

# MENU

## SOUPS & STARTERS

**marsh chili** cup 6... bowl 7

**marsh chicken veggie soup** cup 5... bowl 6 **GF/RD**

**seasonal daily soups** cup 5... bowl 6 *please inquire*

**lemon basil hummus plate** 11 **GF** *sub gf crackers* **RD** *no bread*  
served olives, tomatoes, cucumbers, and naan bread

**roasted brussel sprouts & butternut squash** 8  
pecans, pomegranate

**eggplant caponata** 6 **RD**

roasted eggplant, olives, tomato, garlic, onions

## SALADS

*Add to any salad: chicken...6, salmon...8 or tofu...4*

**marsh salad** half 8... whole 10 **GF** *no croutons* / **DF** *no cheese*  
field greens, tomato, carrot, cucumber, croutons,  
parmesan, marsh dressing

**classic caesar** half 9... whole 11 **GF** *no croutons*  
shaved parmesan, croutons, caesar dressing

**fall harvest** half 8... whole 10 **GF/DF** *no cheese*  
mixed greens, dried cranberries, green apples, candied  
walnuts, bleu cheese, maple cider vinaigrette

**roasted beet salad** half 9... whole 11 **GF/DF** *no cheese* **RD**  
arugula, goat cheese, pistachios, pomegranate seeds,  
radish, lemon turmeric vinaigrette

**southwest cobb salad** 14 **GF/DF** *no cheese, sub dressing*  
grilled chicken, tomato, avocado, bacon, corn, hard-boiled  
egg, beans, cotija cheese, smoked poblano ranch dressing

**asian chicken salad** 12 **GF/DF** *no cheese* **RD**  
cabbage slaw, carrots, zucchini, cashews, grilled chicken,  
candied ginger vinaigrette

**buffalo chicken salad** 13 **GF/DF** *sub dressing*  
romaine, tomatoes, bleu cheese, celery, grilled chicken  
tossed in buffalo sauce, ranch

**quinoa salad** 10 **GF/DF** *no cheese* **RD**  
arugula, roasted sweet potatoes, pepitas, avocado, cilantro,  
tomato, lime vinaigrette

## SANDWICHES & ENTREES

*Sandwiches served with pickle spear and choice of side: petite green salad, fresh fruit, kettle chips or raw veggies  
Split charge... 4 Substitute gluten free bun or bread... 2*

**daily sandwich** 11 *please inquire*

**lentil walnut burger** 11 **DF** *no yogurt*  
cucumber yogurt, grilled onion, tomato & green leaf  
lettuce on multi-grain bun

**grass fed bison burger** 14 **GF** *sub gf bun* / **DF** *no cheese* / **RD** *no bun*  
caramelized onions & mushrooms, smoked gouda,  
on a chive bun

**california cheeseburger** 12 **GF** *sub gf bread* / **DF** *no cheese*  
cheddar cheese, lettuce, tomato, onion, brioche bun,  
side of guacamole

**cuban sandwich** 13  
pulled pork, ham, swiss, mustard, pickles, on a pressed  
brioche bun

**turkey club** 11 **GF** *sub gf bread* / **DF**  
lettuce, tomato, bacon, garlic aioli, choice of bread

**black bean chicken quesadilla** 13 **GF** *sub gf tortilla*  
house guacamole & salsa, sour cream, field greens

**butternut squash ravioli** 14  
sage brown butter cream sauce, balsamic reduction,  
pistachio, parmesan

**pot roast** 21 **GF/DF** *no mash / no crema*  
root vegetable mash, roasted carrots, braising jus,  
horseradish crema

**chicken curry bowl** 14 **GF/DF/RD**  
sweet potatoes, bell peppers, zucchini, spinach, basil,  
brown rice, lemongrass coconut curry sauce

**coq au vin** 18 **GF**  
half chicken braised in red wine, pearl onions,  
mushrooms, root vegetable mash, broccoli

**skuna bay salmon** 23 **GF/DF/RD**  
wild rice, fennel, roasted cauliflower, cara cara orange,  
citrus olive oil vinaigrette



*Many of our dishes can be prepared as vegetarian - please ask your server.* **RD** - Dietitian recommended

While our kitchen is extremely cautious in preparing gluten free **GF** and dairy free **DF** items, please be aware there is always a chance of cross contamination. We encourage you to consider this with regard to your dietary requirements and needs. Ingredient list available upon request.