

## Sample Menus :



### **Breakfast Menu #1**

- ❖ Breakfast Burritos with organic pasture-raised eggs, Nueske's applewood-smoked bacon, Monterey jack cheese, tallow potatoes and house-made salsa Roja
- ❖ (GF) Keto Quiche with goat cheese, sun-dried tomatoes, caramelized onions and broccolini
- ❖ Vegan Burritos with organic black beans, turmeric rice and sautéed veggies
- ❖ (GF) Greek Yogurt Parfaits with organic house-made superfood granola, fresh berries and organic raw local honey
- ❖ Seasonal Sliced Fruit
- ❖ Fresh Pastry Assortment- cheddar jalapeno biscuits, carrot zucchini muffins, coffee cakes, blueberry scones, almond croissants and butter croissants with our house-made raspberry jam (on the side)
  - ❖ Organic Hot Coffee
  - ❖ Fresh Orange Juice
- ❖ Half & Half, Organic Oat Milk and Organic Almond Milk
  - ❖ Stevia and Sugar in The Raw
  - ❖ Organic Muir Glen Ketchup
  - ❖ The Royal Egg's Chile de Arbol Hot Sauce



## Lunch Menu #1

- ❖ Mary's Organic Free-Range Roasted Chicken with herbed fingerling potatoes and chicken jus
- ❖ Sumac Crusted Wild-Caught Salmon with Sicilian pesto and lemony quinoa
- ❖ Vegan Fried Brown Rice with wild mushrooms, edamame, carrots and scallions
  
- ❖ Shaved Fennel, Kale and Red Radish Salad
  
- ❖ Assorted Dinner Rolls with Salted Whipped Butter
  
- ❖ House-Made Chocolate Fudge Brownies
  - ❖ Seasonal Fruit and Berries
  
  - ❖ Organic Black Iced Tea
  - ❖ Fresh Squeezed Lemonade

## Lunch Menu #2

- ❖ Grass-Fed Wagyu Meatloaf with garlic confit mashed Yukon gold potatoes and wild mushroom gravy
- ❖ Creole Wild-Caught Shrimp and Grits with beer butter sauce
- ❖ Vegan Roasted Purple Yams with sautéed kale, red quinoa and brown rice pilaf
  
- ❖ Black-Eyed Pea Salad with Grilled Corn, Cherry Heirloom Tomatoes and Cucumber
  
- ❖ Cornbread Muffins with Whipped Honey Butter
  
- ❖ Old-Fashioned Banana Cream Pudding
  - ❖ Seasonal Fruit and Berries
  
  - ❖ Organic Black Iced Tea
  - ❖ Fresh Squeezed Lemonade



### Lunch Menu #3

- ❖ Mary's Organic Free-Range Pollo Asado with roasted poblano elote style corn and chimichurri
- ❖ Blackened Wild-Caught Mahi-Mahi with lime, red cabbage slaw, toasted almond romesco and warm corn tortillas
- ❖ Vegan Spanish Fried Rice with diced carrots and green peas
  - ❖ Vegan Organic Black Beans
  - ❖ Mexican Kale Caesar Salad
- ❖ House-made Mexican Wedding Cookies
  - ❖ Seasonal Fruit and Berries
  - ❖ Organic Black Iced Tea
  - ❖ Fresh Squeezed Lemonade

### Lunch Menu #4

- ❖ Cabernet-Braised Short Ribs with potato-parsnip purée and gremolata
- ❖ Miso-Ginger Glazed Wild-Caught Salmon with lime, scallions and bok choy brown rice stir fry
- ❖ Vegan Roasted Brussels Sprouts with cauliflower florets and purple yams
- ❖ Kale, Chickpea and Cucumber Salad with Tahini Vinaigrette
- ❖ Assorted Dinner Rolls with Salted Whipped Butter
  - ❖ Key Lime Posset
  - ❖ Seasonal Fruit and Berries
  - ❖ Organic Black Iced Tea
  - ❖ Fresh Squeezed Lemonade



### Lunch Menu #5

- ❖ Mary's Organic Free-Range Chicken Coq Au Vin with pearl onions, wild mushrooms and creamy polenta
- ❖ Grilled Wild-Caught Salmon with lemon, sautéed rainbow chard, capers and cannellini beans
- ❖ Vegan Roasted Japanese Sweet Potatoes with broccolini and wild rice pilaf
  
- ❖ Mediterranean Quinoa Salad
  
- ❖ Assorted Dinner Rolls with Salted Whipped Butter
  
- ❖ House-Made Pear Mascarpone Tart
- ❖ Seasonal Fruit and Berries
  
- ❖ Organic Black Iced Tea
- ❖ Fresh Squeezed Lemonade

### Lunch Menu #6

- ❖ Turkey Meatballs with lemongrass coconut curry, shaved almonds, currants and turmeric brown rice pilaf
- ❖ Caramelized Grass-Fed Hanger Steak with potato-fennel gratin and cabernet demi-glacé
- ❖ Vegan Black-Eyed Peas with haricot verts, cherry heirloom tomatoes and garlic confit
  
- ❖ Roasted Beet, Tarragon and Arugula Salad
  
- ❖ Assorted Dinner Rolls with Salted Whipped Butter
  
- ❖ Banana Bread Budding with Brandy Whipped Cream
- ❖ Seasonal Fruit and Berries
  
- ❖ Organic Black Iced Tea
- ❖ Fresh Squeezed Lemonade