

WELCOME

GRAIN BOWLS

POWER BOWL — \$10.00

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess (VG) (V) (GF)

FIESTA BOWL — \$10.50

organic black rice, southwest salsa, poblano cabbage slaw, mild cheddar, black bean dip, cilantro, crumbled tortilla strips, salsa roja (V) (GF)

THAI BOWL — \$10.25

organic black rice, roasted sweet potatoes, warm sweet potato curry, cilantro, thai basil pesto

NOW FEATURING roasted cauliflower, and roasted butternut squash (VG) (V) (GF)

TUNA POKE BOWL* — \$15.25

organic black rice, line caught sashimi tuna in a sesame-tamari vinaigrette, cucumber salad, pickled onions, avocado, radish, topped with green onion and pickled ginger mayo (dairy-free) (GF)

SEASONAL UPDATE



TUNA POKE BOWL

GREENS & GRAINS

CASHEW BOWL — \$12.00

organic black rice, mixed greens, roasted broccoli and cauliflower, cucumber salad, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette (V) (GF)

CLUB MED BOWL — \$11.00

arugula, quinoa, med salad (cucumber, tomato, red onion, mint), golden raisins, feta cheese, hummus, cilantro, crumbled pita chips and tzatziki (V)



AVOCADO CRUNCH
WITH SALMON

AVOCADO CRUNCH — \$14.00

organic black rice, romaine, poblano cabbage slaw, guacamole, crumbled tortilla strips, pickled red onions, smoked salmon, avocado green goddess (GF)

PLATES

ASIAN BBQ — \$16.50

beef meatballs with tamarind BBQ sauce, organic black rice, roasted broccoli and cauliflower; and carrots (seasoned with rice wine vinegar, tamari, sesame oil, ginger & garlic), crispy togarashi onions and topped with green onion

GOLDEN GREEK — \$15.00

roasted chicken with quinoa, roasted cauliflower, feta, med salad (cucumber, tomato, red onion, mint), chickpeas, golden raisins and tzatziki (GF)

VALUE MENU

SMALL POWER OR THAI BOWL — \$7.25

no substitutions, omissions are OK, protein addition is OK (VG) (V) (GF)

SMALL CULTURED COBB — \$9.75

no substitutions, omissions are OK (GF)

MAKE YOUR OWN BOWL — \$7.25

regular-sized bowl includes your choice of two bases, three standard ingredients, and your choice of dressing (additional ingredients available for additional charges)

SOUPS

BUTTERNUT SQUASH

\$5.00 (CUP) \$7.50 (BOWL)

butternut squash, carrot, apple, ginger, sage, onion, garlic, cream, spices, topped with roasted pepitas and pickled ginger

(V) (GF)

FORAGE CHILI

\$5.00 (CUP) \$7.50 (BOWL)

kidney, pinto and black beans, chipotle, tomato, onion and spices, topped with green onion (VG) (GF)

MAKE IT YOUR OWN!

add roasted chicken (\$3.50), mild cheddar cheese (\$1.60), or cilantro (.55/each)

FORAGE
FOOD
& BEV
KITCHEN

SALADS

CULTURED COBB — \$15.00

romaine, sweet corn, tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette (GF)



CHICKEN CAESAR SALAD



LOCAL ROOTS

CHICKEN CAESAR — \$13.25

romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar

LOCAL ROOTS — \$11.00

kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic (V) (GF)

SOUTHWEST RANCH — \$14.00

roasted chicken, romaine, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), pickled red onion, cheddar, crumbled tortilla strips, spicy ranch (GF)

WRAPS

CHICKEN BACON CAESAR WRAP — \$14.25

romaine, roasted chicken, shaved parmesan, bacon, everything-bagel sourdough crouton crumble and caesar in a 14" flour tortilla (omissions OK)

NOW 30% BIGGER

SANTA FE WRAP — \$14.25

roasted chicken, organic black rice, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), poblano cabbage slaw, mild cheddar, cilantro, crumbled tortilla strips, spicy ranch and salsa roja in a 14" flour tortilla (omissions OK)

NEW

PROTEINS

ROASTED PULLED CHICKEN (GF)	\$3.50	HARD BOILED EGG	\$2.00
ROASTED DICED CHICKEN (GF)	\$3.50	BEEF MEATBALLS (2)	\$5.00
ROASTED TOFU (VG) (V) (GF)	\$3.50	SMOKED SALMON (GF)	\$7.00
ROASTED TEMPEH (VG) (V) (GF)	\$3.50	TUNA POKE* (GF)	\$7.00
LENTIL MEATBALLS (3) (V) (GF)	\$3.50		

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

BEVERAGES

KOMBUCHA	\$4.00	FORAGE REFRESHERS	\$3.25
TEPACHE	\$4.00	BOTTLED STILL OR SPARKLING WATER	\$3.50

(VG) VEGAN (V) VEGETARIAN (GF) GLUTEN-FREE

KIDS MENU

KIDS MAKE YOUR OWN BOWL — \$5.25

includes your choice of any four ingredients we offer (limit one protein) + \$3.50 for tuna poke* or smoked salmon

KIDS POWER BOWL — \$5.25

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess (VG) (V) (GF)

BASES

ORGANIC BLACK RICE • ORGANIC QUINOA • CAULIFLOWER RICE • ROMAINE MIXED GREENS • KALE • ARUGULA • SPINACH

ADD A CUP OF SOUP FOR \$3.50 (IN-STORE ONLY)

SCAN HERE FOR
NUTRITIONAL
INFO

