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## **PROTEINS**

### **CHARRED CHICKEN THIGH**

Skinless chicken thigh, charred chicken marinade (olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed)

### **HERB ROASTED CHICKEN BREAST**

Chicken breast, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt)

### **CRISPY BAKED CHICKEN THIGH**

Skinless chicken thigh, Herb Marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), cider vinegar, cornflakes, all-purpose flour, baking powder, smoked paprika

**Contains: Wheat**

### **SEARED WILD SALMON**

Wild Alaskan salmon, seasoning blend (sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar), canola oil

**Contains: Fish**

### **CRISPY TOFU**

Tofu, seasoning (corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano), canola oil

**Contains: Soy**

### **HOT HONEY CHICKEN**

**Charred Chicken** (skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed]), **Maple Honey Sriracha** (sriracha [canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey)

### **MEATBALLS WITH TOMATO RAGU**

Meatballs (beef, chicken, whole grain oats, crushed tomatoes [tomatoes, citric acid], white onion, cooked lentils [green lentils, water, salt, calcium chloride], carrot, cauliflower, eggs, potato starch, garlic, shiitake mushrooms, dried parsley, black pepper, fennel seed, celery seed, water, salt), tomato ragu (tomatoes, garlic oil [sunflower oil, garlic], sea salt, sugar, black pepper, chili flake)

**Contains: Egg**

### **BRAISED CHICKPEAS & LENTILS**

Chickpeas, red lentils, cherry tomatoes, kale, red onion, carrot, celery, tomato ragu (tomatoes, garlic oil [sunflower oil, garlic], sea salt, sugar, black pepper, chili flake), water, canola oil, garlic, maple syrup, sea salt, smoked paprika, garam masala, black pepper, cinnamon, bay leaf

## **SIDES**

### **CLASSIC BROWN RICE**

Brown rice (brown rice, water, sea salt, bay leaf), thyme oil (sunflower oil, thyme), cider vinegar, lime juice, parsley

### **FARM GREENS WITH MINT**

Mesclun greens, green cabbage, mint

### **SPICED FARRO WITH CARROT**

Cooked farro (farro, water, sea salt, cinnamon, bay leaf), roasted carrot (carrot, canola oil, sea salt), celery, candied orange (sugar, orange peel, water, orange juice, orange extract, citric acid, cellulose), olive oil, parsley

**Contains: Wheat**

### **HERB MARINATED CANNELLINI BEANS**

Cannellini beans, gremolata pesto (canola oil, parsley, olive oil, rosemary, garlic, sea salt, marjoram), celery, pickled onions (red onions, peppadew peppers, apple cider vinegar, sugar, sea salt), Maldon sea salt

### **TOMATOES AND CUCUMBERS**

Persian cucumbers, heirloom cherry tomatoes, pickled onions (red onions, peppadew peppers, apple cider vinegar, sugar, sea salt), parsley, mint, cracked black pepper, Maldon sea salt

### **CASHEW KALE CAESAR**

Green kale, tuscan kale, cashew caesar dressing (lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water), candied cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, chinese five spice, black pepper), chili flake, green cabbage, lemon juice, Maldon sea salt

**Contains: Tree Nut (cashew)**

### **CHARRED BROCCOLI WITH LEMON**

Roasted broccoli (broccoli, sea salt, garlic oil [sunflower oil, garlic]), lemon, Maldon sea salt

### **JASPER HILL MAC & CHEESE**

Whole wheat pasta, bechamel sauce (canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, nisin), Jasper Hill shredded cheese blend, heavy cream, seasoned breadcrumb (panko breadcrumb, garlic oil [sunflower oil, garlic], onion powder, sea salt, smoked sweet paprika, black pepper)

**Contains: Milk, Wheat**

### **ROASTED SWEET POTATOES**

Roasted sweet potato (sweet potato, canola oil, sea salt, black pepper), rosemary oil (sunflower oil, rosemary), olive oil, Maldon sea salt

