

# TRUTH & TONIC

## RUSTIC FRUIT BASED DISHES

### GREEK YOGURT. AÇAÍ. BLUEBERRY COMPOTE \$10

{GF} 455. 67. 18. 16. 8. 122 (40)  
housemade granola. lavender honey  
cinnamon powder. candied pecans

### GREEK YOGURT. ALMOND MILK. STRAWBERRIES \$10

{GF} 480. 72. 18.16. 7. 108 (45)  
fresh squeezed tangerine. vanilla bean syrup  
mint. white chocolate chips

### FRESH WATERMELON & RASPBERRY SALAD \$10

{GF, V} 175. 34. 3. 5. 7. 5 (22)  
tangerine. banana. toasted hazelnuts  
essence of red vinegar

## TOASTS

served on whole grain ciabatta and a belgian endive  
& strawberry salad

### WARM BLUEBERRY COMPOTE \$12

290. 48. 10. 9. 7. 310 (12)  
goat cheese. honey. toasted hazelnuts

### ORGANIC CASHEW BUTTER TOAST \$10

425. 54. 12. 20. 7. 156 (12)  
banana. honey. toasted cashews  
organic strawberries

### SPINACH. BASIL. KALE \$12

290. 48. 10. 9. 7. 310 (12)  
warm greens. pomegranate seeds  
honey. cracked pepper  
ADD GROUND CHICKEN SAUSAGE \$2

### HUMMUS & AVOCADO \$12

435. 43. 11. 27. 9. 660 (2)  
melted petite heirloom tomatoes  
lemon oil. feta. coriander leaves

## BREAKFAST

### ORGANIC OATMEAL \$10

{GF, V} 365. 72. 12. 5. 8. 15 (23)  
maple. blueberries. brown sugar. golden raisins

### FARMER'S CHOICE

organic free range eggs. uncured bacon or  
chicken sausage breakfast potatoes.  
grass fed butter. housemade jam and toast

2 EGGS {GF} 495. 52. 23. 21. 6. 718 (13) \$17

3 EGGS {GF} 570. 52. 29. 27. 6. 782 (13) \$18

### GRILLED AUBERGINE \$14

{GF} 185. 10. 4. 16. 5. 157 (5)  
marinated eggplant. warm spinach. petite tomatoes  
blue foot mushroom. roasted tomato & garlic infused oil

### ROASTED PORTOBELLO MUSHROOM \$14

{GF} 220. 29. 10. 10. 7. 247 (16)  
sweet onions. roasted peppers. tomatoes.  
basil. hints of aged vinegar. ricotta cheese

### WHOLE GRAIN BANANA & AVOCADO PANCAKES \$14

540. 89. 13. 18. 7. 491 (48)  
candied pecans. dark chocolate chips  
vermont maple syrup

## EGG FRITTATAS

served with a belgian endive & strawberry salad  
add turmeric & pepper for additional wellness

### SPINACH & TOMATO \$14

{GF} 315. 6. 23. 22. 2. 385 (1)  
turmeric. garlic oil

### CARAMELIZED CURRY CAULIFLOWER \$14

{GF} 380. 9. 27. 27. 4. 555 (2)  
toasted pine nuts. feta

### SWEET POTATO. BRUSSELS SPROUTS. BACON \$14

{GF} 420. 15. 28. 4. 672 (2)  
broccoli. avocado. garlic oil

## LUNCH

### CAFÉ GREEK SALAD \$14

{GF, V} 345. 17. 29.7. 5. 689. (6)  
gem lettuce. petite cucumbers. roasted tomatoes  
red onion. feta olives. marinated pepper  
oregano red wine vinaigrette

### SESAME TOFU SPINACH SALAD \$14

{GF, V} 315. 15. 16. 25. 8. 237 (2)  
tomato. cucumber. avocado.  
sesame rice wine vinaigrette

### ROASTED CAULIFLOWER CAESAR \$14

265. 21. 14. 15. 5. 706 (3)  
gem lettuce. golden cauliflower  
ciabatta chips. roasted tomato. parmesan

### CHARRED STEAK SALAD \$20

{GF} 490. 20. 43. 27. 6. 556 (2)  
grilled prime flat iron steak. avocado. tomato  
cucumber. spinach. endive. yukon potato  
canyon ranch dressing. gorgonzola

## ADDITIONS

### GRILLED CHICKEN KABOB \$8

{GF} 185. 1. 25. 2. 0. 105 (0)

### CHIMICHURRI SHRIMP KABOB \$10

{GF} 100. 1. 15. 1. 0. 54 (1)

### GRILLED PRIME FLAT IRON STEAK \$10

{GF} 210. 0. 31. 8. 0. 165 (0)



## SANDWICHES

served with a belgian endive & strawberry salad

### CHICKEN AVOCADO WRAP \$18

495. 32. 38. 25. 5. 533 (1)  
gem lettuce. tahini dressing. mozzarella. tomato

### TURKEY BACON BRIE \$18

505. 57. 29. 20. 9. 952 (1)  
spinach. avocado. mayo. hummus. sourdough bread

### MAINE LOBSTER CLUB \$20

435. 50. 23. 17. 6. 873 (1)  
grilled ciabatta. maine lobster. gem lettuce  
heirloom tomato. bacon

