable Masala Bowl

cardamom roasted baby carrot, radish,
cauliflower, pepper, cherry tomato, chickpea,
avocado, almond, hemp seeds,
herbed yogurt sauce
441 calories | 26g fat | 47g carb | 10g protein | gf

ADD PROTEINS

Sustainable Salmon

209 calories | 9g fat | 1.5g carb | 31g protein | gf | df

Red Bird Farm Chicken

150 calories | 6g fat | 2.5g carb | 23g protein | gf | df

Roasted Avocado

179 calories | 17g fat | 8g carb | 2g protein | gf | df | v

DESSERTS

Acai Raspberry Sorbet

house made granola, mixed berries,
hemp seeds
185 calories | 2g fat | 27g carb | 1g protein | gf | df | v

Tropical Sun Sorbet

mango, pineapple, spirulina,
toasted almonds, coconut
204 calories | 5g fat | 25g carb | 2g protein | gf | df | v

Superfruit Salad

pineapple, berries, dragonfruit, grapes,
dried goji berries, pomegranate, vanilla,
agave nectar, hemp seeds, pistachio
107 calories | 1g fat | 21g carb | 1g protein | gf | df | v



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.



Acai berries are touted as a superfood with anti-aging and weight loss properties. Some studies show that acai fruit pulp is even richer in antioxidants than cranberries, raspberries, blackberries, strawberries, or blueberries.

–Executive Chef Stephane Beaucamp