

# 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

**charred baby carrots and asparagus** 8  
balsamic reduction, sliced almonds

## 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

**berry salad** half 8... whole 10 **GF/DF** *no cheese*  
mixed berries, blue cheese, sliced almonds,  
berry vinaigrette

**grilled romaine salad** 12 **GF/DF** *sub dressing*  
bacon, tomato, blue cheese, pickled red onion,  
balsamic reduction

**roasted beet salad** half 9... whole 11 **GF/DF** *no cheese* **RD**  
arugula, goat cheese, pistachios, pickles ramps, rhubarb  
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, avocado,  
on a brioche bun

**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

**zoodles** 14 **GF/RD**  
zucchini noodles, pesto, grape tomato, asparagus,  
shaved parmesan

**american wagyu bavette steak** 23 **GF**  
fingerling potato & wild mushroom hash, charred baby  
carrots & asparagus, balsamic demi glace

**green curry bowl** 14 **GF/DF/RD**  
brown rice, chicken breast, Spinach, English peas, sweet  
potatoes, bell peppers, lemongrass, ginger, basil, cilantro,  
green coconut curry sauce (*cauliflower rice add \$1*)

**chicken bone broth bowl** 14 **GF**  
chicken breast, leeks, wild mushrooms, fava beans, soft  
cooked egg, pickled ramps, fresh herbs, smoked bone broth

**skuna bay salmon** 23 **GF/DF/RD**  
english pea & fava bean salad, fresh herbs, bacon, lemon,  
puffed quinoa, ramp emulsion



*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.