

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

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

new york style wedge salad 10 **GF/DF** *sub dressing*
iceberg lettuce, grape tomatoes, crumbled bleu cheese,
bacon, roasted garlic onion sesame and poppy seeds,
buttermilk ranch dressing

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

quinoa salad 12 **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.