

MENU

CUSTOM MENU

B R E A K F A S T

EGG BITES (GF)

Egg, Kale, Portobella, Monterrey Jack

BLUEBERRY & CINNAMON OVERNIGHT OATS

Oats, Egg, Grass-fed Milk, Flax, Chia,
Cinnamon, Blueberry

L U N C H

BEECHER'S TOMATO SOUP

Tomatoes, Beecher's Cheddar Cheese, Onion,
Organic Cream, Grass-fed butter

CRISPY CRAB CAKES

Crab, Whitefish, Scallions, Aioli, Jalapenos,
Parsley

MENU

CUSTOM MENU

D I N N E R

SHRIMP PAD THAI

Shrimp, Rice Noodle, Red Pepper, Carrot, Shallot, Garlic, Peanut, Egg, Fish Sauce, Chilli, Lime, Cilantro, Coconut Sugar, Bean Sprout, Cilantro

SWEET POTATO WITH CHIPOTLE-LIME CHICKEN (GF)

Sweet Potato stuffed with Chipotle Chicken, Kale and Cilantro with a Lemon, Chive, Garlic Crema

FLAT IRON WITH HERB BUTTER & ROASTED POTATO

Grass-fed Flat Iron Steak with Caramelized Shallot
Grass Fed Herb Butter with Parsley & Lemon
Roasted Potato with Garlic, Thyme, Rosemary, Sage,

S N A C K S

PROTEIN BARS

Dates, Pecan, Gluten Free Flour, Flaxseeds, Oats, Dates, Blueberries, Egg, Maple, Vanilla, Coconut