

All Day

food is our
love language

We care a lot. That's why all of the food we serve is carefully sourced, organic and sustainable. Our produce and proteins are local, wild-caught, grass-fed or pasture-raised, ensuring that everything on your plate is fresh and full of nutrients. Eating nutritiously is a daily gift you give to yourself.

Breakfast

BREAKFAST BOWL (gf/df) 21
two sous vide eggs, avocado, spinach, roasted cherry tomatoes, sweet potato, herbs, salsa verde

AVOCADO TOAST (vv/gf) 15
smashed avocado, garlic confit, cilantro, toasted seeds, choice of bread

ROASTED VEGETABLE FRITTATA (v/gf) 18
heirloom eggs, mushrooms, spinach, roasted peppers, herbed goat cheese

EGG SANDWICH (v) 16
heirloom eggs, tomato chutney, sprouts, avocado aioli

- cheese 3
- gluten-free bread 2

TAHITIAN VANILLA WAFFLE (v,gf,df) 16
seasonal fruit, maple syrup

GRAIN BOWL (vv/gf/df) 15
served warm or chilled
oats, seasonal fruit, pumpkin seeds, flax, chia, hemp hearts, honey drizzle

Salads

WINTER SOLSTICE (gf/df/vv) 15
radicchio, kale, arugula, butter lettuce, green apple, sliced radishes, garlic balsamic

GREEN SALAD (vv/gf) 15
local greens, avocado, cucumber, herb-dijon dressing

Bowls

CAULIFLOWER FRIED RICE (vv/gf) 20
maitake and oyster mushrooms, broccoli, heirloom vegetables, pickles, kimchi, chili oil, cilantro chutney

- fried egg 4

NINE GODDESS CURRY (vv/gf/df) 21
coconut milk, squash, carrots, cauliflower, sweet potato, pomegranate, toasted nuts and seeds

BUFFALO CHICKEN BOWL (gf) 21
roasted chicken breast, shaved romaine, broccoli, carrots, celery, avocado, cauli rice, greek yogurt ranch, giardiniera

NOURISH BOWL (gf/vv/df) 19
wild rice, carrots, cucumber, sweet potato, sliced radishes, roasted vegetables

- turmeric tahini 1.5

Mains

WILD SALMON (gf/df) 28
wild alaskan salmon, wild rice, soy free teriyaki, asparagus

GARLIC STEAK TIPS (gf/df) 24.5
sirloin, roasted root vegetables, asparagus

TREE HUGGER SANDWICH (vv) 17
avocado, cucumber, radish, carrots, sprouts, tomato relish, hummus, choice of bread or collard green wrap

- chicken 11
- gluten-free bread 2

HERBED CHICKEN SANDWICH 22
marinated chicken cutlet, smoked mozzarella, arugula, salsa verde, choice of bread or collard green wrap, herb-dijon

- gluten-free bread 2

Protein

braised chickpeas with herbs (vv/gf) 6
cracked pepper and winter herb shrimp skewer (gf) 13
herb-marinated chicken cutlet (gf) 13
sirloin cap steak (gf) 15
egg hard-boiled, fried or scrambled (v/gf) 4/8
wild alaskan salmon 15

Sides

roasted red & golden beets, goat cheese & walnuts (v/gf) 8
roasted root vegetables (vv/gf/df) 8
wild rice with mushrooms 14
half avocado with toasted seeds (vv/gf) 7
za'atar roasted sweet potato (vv/gf) 8
sautéed baby spinach, garlic confit (vv/gf) 8
broccolini 9

Aperitivo

crunchy vegetables with hummus 9
sambal chili cashews 7
whipped goat cheese with crackers 9
carciofini interi piccoli (v/gf/df) 9
marinated artichoke hearts, olives and caperberries

Sauces

salsa verde, cilantro chutney, turmeric-tahini
vinaigrette, herb-dijon vinaigrette, mustard vinaigrette
fermented hot sauce, chili oil 1.5

Sweets

DAILY BAKED GOODS 5-8
GRANOLA AND BERRIES (gf) 13
yogurt (whole or coconut), nuts, seeds
MARKET FRUIT PLATE (vv/gf) 13
coconut yogurt, seasonal selections
CHOCOLATE PUDDING (vv/gf) 12
avocado, shaved chocolate, goji berry

Soups

BONE BROTH (gf/df) 10
roasted chicken and beef bones, star
anise, green cardamom, lemon, thyme
UMAMI BROTH (vv/gf/df) 11
shiitake and lion's mane medicinal mushroom, kelp, wakame,
onion, garlic, cilantro, ginger, turmeric, carrot, cabbage
ALL GREEN SOUP (vv/gf) 11
zucchini, onion, spinach, basil
FARMERS MARKET SOUP 11
ask your server about today's special

Weekend Special

LAYERED VEGETABLE LASAGNA (gf/df) 19
eggplant, zucchini, ricotta, mozzarella, house made marinara

(v) vegetarian, (vv) vegan, (gf) gluten-free, (df) dairy-free

Please practice mindfulness, and limit
your seating time to 90 minutes or less.

Ask about our private event opportunities.

Kitchen & Tables