

# WELCOME

# FORAGE FOOD & BEV KITCHEN

## FEATURED

### BERRY GOOD SUMMER SALAD \$12.50

romaine and mixed greens, fresh strawberries, sliced almonds, citrus roasted fennel, cucumbers and feta cheese with lemon poppyseed vinaigrette (V) (GF)

### CHICKEN CHOPPED SALAD \$13.25

romaine, cucumber, red onion, tomato, garbanzo beans, kalamata olives, pepperocinis with roasted chicken, blue cheese and italian dressing (GF)

### MEDITERRANEAN WRAP — \$14.25

roasted chicken, romaine, muhammara, pickled red onion, cucumber, tomatoes, golden raisins, feta, pita crumbles, cilantro and red wine vinaigrette in a 14" flour tortilla

## 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, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto (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)

### ASIAN BBQ BOWL — \$14.50

organic black rice, poblano cabbage slaw, roasted sweet potato, broccoli, poke dressing, beef meatballs with house-made tamarind BBQ topped with crispy fried onions and green onion

## 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 — \$12.00

oven roasted falafel with arugula, quinoa, muhammara, med salad (cucumber, tomato, red onion, mint), golden raisins, feta cheese, kalamata olives, cilantro, crumbled pita chips and red wine vinaigrette. CONTAINS WALNUTS (V)

### AVOCADO CRUNCH — \$14.00

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

NEW



BERRY GOOD SUMMER



CHICKEN CAESAR SALAD



LOCAL ROOTS

## 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 — \$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)

### 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)

## 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
FALAFEL (4) (VG) (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

## BASES

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

## 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

## VALUE MENU

### SMALL POWER BOWL — \$7.25

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

### SMALL 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)

## 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)

SCAN HERE FOR  
NUTRITIONAL INFO

