

SIGNATURE SALADS

VEGGIE CAESAR • \$10 • GF

baby kale, romaine hearts, avocado, tomato, sunflower seeds, shaved parmesan, lemon squeeze, parmesan crisps & vegetarian caesar dressing (485 cal)

GANGNAM GREENS • \$11.5

baby spinach, citrus-ginger glazed tofu, bean sprouts, sprouted beans, pickled shiitake mushroom, kimchi, Persian cucumber, carrot, sesame seeds & Korean chile-cashew dressing (410 cal)

A-HA AHI • \$12.5 • GF

mixed greens, arugula, seared rare ahi tuna, haricot vert, fingerling potatoes, local farm egg, tomato, kalamata olives, & fresno chile-lemon vinaigrette (495 cal)

YACHT CLUB • \$12.75 • GF

arugula, mixed greens, shrimp, avocado, tomato, jalapeno, radish, lime squeeze, sunflower seeds & jalapeno-lime vinaigrette (510 cal)

MED REMIX • \$10.5 • GF

arugula, baby spinach, avocado, quinoa tabbouleh, crispy chickpeas, Persian cucumber, olives, hummus, lemon squeeze & carrot-ginger vinaigrette (550 cal)

CHICKEN CASABLANCA • \$10.5

baby kale, arugula, roasted chicken, golden beets, quinoa, chickpeas, currants, roasted almonds, lemon squeeze & Moroccan spiced almond dressing (565 cal)

NO PROB COBB • \$12.75 • GF

baby spinach, baby kale, roasted chicken, avocado, local farm egg, bacon, queso fresco, jalapeno, tomato, scallion, lemon squeeze & jalapeno-green goddess dressing (635 cal)

HIGHCROFT HARVEST • \$11.25 • GF

kale, quinoa, roasted chicken, dried cranberries, pepitas, apple, local parmesan and apple cider-pumpkin seed vinaigrette (550 cal)

 = vegan GF = gluten-friendly

GRAIN BOWLS

MINNESOBA BOWL • \$10.5 • GF

soba noodle, spinach, pickled shiitake mushroom, Persian cucumber, carrot, bean sprouts, furikake, sesame seeds & yuzu-miso sesame dressing (530 cal)

FIESTA BOWL • \$11.25 • GF

brown rice, roasted chicken, avocado, napa cabbage, jalapeno, black beans, fajita peppers & onions, queso fresco, pepitas, roasted tomatillo salsa, lime squeeze & jalapeno-lime vinaigrette (790 cal)

WINTER BOWL • \$12.75

wild rice, farro, baby kale, roasted chicken, roasted mushrooms, roasted brussels sprouts, roasted yams, pepitas and black garlic vinaigrette (750 cal)

MEAN & GREEN BOWL • \$12.25

brown rice, wild rice, farro, roasted chicken, spinach, scallion, black beans, roasted yams, brussel sprouts, apple, & jerk vinaigrette (685 cal)

KIDS MEALS & BOWLS

ALA KARTE KIDDO • \$7

Choice of roasted chicken or local turkey, choice of mac & cheese or hummus, choice of veggies or pita chips, & served with seasonal fruit

ADVENTURE BOWL • \$6

brown rice, roasted chicken, apple, local heritage colby, raisins, sunflower seeds, olive oil & lemon squeeze

LITTLE CHEF SALAD • \$6

romaine hearts, local turkey, hard cooked egg, local heritage colby, cucumber & yogurt-tofu ranch dressing

HUMMUS & VEGGIES • \$5.5

scratch-made hummus, yogurt-tofu ranch, carrots, celery, Persian cucumbers served with pita chips

RETURN OF THE MAC • \$4.5

organic macaroni noodles and local heritage colby