

# LUNCH

Served 11:00am – 2:00pm

## SALADS

*add one protein*

### **Kale Salad**

baby kale, green onion, carrot,  
roasted almond, parmesan,  
miso – garlic dressing

125 calories | 13g fat | 12g carb | 3g protein | gf

### **Lake Austin Chopped Salad**

cherry tomato, cucumber, romaine,  
red cabbage, red bell pepper, shallot, avocado,  
parsley, mint, cilantro, pumpkin seeds,  
sunflower seeds, meyer lemon dressing

180 calories | 14g fat | 10g carb | 3g protein | gf | df | v

### **Rainbow Salad**

field greens, radicchio, apple, beet,  
heirloom carrot, watermelon radish,  
cauliflower, red onion, red quinoa,  
pea shoots, green goddess dressing

135 calories | 12g fat | 14g carb | 4g protein | gf | df | v

## SALAD PROTEINS

### **Pasture Raised Hardboiled Egg**

78 calories | 5g fat | 0g carb | 6g protein | gf | df

### **Red Bird Farm Chicken**

150 calories | 6g fat | 1.5g carb | 23g protein | gf | df

### **Organic Roasted Turkey**

100 calories | 0g fat | 2g carb | 22g protein | gf | df

## PLATES

### **Open Faced Falafel Burger**

hummus, tzatziki, heirloom tomato, arugula,  
cucumber, red onion, avocado, feta

231 calories | 7g fat | 35g carb | 11g protein | gf

### **Pesto Beef Burger**

cilantro – arugula pesto, grilled onion,  
heirloom tomato, provolone, arugula,  
challah bun

514 calories | 30g fat | 31g carb | 27g protein

### **Lake Austin Vegan Tostada**

roasted chayote, king oyster barbacoa, salsa,  
pepitas crema, guacamole, corn tortillas

145 calories | 7g fat | 19g carb | 6g protein | gf | df | v

### **Texas Pecan Vegan Tacos**

spiced pecan meat, pico de gallo, pickled red  
onions, crushed avocado, corn tortilla

375 calories | 28g fat | 31g carb | 7g 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. Hemp is an entirely different plant than marijuana, but in the same family.*

## POWER BOWLS

*add one protein*

### **Bohemian**

turmeric rice, ras el hanout butternut squash,  
beluga lentils, kale, lemon, pickled onions,  
crispy chickpeas, green herb sauce

350 calories | 12g fat | 42g carb | 10g protein | gf | df | v

### **Good Karma**

creamy lemongrass coconut milk, bell pepper,  
chickpea, potato, carrot, pineapple,  
snap peas, Thai basil, pickled cabbage,  
toasted cashew, sesame seeds

390 calories | 22g fat | 47g carb | 10g protein | gf | df | v

### **Ketogenic**

baby bok choy, broccolini, edamame,  
hemp seed cauliflower rice,  
marinated oyster mushroom asado, avocado,  
green goddess dressing

290 calories | 10g fat | 41g carb | 9g protein | gf | df | v

### **Miso Happy**

fresh ramen noodles, ginger,  
organic mushroom, roasted baby carrots,  
green onion, pressed tofu, miso broth,  
chili oil.

300 calories | 13g fat | 38g carb | 7g protein | df

## POWER BOWL PROTEINS

### **Red Bird Farm Chicken**

rosemary, garlic, extra virgin olive oil

150 calories | 6g fat | 1.5g carb | 23g protein | gf | df

### **Yellow Fin Tuna**

salt, pepper, extra virgin olive oil, lemon

172 calories | 8g fat | 1.5g carb | 14g protein | gf | df

### **Sustainable Salmon**

salt, pepper, extra virgin olive oil, lemon

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

### **Grilled Avocado**

salt, pepper, extra virgin olive oil, lemon

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

### **Chili Citrus Tofu**

citrus, hoisin, ginger marinade

211 calories | 14g fat | 4g carb | 16g protein | gf | df | v



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



*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.*

"We believe in making honest, delicious and nourishing food that makes you feel energized and joyful."

–Executive Chef Stephane Beaucamp