

MENU

SOUPS & STARTERS

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.