### GRILLED NAAN TACOS \$16

400. 52. 10. 19. 9. 710 (2)  
avocado cauliflower. hummus. avocado. fresh herbs. lemon

## ARTISAN HOUSE BAKED BREADS

### CANYON RANCH BANANA BREAD \$5

155. 25. 2. 3. 3. 106 (12)

### SIGNATURE COFFEE CAKE \$5

200. 28. 4. 8. 2. 196 (14) / 2 servings

### SEASONAL MUFFINS & SCONES \$6

## SMOOTHIES 16oz / \$12

### BLUEBERRY & AVOCADO

{GF} 165. 40. 2. 1. 1. 9 (8)  
almond milk. açai. vanilla whey or soy protein

### PINEAPPLE & MANGO

{GF,V} 155. 36. 2. tr. 3. 60 (18)  
coconut milk. fresh orange juice. cinnamon

### THE GREEN BEAST

{GF,V} 150. 37. 3. 1. 8. 135 (22)  
spinach. kale. blueberry. mango. apple juice

### YOUR BLEND

combine any of the above ingredients

#### PROTEIN \$2

VANILLA ISOLATE, SOY, OR VEGETABLE

#### WELLNESS ADDITIONS

CHIA SEEDS, AVOCADO OIL, HEMP SEEDS, FLAX SEEDS, WHEAT GERM

## JUICES 16oz / \$10

### VEGAS RECOVERY

{GF, V} 155. 36. 2. tr. 3. 60 (18)  
beets. apple. ginger. orange. pomegranate. green tea

### INFLAMMATION FIGHTER

{GF, V} 165. 40. 2. 1. 1. 9 (18)  
cherry. ginger. turmeric. pineapple. orange. apple

### GREEN MACHINE

{GF, V} 145. 30. 6. 1. 8. 310 (10)  
cucumber. celery. kale. apple. turmeric. black pepper

### FRESH JUICE 12oz / \$9 SINGLES OR BLENDS

orange. tangerine. pineapple. gala apple. carrot.  
greens. cranberry nectar. ginger. turmeric

## COFFEE

### DRIP COFFEE 12oz/\$5 16oz/\$6 20oz/\$7

light roast leone blend  
medium dark bizzarri house blend  
dark roasted arco etrusco heritage blend

### ON TAP 12oz/\$6 16oz/\$7 20oz/\$8

nitro cold brew coffee  
cold brew house blend coffee specialty  
sparkling j'enwey tea soda

### ESPRESSO 12oz/\$6 16oz/\$7 20oz/\$8

served with traditional biscotti

CAFFE LATTE                      CAPPUCCINO  
CAFFE AMERICANO              FEATURED SPECIALTY CRAFT

### GUSTO CREMA TRADITIONAL ESPRESSO \$4

### TRADITIONAL ESPRESSO MACCHIATO \$5

#### MILK OPTIONS

skim. 2%. whole milk. almond. soy. coconut

#### HOUSEMADE SYRUP INFUSIONS

vanilla bean. crème brûlée. mocha  
toasted hazelnut. caramel. lavender vanilla  
maple brown sugar

#### MUSHROOM BOOST \$3

## MIMOSAS \$14

### SPARKLING BLUEBERRY BASIL

muddled blueberries. sweet basil

### RASPBERRY MINT

raspberry puree. fresh mint

### VANILLA PEACH

white peach puree. vanilla bean syrup

### CLASSIC FRESH ORANGE

fresh pressed orange juice

## MOJITOS \$14

### MEYER LEMON

prairie vodka. muddled meyers  
vanilla bean syrup. fresh mint

### RUMHAVEN COCONUT

coconut rum. crush pineapple. cane sugar syrup  
mint. sparkling soda

### BLUEBERRY

diplomatico rum. crushed berries. mint. cane sugar syrup

### THE CLASSIC

diplomatico rum fresh lime. mint. cane sugar syrup

## BEER ON TAP \$9

### WASARCH BLUEBERRY HEFEWEIZEN

### SQUATTERS CHARING TAIL ORANGE GOLDEN ALE

## WILD TONIC KOMBUCHA

\$9 ALCOHOLIC | \$6 NON-ALCOHOLIC

### CANYON RANCH STRAWBERRY BLOOD ORANGE

## CALIFORNIA WINES BY THE GLASS

BONTERRA CHARDONNAY	\$12
BONTERRA RESERVE SAUVIGNON BLANC	\$12
BONTERRA PINOT NOIR	\$12
SUMMER WATER ROSÉ	\$16
DUCKHORN SAUVIGNON BLANC	\$14
DECOY BY DUCKHORN MERLOT	\$14

## J'ENWEY BOUTIQUE ORGANIC BLENDED TEA

### TEA 12oz/\$6 16oz/\$7 20oz/\$8

served with signature orange thyme  
infused shortbread cookie

### TEA TONICS 16oz/\$6

strawberry hibiscus  
tropical green tea & pineapple ginger  
bourbon vanilla rooibos

### ICED TEA 16oz/\$6

unsweetened japanese green tea  
ginger peach sweet black tea  
herbal hibiscus

## NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg (sugar grams)  
tr = trace (less than 1 gram) GF = Gluten-Free (no wheat, rye or barley) V = Vegan (contains no animal product)

\* 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.

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

