

allergen information

proteins	peanuts	tree nuts	dairy	eggs	gluten	fish	shellfish	sesame	soy	vegan
salt & pepper chicken										
chipotle barbeque chicken										
fried chicken			•		•					
steak										
grilled salmon						•				
seared tuna						•				
falafel*										

*our falafel, while wheat and gluten-free, is produced on shared equipment that processes wheat

greens & sides

baby greens										•
baby spinach		•	•							
baby arugula			•							
butter lettuce				•						
romaine hearts			•	•	•	•				
kale			•							
mashed potatoes			•							
seasonal veggies**										•
california sprouted rice										•
crostini					•					•

**our seasonal veggies vary based on availability—ask our chefs for more information

sandwiches

the original				•	•					
fried chicken			•	•	•					
falafel			•		•					
salumi		•	•	•	•	•				
caprese			•	•	•					

salads

chipotle barbeque chicken			•		•					
chinese chicken	•				•			•	•	
grilled chicken cobb			•	•						
tuna nicoise				•		•				
harvest chicken	•	•	•							
mediterranean steak			•							
happy vegan		•			•					•
grilled salmon bowl			•	•		•				

soups & kids

roasted tomato soup					•					•
rustic chicken soup										
grilled cheese			•		•					
grilled quesadilla			•		•					

dressings

cabernet vinaigrette										•
caesar dressing				•		•				
tarragon dressing				•						
red wine garlic vinaigrette						•				
roasted garlic vinaigrette										•
horseradish vinaigrette			•							
lemon vinaigrette										•
cilantro lime dressing			•							
sesame peanut dressing	•				•			•	•	•
sherry vinaigrette										•

raw food warning: caesar, tarragon, and aioli dressings contain raw foods. consumption of raw foods may increase your risk of food-borne illness.

allergy warning: although efforts are made to avoid cross contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation.

nutritional facts

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
proteins											
salt & pepper chicken	250	80	9	2.5	0	150	370	0.5	0	0	39
chipotle barbeque chicken	300	150	17	2.5	0	155	290	3	0	2	32
fried chicken	340	170	19	3	0	105	270	13	0	<1	28
steak	270	120	13	4.5	0	95	240	2	<1	0	34
grilled salmon	160	60	7	1	0	60	210	0	0	0	22
seared tuna	190	70	8	1	0	45	350	0	0	0	28
falafel	210	110	12	10	0	0	890	21	6	3	7

greens & sides (greens include dressing)

baby greens	125	120	13	1.5	0	0	115	1	<1	0	<1
baby spinach	210	190	19	3	0	<5	180	11	5	1	6
baby arugula	180	150	16	3.5	0	10	290	4	1	2	12
butter lettuce	227	210	23	1.5	0	5	5	2	<1	<1	<1
romaine hearts	190	140	15	2.5	0	15	360	9	2	<1	6
kale	265	220	25	3.5	0	10	280	7	2	1	6
crostini	160	70	8	0.5	0	0	250	17	1	0	2
mashed potatoes	250	100	11	7	0	30	530	35	3	3	4
seasonal veggies (avg)	240	185	21	2	0	0	175	14	5	5	4
california sprouted rice	240	50	6	0.5	0	0	530	42	4	3	4

salads (Includes dressing)

chipotle barbeque chicken	610	410	45	7	0	135	790	15	6	5	37
chinese chicken	700	440	49	6	0	125	1430	23	6	9	41
grilled chicken cobb	700	470	52	9	0	265	1090	10	5	4	49
tuna nicoise	650	460	51	5	0	160	1210	17	6	4	32
harvest chicken	960	630	70	12	0	175	1970	37	5	19	52
mediterranean steak	800	520	58	13	0	120	920	33	7	14	45
happy vegan	700	370	41	5	0	0	1200	72	15	7	17
grilled shrimp bowl	570	260	29	5	0	200	1510	50	5	6	26

sandwiches

salt & pepper chicken	810	665	73	12.5	0	190	1385	61.5	4	4	52
chipotle barbeque chicken	830	665	73	12.5	0	190	1425	64	4	6	53
backyard marinated steak	860	525	57	9.5	0	140	1345	61	4	4	50
fried chicken	950	360	40	5	4.5	185	1500	81	3	25	42
falafel	560	390	36	13	0	<5	1660	72	13	8	17
salumi	990	590	67	16	0	0	2400	65	5	4	36
caprese	900	570	64	12	0	75	1200	63	4	4	22

soups & kids

roasted tomato soup (cup)	160	80	8	1	0	0	3090	41	7	15	8
roasted tomato soup (bowl)	320	150	17	2	0	0	2090	21	4	8	4
rustic chicken soup (cup)	110	40	4.5	1	0	40	660	7	1	2	11
rustic chicken soup (bowl)	220	80	9	1.5	0	80	1320	15	2	3	22
kids protein plate (avg)	287	120	31	13	0	61	508	25	3	2.5	17
kids grilled cheese (avg)	680	450	50	30	0	195	950	38	2	4	20

dressings

cabernet vinaigrette	150	150	17	1	0	0	85	0	0	0	0
caesar dressing	210	210	23	2	0	20	170	<1	0	0	1
tarragon dressing	390	380	43	3	0	10	230	1	0	<1	0
red wine garlic vinaigrette	140	130	15	1	0	0	240	<1	0	0	0
roasted garlic vinaigrette	390	380	42	3	0	0	70	5	0	0	1
horseradish vinaigrette	140	130	14	1.5	0	<5	45	2	0	2	0
lemon vinaigrette	210	210	23	2.5	0	0	55	1	0	0	0
cilantro lime dressing	240	230	26	2.5	0	<5	85	2	0	<1	0
peanut sesame dressing	160	150	16	1.5	0	0	480	4	0	3	1
sherry vinaigrette	300	300	33	3	0	0	170	0	0	0	0