

# ASTER CAFÉ

Served 11:00am – 3:00pm

## WELLNESS SHOTS

### **Orange Boost / \$7**

orange, mango, ginger, turmeric,  
chili powder, coconut water

43 calories | 0g fat | 12g carb | 1g protein | gf | df | v

### **Classic Red / \$7**

strawberries, raspberries, banana,  
almond milk, vanilla

36 calories | 0g fat | 6g carb | 0g protein | gf | df | v

## SALADS

### **Heirloom Tomato Salad / \$14**

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 / \$14**

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 / \$15**

avocado, cumin scented jicama slaw, cilantro,  
gluten free tortillas

341 calories | 20g fat | 17g carb | 22g protein | gf | df

### **Avocado & Basil Sandwich / \$14**

almond ricotta, beet, radish, sprouts, avocado,  
lettuce, tomato, cucumber, basil pesto,  
ciabatta

585 calories | 18g fat | 58g carb | 27g protein | df | v

### **Mezze Platter / \$15**

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 / \$15**

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 / \$15**

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 / \$8.95**

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

### **Red Bird Farm Chicken / \$5.95**

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

### **Roasted Avocado / \$4.95**

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

## DESSERTS

### **Acai Raspberry Sorbet / \$8.95**

house made granola, mixed berries,  
hemp seeds

185 calories | 2g fat | 27g carb | 1g protein | gf | df | v

### **Tropical Sun Sorbet / \$8.95**

mango, pineapple, spirulina,  
toasted almonds, coconut

204 calories | 5g fat | 25g carb | 2g protein | gf | df | v

### **Superfruit Salad / \$7.95**

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