### **SHEET TRAY CARROTS**

Coriander spiced carrot (carrot, garlic oil [sunflower oil, garlic], coriander, sea salt, chili flake), gremolata pesto (marjoram, parsley, rosemary, garlic, canola oil, olive oil, sea salt), lemon, Maldon sea salt

### **CHILI LIME BRUSSELS SPROUTS**

Marinated brussels sprouts (brussels sprouts, red onion, canola oil, sea salt, sugar, smoked black pepper), sweet chili sauce (agave nectar, canola oil, cider vinegar, gochugaru, ginger, garlic, sea salt, red chili flake), lime juice, basil, mint

### **HOMESTYLE MASHED POTATOES**

Potatoes, heavy cream, butter, garlic oil (sunflower oil, garlic), sea salt

**Contains: Milk**

### **CARROT GINGER SOUP**

Water, coriander spiced carrot (carrot, garlic oil [sunflower oil, garlic], coriander, sea salt, chili flake), red onion, agave, ginger, garlic, sea salt, lime juice

## **CHEF'S SPECIALS**

### **CLASSIC DIG**

**Charred Chicken** (skinless chicken thigh, charred chicken marinade [olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed]), **Roasted Sweet Potatoes** (sweet potato, sweet potato marinade [canola oil, sea salt, black pepper], rosemary oil [sunflower oil, rosemary], olive oil, Maldon sea salt), **Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [sunflower oil, garlic], lemon, Maldon sea salt), **Classic Brown Rice** (brown rice, water, sea salt, bay leaf, thyme oil [sunflower oil, thyme], cider vinegar, lime juice, Maldon sea salt, parsley), **Garlic Aioli** (tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne)

**Contains: Soy**

### **VEGAN CLASSIC DIG**

**Crispy Tofu** (tofu, seasoning [corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano], canola oil), **Roasted Sweet Potatoes** (sweet potato, sweet potato marinade [canola oil, sea salt, black pepper], rosemary oil [sunflower oil, rosemary], olive oil, Maldon sea salt), **Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [sunflower oil, garlic], lemon, Maldon sea salt), **Classic Brown Rice** (brown rice, water, sea salt, bay leaf, thyme oil [sunflower oil, thyme], cider vinegar, lime juice, Maldon sea salt, parsley), **Garlic Aioli** (tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne)

**Contains: Soy**

### **HOT HONEY CHICKEN BOWL**

**Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [sunflower oil, garlic], lemon, Maldon sea salt), **Sheet Tray Carrots** (coriander spiced carrot [carrot, canola oil, coriander, sea salt, chili flake], lemon, gremolata [garlic, rosemary, marjoram, canola oil, parsley, sea salt, olive oil], lemon, Maldon sea salt), **Jasper Hill Mac & Cheese** (whole wheat pasta, bechamel sauce [canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, nisin], Jasper Hill cheese blend, heavy cream, seasoned breadcrumb [panko breadcrumb, garlic oil (sunflower oil, garlic), onion powder, sea salt, smoked sweet paprika, black pepper], sea salt), **Charred Chicken** (Skinless chicken thigh, charred chicken marinade [olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed]), **Maple Honey Sriracha** (sriracha [canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey)

**Contains: Milk, Wheat**

### **SPICY SALMON BOWL**

**Seared Wild Salmon** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil), **Classic Brown Rice** [cooked brown rice (brown rice, water, sea salt, bay leaf), thyme oil (sunflower oil, thyme), apple cider vinegar, lime juice, parsley], **Roasted Sweet Potatoes** (sweet potato, sweet potato marinade [canola oil, sea salt, black pepper], rosemary oil [sunflower oil, rosemary], olive oil, Maldon sea salt), **Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [sunflower oil, garlic], lemon, Maldon sea salt), **Sriracha** (canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), lemon wedge

