



butternut bliss V GF \$12.65

Mesclun, romaine, apples, goat cheese, butternut squash, candied walnuts, balsamic vinaigrette

avo VG GF \$12.85

Shredded kale, chopped romaine, avocado, tomatoes, scallions, corn, cucumbers, corn tortilla chips, avocado chimichurri dressing

umami crunch \$13.50

Chopped romaine, shredded kale, roasted chicken, shredded carrots, edamame, shredded cabbage, wonton strips, ginger soy dressing

kale caesar GF \$13.95

Shredded kale, chopped romaine, house-made parmesan crisps, freshly-grated parmesan, roasted chicken, grape tomatoes, greek yogurt caesar dressing

tex-mex cobb GF \$15.45

Chopped romaine, roasted chicken, white cheddar, grape tomatoes, corn, avocado, corn tortilla chips, chipotle ranch dressing

steakhouse salad \$16.95

Chopped romaine, arugula, DeBragga steak, grilled scallions, blue cheese, grape tomatoes, pickled onions, pita chips, horseradish chive dressing

salmon tostada GF \$16.95

Shredded kale, romaine, True North salmon, corn, carrots, pickled onions, shredded cabbage, corn tortilla chips, house-made sriracha, avocado chimichurri, lemon juice

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sa sols \$9.95+

choose a base

chopped romaine shredded kale

baby spinach mesclun arugula (+\$0.79)

choose four toppings

+\$0.65 each additional

house-roasted beets shredded carrots grape tomatoes sweet corn shredded cabbage

raw scallions

black beans
jalapeño
radish
sautéed broccoli
pickled onions
black olives

cucumbers
chickpeas edamame
quinoa
gala apples

add premiums

+\$1.50 each

freshly-grated parmesan fresh mozzarella white cheddar goat cheese blue cheese feta grilled scallions butternut squash brussel sprouts half avocado (\$1.99)

add a crunch

+\$0.75 each

corn tortilla chips toasted almonds sunflower seeds wonton strips*
pita chips*
dried cranberries

candied walnuts parmesan crisps (\$1.75)

choose a dressing

made from scratch daily

lemon tarragon vinaigrette avocado chimichurri balsamic vinaigrette greek yogurt caesar horseradish chive chipotle ranch

ginger soy*
house-made sriracha
aged balsamic vinegar
fresh lemon squeeze
extra virgin olive oil

add a protein

all natural, no hormones or antibiotics

roasted chicken	+\$3.65
sesame ginger tofu	+\$2.85
herb marinated steak	+\$6.75
sushi-grade salmon	+\$6.75

chefs.

pick a protein

Rosemary Roasted Chicken GF \$14.75

Natural and certified organic, crisped skin-on chicken breast, seared and finished in the oven Optional: add house-made Sriracha

Sesame Ginger Tofu V GF \$13.45

Roasted organic tofu, marinated with scallions and ginger

Herb Marinated Steak GF \$16.95

USDA Prime, grilled and sliced to order Optional: add horseradish chive sauce

Sushi-Grade Salmon GF \$16.95

Fresh, True North salmon, marinated in dill & caper oil.
Sustainably raised, hormone and antibiotic-free
Optional: add tzatziki sauce

Vegetable Trio \$12.45

Skip the protein and choose three sides

pick a side

SERVED WARM

Sautéed Broccoli V GF

Sautéed broccoli with fresh lemon and a touch of garlic

Maple Sriracha Brussels Sprouts VGF

Roasted brussels sprouts dressed in housemade maple sriracha sauce

Macaroni & Cheese VG

House-made béchamel, trio of cheeses, and macaroni, topped with seasoned panko

Roasted Sweet Potato V GF

Dressed in a house-made Garam Masala spice blend

Add an extra side for \$2.25

SERVED CHILLED

Moroccan Beets V GF

Ras el hanout marinated beets with pickled onions, shredded kale and toasted sunflower seeds

\$3.99 each or add to Chefs' Plate

Three Bean Ceviche V GF

Mixed beans, tomatoes, scallions, cilantro, and diced onions, served in a lime vinaigrette

Ginger Pickled Carrots

Roasted carrots, pickled with rice wine vinegar and ginger

Simple Caesar Salad GF

Shredded kale, parmesan, and parmesan crisps dressed in House Caesar dressing

Half Avocado V GF

Optional: olive oil, salt, pepper