

starters

BOHEMIAN CHICKEN SOUP 120 / 8 . 14 . 3 / 1
Red Bird Farms chicken, fresh vegetables and dumplings

FAVA BEAN SOUP GF V 40 / 5 . 2 . 2 / tr

GAZPACHO SOUP GF V 45 / 10 . 2 . tr / 2

MISO SOUP GF V 40 / 5 . 2 . 1 / 1

CHICKEN NOODLE SOUP 120 / 16 . 8 . 3 / 1

HUMMUS WITH LAVOSH V 170 / 21 . 6 . 8 / 4

balanced selection

GAZPACHO SOUP GF V 45 / 10 . 2 . tr / 2

LOADED SOUTHWEST VEGETARIAN BURGER
ON WHOLE- WHEAT ROLL V
390 / 64 . 18 . 10 / 12

ORANGE SORBET GF V 55 / 14 . tr . tr / 1

accompaniments

MARINATED TOFU GF V 60 / 1 . 7 . 4 / 1

TUNA GF 70 / 0 . 16 . 1 / 0

TUNA SALAD GF 120 / 4 . 12 . 6 / tr
With red and yellow bell peppers, celery, and sweet pickle relish

PLAIN GRILLED RED BIRD FARMS CHICKEN GF 140 / 0 . 26 . 3 / 0

PLAIN GRILLED SALMON GF 175 / 0 . 19 . 11 / 0

BAKED SWEET POTATO GF V 140 / 32 . 3 . tr / 5
Half GF V 75 / 18 . 2 . tr / 3

BAKED POTATO GF V 140 / 31 . 4 . tr / 3
Half GF V 75 / 17 . 2 . tr / 2

SEASONED BROWN RICE GF V 120 / 25 . 3 . 1 / 1

FRESH STEAMED VEGETABLES GF V 80 / 22 . 6 . tr / 6

salad & sandwich bar

Build your own salad with organic greens, fresh vegetables, premade salads of the day, Canyon Ranch homemade salad dressings, low-fat cottage cheese, nuts, whole-wheat lavosh and gluten-free rice crackers

Build your own cold sandwich or hot grilled Panini with your choice of assorted breads, vegetables, roasted turkey, roast beef, tuna salad, Swiss cheese and cheddar cheese

Nutrient Analysis

Calories / carb grams . protein grams . fat grams / fiber grams tr = trace (less than 1 gram)
A = Contains a trace of alcohol V = Vegan (contains no animal product) GF = Gluten-Free (no wheat, rye or barley)

entrées

TRADITIONAL MEATLOAF

Grass-fed beef meatloaf with creamy mashed potatoes and steamed green beans
375 / 34 . 38 . 9 / 6

CRAB, ROASTED CORN AND POBLANO QUESADILLA

Crab, roasted poblano peppers and corn, cilantro, and Monterey Jack cheese folded inside a crisp whole-wheat tortilla
385 / 46 . 25 . 13 / 5

CHICKEN AND SAUSAGE GUMBO

Traditional spicy gumbo with Red Bird Farms chicken thighs and chicken sausage, served with brown rice
360 / 36 . 23 . 14 / 2

GREEN BEAN STIR-FRY GF V A

With green soy beans, fermented black beans, spicy stir-fry sauce and brown rice
360 / 53 . 16 . 7 / 11

LOADED SOUTHWEST VEGETARIAN BURGER

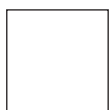
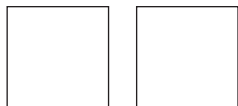
Homemade spicy veggie burger patty made with fresh vegetables, Certified Gluten-Free oats and pumpkin seeds, served on a soft whole-wheat roll with avocado, pico de gallo, lettuce, tomato and onion, served with a cauliflower tomato side salad
On whole-wheat roll V 390 / 64 . 18 . 10 / 12
On gluten-free oat bread GF V 450 / 70 . 19 . 13 / 13

CHILI CHEESE BAKED POTATO GF

Baked potato topped with vegetarian bean chili and Monterey Jack cheese, served with a cauliflower tomato side salad
295 / 50 . 13 . 5 / 7

STEAMED VEGETABLES WITH BROWN RICE GF V

Served with Mongolian BBQ Sauce
230 / 47 . 8 . 2 / 8
With Grilled Red Bird Farms Chicken GF 370 / 47 . 34 . 10 / 8
With Grilled Salmon GF 405 / 47 . 27 . 13 / 8
With Tofu GF V 340 / 48 . 21 . 10 / 9



desserts

FRESH FRUIT PLATE GF V 120 / 30 . 2 . 1 / 6

ORANGE SORBET GF V 55 / 14 . tr . tr / 1

HOMEMADE VANILLA ICE CREAM GF 100 / 14 . 2 . 3 / tr

NONFAT FUDGE SAUCE GF V 90 / 22 . 1 . tr / 1

HOMEMADE CHOCOLATE GELATO GF 165 / 23 / 5 . 6 / 1

CHOCOLATE CHIP COOKIES (2) 170 / 26 . 2 . 7 / 1

PEANUT BUTTER COOKIES (2) 140 / 21 . 4 . 5 / tr

TAPIOCA PUDDING WITH KIWI BANANA SAUCE GF
150 / 26 . 5 . 3 / 1

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Please let your server know your time restrictions. If you have food allergies or sensitivities, please let your server know.

We offer a variety of freshly prepared gluten-free items (no wheat, rye or barley), however our kitchens are not gluten-free environments.