**Contains: Fish**

### **TARRAGON MUSTARD CHICKEN PLATE**

**Herb Roasted Chicken Breast** (chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), **Sheet Tray Carrots** (coriander spiced carrot [carrot, garlic oil (sunflower oil, garlic), coriander, sea salt, chili flake], gremolata pesto [marjoram, parsley, rosemary, garlic, canola oil, olive oil, sea salt], lemon, Maldon sea salt), **Homestyle Mashed Potatoes** (potatoes, heavy cream, butter, garlic oil [sunflower oil, garlic], sea salt), **Poultry Gravy** (turkey stock [water, turkey stock, natural flavor, yeast extract, sugar, turkey fat], wheat starch, corn starch, chicken fat [chicken fat, rosemary], spices, sea salt, granulated sugar, caramel color, onion powder, carrot powder [carrot, rice hull], nisin), **Tarragon Mustard** (mustard blend [dijon mustard, spicy brown mustard], canola oil, olive oil, vinegar, sugar, sea salt, tarragon)

**Contains: Milk, Wheat**

### **TARRAGON MUSTARD SALMON PLATE**

**Seared Wild Salmon** (Wild Alaskan salmon, seasoning blend [sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar], canola oil), **Classic Brown Rice** [cooked brown rice (brown rice, water, sea salt, bay leaf), thyme oil (sunflower oil, thyme), apple cider vinegar, lime juice, parsley], **Sheet Tray Carrots** (coriander spiced carrot [carrot, garlic oil (sunflower oil, garlic), coriander, sea salt, chili flake], gremolata pesto [marjoram, parsley, rosemary, garlic, canola oil, olive oil, sea salt], lemon, Maldon sea salt), **Tarragon Mustard** (mustard blend [dijon mustard, spicy brown mustard], canola oil, olive oil, vinegar, sugar, sea salt, tarragon), **Lemon**

**Contains: Fish**

### **TARRAGON CHICKEN CAESAR PLATE**

**Cashew Kale Caesar** (green kale, tuscan kale, green cabbage, cashew caesar dressing [lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water], candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne

pepper, chinese five spice, black pepper], chili flake, lemon juice, Maldon sea salt), **Herb Roasted Chicken Breast** (chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), **Avocado**, olive oil, Maldon sea salt, **Tarragon Mustard** (mustard blend [dijon mustard, spicy brown mustard], canola oil, olive oil, vinegar, sugar, sea salt, tarragon)

**Contains: Tree Nuts (cashew)**

## **MEATBALLS & SPICED FARRO PLATE**

**Meatballs with Tomato Ragu** (meatballs [beef, chicken, whole grain oats, crushed tomatoes (tomatoes, citric acid), white onion, cooked lentils (green lentils, water, salt, calcium chloride), carrot, cauliflower, eggs, potato starch, garlic, shiitake mushrooms, dried parsley, black pepper, fennel seed, celery seed, water, salt], tomato ragu [tomatoes, garlic oil (sunflower oil, garlic), sea salt, sugar, black pepper, chili flake]), **Spiced Farro with Carrot** (cooked farro [farro, water, sea salt, cinnamon, bay leaf], roasted carrot [carrot, canola oil, sea salt], celery, candied orange [sugar, orange peel, water, orange juice, orange extract, citric acid, cellulose], olive oil, parsley), **Sheet Tray Carrots** (coriander spiced carrot [carrot, canola oil, coriander, sea salt, chili flake], gremolata pesto [marjoram, parsley, garlic, canola oil, maldon, sea salt, black pepper], lemon), **Pesto** (olive oil, canola oil, water, cider vinegar, basil, garlic, caper, parsley, shallot, mustard, sea salt, black pepper)

**Contains: Wheat, Egg**

## **BRAISED CHICKPEAS & LENTILS WITH RICE**

**Braised Chickpeas & Lentils** (chickpeas, red lentils, cherry tomatoes, kale, red onion, carrot, celery, tomato ragu [tomatoes, garlic oil (sunflower oil, garlic), sea salt, sugar, black pepper, chili flake], water, canola oil, garlic, maple syrup, sea salt, smoked paprika, garam masala, black pepper, cinnamon, bay leaf), **Classic Brown Rice** (brown rice, water, sea salt, bay leaf, thyme oil [sunflower oil, thyme], cider vinegar, lime juice, Maldon sea salt, parsley), **Lemon**

