

Ingredients

Made with/*Can safely be made without*

From The Grill

Steak Skewer: top sirloin from Cascade Natural Farms, balsamic vinegar, Red Boat Fish Sauce, olive oil, sea salt, *seasoning* (smoked paprika, sea salt, black pepper, granulated garlic, granulated onion, coriander, dill seed)

Chicken Skewer: chicken thighs from Cascade Natural, vinegar, sea salt

Pteriyaki Sauce: honey, rice vinegar, pineapple, Red Boat Fish Sauce, garlic, toasted sesame oil, Velosriracha (red bell pepper, serrano pepper, garlic, tomato paste, rice vinegar, toasted sesame oil, sea salt), sea salt, water, tapioca flour, *topped with toasted sesame seeds*.

Velosriracha Sauce: Velosriracha (red bell pepper, serrano pepper, garlic, tomato paste, coconut vinegar, toasted sesame oil, sea salt), toasted sesame oil, rice vinegar, fish sauce, sea salt, *topped with toasted sesame seeds*.

Dijonadon Sauce: honey, dijon mustard (water, mustard seed, vinegar, salt, white wine, citric acid, turmeric), apple cider vinegar, olive oil, thyme, tapioca flour, sea salt, black pepper, white pepper.

Dinosaur Egg: avocado, *cauliflower sticky rice* (cauliflower, coconut cream, toasted coconut, onion, garlic, sea salt), *mango, cilantro, lime, sea salt*.

Sides

Seasonal Salad: *spring mix, balsamic roasted fennel* (fennel, balsamic vinegar, olive oil, sea salt), *pickled apple* (pink lady apples pickled with white wine vinegar, basil, orange, grapefruit, sea salt, black peppercorns, and bay leaves) *goat cheese* (pasteurized goat's milk, salt, bacterial culture, microbial enzyme), *fresh herbs* (basil, parsley), *toasted pepitas* (pumpkin seeds, coriander, black pepper, sea salt, olive oil) *vinaigrette* (olive oil, white wine vinegar infused with basil, orange, grapefruit, sea salt, black peppercorns, and bay leaves).

Chipotle Mash: sweet potato, cauliflower, coconut cream, smoked paprika, chipotle, sea salt, *topped with smoked paprika and green onions*.

Cauliflower Rice: cauliflower, olive oil, onion, garlic, sea salt, *topped with green onions*.

Bone Broth: pastured beef bones, onion, celery, carrot, parsley, apple cider vinegar, garlic, rosemary, thyme, bay leaves, black pepper, sea salt, *served with green onions*.

Jurassic Roll: tapioca flour, coconut flour, olive oil, water, eggs, sea salt.

Whipped Goat Cheese: goat cheese (pasteurized goat's milk, salt, bacterial culture, microbial enzyme), fresh basil, onion powder, sea salt, black pepper.

Roasted Garlic Spread: garlic, olive oil, sea salt, black pepper.

Awesome Bacon: Natural (Pork Raised with No Antibiotics, No Added Hormones), Pork, Water, Sea Salt, Organic Honey, Celery Powder.

Drinks

Honey Lemonade: water, lemon juice, honey, lime juice, sea salt.

Yerba Mate: water, Guayaki organic yerba mate, seasonally rotating fruit tea (ask for details), lemon juice.

Tonic: water, lemon juice, honey, fresh turmeric, apple cider vinegar, fresh ginger, black pepper, sea salt.

Please ask us for ingredient information for any specials!