## **DIG GREENS**

### **KALE CAESAR SALAD**

**Cashew Kale Caesar** (green kale, tuscan kale, green cabbage, cashew caesar dressing [lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water], candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, chinese five spice, black pepper], chili flake, lemon juice, Maldon sea salt), **Tomatoes & Cucumbers** (persian cucumbers, heirloom cherry tomatoes, pickled red onions (cider vinegar, water, sea salt, sugar, peppadew peppers, vinegar), mint, parsley, black pepper, Maldon sea salt), **Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [sunflower oil, garlic], onion powder, sea salt, smoked sweet paprika, black pepper), **Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [sunflower oil, garlic], onion powder, sea salt, smoked sweet paprika, black pepper)

**Contains: Wheat, Tree Nuts (cashew)**

### **AVO GRAIN BOWL**

**Farm Greens w/ Mint** (mesclun greens, green cabbage, mint), **Spiced Farro with Carrot** (cooked farro [farro, water, sea salt, cinnamon, bay leaf], roasted carrot [carrot, canola oil, sea salt], celery, candied orange [sugar, orange peel, water, orange juice, orange extract, citric acid, cellulose], olive oil, parsley), **Tomatoes & Cucumbers** (persian cucumbers and heirloom cherry tomatoes, pickled red onions [red onion, peppadew peppers, cider vinegar, sea salt, sugar], mint, parsley, black pepper, Maldon sea salt), **Sheet Tray Carrots** (coriander spiced carrot [carrot, canola oil, coriander, sea salt, chili flake], gremolata pesto [marjoram, parsley, garlic, canola oil, maldon, sea salt, black pepper], lemon), **Avocado**, olive oil, Maldon sea salt, **Balsamic Vinaigrette** (balsamic vinegar canola oil, mustard, agave nectar, shallot, garlic, rosemary)

**Contains: Wheat**

### **KALE CAESAR SALAD WITH CRISPY CHICKEN**

**Cashew Kale Caesar** (green kale, tuscan kale, green cabbage, cashew caesar dressing [lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water], candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, chinese five spice, black pepper], chili flake, lemon juice, Maldon sea salt), **Tomatoes & Cucumbers** (persian cucumbers, heirloom cherry tomatoes, pickled red onions (cider vinegar, water, sea salt, sugar, peppadew peppers, vinegar), mint, parsley, black pepper, Maldon sea salt), **Seasoned Breadcrumb** (panko breadcrumb, garlic oil [sunflower oil, garlic], onion powder, sea salt, smoked sweet paprika, black pepper), **Crispy Chicken** (skinless chicken thigh, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt], cider vinegar, cornflakes, all-purpose flour, baking powder)

**Contains: Wheat, Tree Nuts (cashew)**

### **AVO GRAIN BOWL WITH CRISPY TOFU**

**Farm Greens w/ Mint** (mesclun greens, green cabbage, mint), **Spiced Farro with Carrot** (cooked farro [farro, water, sea salt, cinnamon, bay leaf], roasted carrot [carrot, canola oil, sea salt], celery, candied orange [sugar, orange peel, water, orange juice, orange extract, citric acid, cellulose], olive oil, parsley), **Tomatoes & Cucumbers** (persian cucumbers and heirloom cherry tomatoes, pickled red onions [red onion, peppadew peppers, cider vinegar, sea salt, sugar], mint, parsley, black pepper, Maldon sea salt), **Sheet Tray Carrots** (coriander spiced carrot [carrot, canola oil, coriander, sea salt, chili flake], gremolata pesto [marjoram, parsley, garlic, canola oil, maldon, sea salt, black pepper], lemon), **Avocado**, olive oil, Maldon sea salt, **Balsamic Vinaigrette** (balsamic vinegar canola oil, mustard, agave nectar, shallot, garlic, rosemary), **Crispy Tofu** (tofu, seasoning [corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano], canola oil)

**Contains: Wheat, Soy**

## **ALL-DAY DEALS**

### **FAN FAVES PLATE**

**Herb Roasted Chicken Breast** (chicken breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), **Sheet Tray Carrots** (coriander spiced carrot [carrot, garlic oil (sunflower oil, garlic), coriander, sea salt, chili flake], gremolata pesto [marjoram, parsley, rosemary, garlic, canola oil, olive oil, sea salt], lemon, Maldon sea salt), **Cashew Kale Caesar** (green kale, tuscan kale, green cabbage, cashew caesar dressing [lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water], candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, chinese five spice, black pepper], chili flake, lemon juice, Maldon sea salt), **Pesto** (olive oil, canola oil, water, cider vinegar, basil, garlic, caper, parsley, shallot, mustard, sea salt, black pepper)

**Contains: Tree Nuts (cashew)**

### **VEGAN FAN FAVORITES**

**Crispy Tofu** (tofu, seasoning [corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano], canola oil), **Charred Broccoli with Lemon** (broccoli, sea salt, garlic oil [sunflower oil, garlic], lemon, Maldon sea salt), **Chili Lime Brussels** (marinated brussels sprouts [brussels sprouts, red onion, canola oil, sea salt, sugar, smoked black pepper], sweet chili sauce [agave nectar, canola oil, cider vinegar, gochugaru, ginger, garlic, sea salt, red chili flake], lime juice, basil, mint), **Guest's choice of sauce**

**Contains: Soy**

### **WINTER PROTEIN PLATE**

**Charred Chicken** (skinless chicken thigh, charred chicken marinade [olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed]), **Braised Chickpeas & Lentils** (chickpeas, red lentils, cherry tomatoes, kale, red onion, carrot, celery, tomato ragu [tomatoes, garlic oil (sunflower oil, garlic), sea salt, sugar, black pepper, chili flake], water, canola oil, garlic, maple syrup, sea salt, smoked paprika, garam masala, black pepper, cinnamon, bay leaf), **Classic Brown Rice** (brown rice, water, sea salt, bay leaf, thyme oil [sunflower oil, thyme], cider vinegar, lime juice, Maldon sea salt, parsley), **Garlic Aioli** (tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne)

**Contains: Soy**

## **SAUCES & DRESSINGS**

### **GARLIC AIOLI**



Tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne

**Contains: Soy**

### **PESTO**

Olive oil, canola oil, water, cider vinegar, basil, garlic, caper, parsley, shallot, mustard, sea salt, black pepper

### **SRIRACHA**

Canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water

### **MAPLE HOT HONEY**

Sriracha (canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), honey, maple syrup

### **CASHEW CAESAR DRESSING**

Lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water

**Contains: Tree nuts (cashew)**

### **BALSAMIC VINAIGRETTE**

Balsamic vinegar, canola oil, mustard, agave nectar, shallot, garlic, rosemary

### **POULTRY GRAVY**

Turkey stock (water, turkey stock, natural flavor, yeast extract, sugar, turkey fat), wheat starch, corn starch, chicken fat (chicken fat, rosemary), spices, sea salt, granulated sugar, caramel color, onion powder, carrot powder (carrot, rice hull), nisin

**Contains: Wheat**

### **TARRAGON MUSTARD**

Mustard blend (dijon mustard, spicy brown mustard), canola oil, olive oil, vinegar, sugar, sea salt, tarragon

## **DESSERTS**

### **ICED LEMON CAKE**

Bread flour, butter, buttermilk, lemon juice, sugar, baking powder, baking soda, sea salt, lemon zest, egg, powdered sugar

**Contains: Wheat, Milk, Egg**

**FLOURLESS BROWNIE**

Dark chocolate, sugar, free-range egg, sweet potato puree (sweet potato, canola oil, olive oil, black pepper, paprika, sea salt), vanilla extract, sea salt, baking soda, baking powder, Maldon sea salt

**Contains: Egg, Soy**

**CHOCOLATE CHIP COOKIE**

Flour, butter, milk, sugar, brown sugar, dark chocolate, vanilla, sea salt

**Contains: Wheat, Milk, Egg, Soy**