

5:00 – 8:30 PM

STARTERS

Miso Soup

tofu, chickpea miso, dashi,
nori sheets
GF 51 . 4 . 2 . 2 . tr . 139

Roasted Asparagus with Poached Egg*

asparagus medley, herb salad,
almond miso crackers
GF 160 . 11 . 12 . 8 . 4 . 168

Roasted Cauliflower

russet potatoes, green olives,
Sugar Bob’s Vermont maple sriracha
GF 129 . 13 . 3 . 8 . 4 . 303

Artichoke Carpaccio*

artichoke bottoms, charred baby corn,
lemon parmesan dressing, super seeds
GF 140 . 20 . 5 . 7 . 5 . 339

ENTRÉES | Creative Expressions of Seasonal Ingredients

Moroccan Beef Tagine

slow-cooked grass-fed short ribs, sesame stewed prunes, egg, brown rice, super seeds
GF 497 . 58 . 30 . 17 . 7 . 657

Green Peppercorn Chicken Breast

russet potatoes & green olives latke, eggplant, peppercorn creamy sauce, adjika spice
GF 496 . 40 . 41 . 17 . 7 . 703

Grilled Ramp Salmon*

baby bok choy, grilled ramp tahini sauce, wild rice, herb salad, super seeds
GF 440 . 40 . 36 . 16 . 7 . 660

Sweet Potato Gnocchi

edamame, button mushrooms, baby spinach, roasted cauliflower, smoked tomato coulis
GF . V 450 . 60 . 30 . 15 . 17 . 647

Grilled Shrimp & Grain Risotto

rhubarb, swiss chard, roasted pumpkin seeds
481 . 40 . 34 . 20 . 10 . 750

Vegetable Stir-Fry with Choice of Protein* GF

chef’s choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

Noodle Bowl with Choice of Protein* GF

chef’s choice of vegetables, rice noodles, pickled ginger, miso vinaigrette, toasted sesame seeds,
choice of grilled salmon, chicken breast, or tofu

Chef’s Special

Ask your server for today’s selection

SIDES

Vegetable Steamer Basket

chef’s choice of seasonal vegetables
GF . V

Roasted Sweet Potato

slow-roasted until caramelized and tender
GF . V 140 . 32 . 3 . tr . 5 . 56

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Steamed Brown Rice

GF . V 127 . 26 . 2 . 1 . 2 . 1

SELF SERVE SALAD BAR



BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

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



See over 500 recipes
on our Nourish blog.

HOMEMADE MOCKTAILS

Strawberry Pamplemousse Rose
strawberry puree, lime and grapefruit juice,
sparkling water, mint
GF . V 23 . 6 . tr . tr . 1 . 3

Virgin Bloody Mary
tomato juice, horseradish,
Worcestershire sauce, celery seed
GF . V 45 . 8 . 2 . tr . 2 . 268

Cucumber Daiquiri
cucumber, lemon, and pineapple juices,
elderflower syrup, sparkling water
GF . V 24 . 6 . tr . tr . tr . tr

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)
apple cider vinegar, peach, cucumber, plum, apple, pineapple
GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)
apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums
GF . V 54 . 11 . 2 . 0 . 0 . 0

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL,
with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Gusto Crema medium roast espresso
- Mezzanotte decaf drip coffee
- cold brew coffee

MILKS

whole | skim | half & half | unsweetened almond | oat

RISHI TEA

Organic & Direct Trade

ICED TEA

golden triangle black | green tea citrus | Patagonia super berry

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free
chamomile medley | turmeric ginger | lavender mint

Green Tea Sachets

jasmine

Black Tea Sachets

Earl Grey | English breakfast

GLOSSARY OF CULINARY TERMS

- **Coulis** - a thick sauce made by puréeing fruits or vegetables, commonly used to enhance sweet or savory dishes
- **Dashi** -a Japanese stock made from kombu (dried kelp) and katsuobushi (dried bonito flakes), creating a rich flavor used in various Japanese dishes
- **Tagine** -both a North African stew and the conical earthenware pot in which it is traditionally cooked. Tagines are popular in Moroccan, Algerian, and Tunisian cuisine, known for their rich and aromatic flavors

BEVERAGES



5:00 – 8:30 PM

STARTERS

Potato & Tomato Soup

russet potatoes, chili flakes,
low-fat sour cream

GF 51 . 7 . 1 . 2 . 1 . 14

Scallop Carpaccio*

cauliflower & olive puree, salmon roe,
super seeds, microgreens, lemon juice

GF 147 . 11 . 9 . 8 . 3 . 295

Savory Cauliflower Cake

hearty einkorn flour, egg, parmesan cheese,
super seeds, artichoke sun-dried tomato pesto

153 . 10 . 9 . 8 . 3 . 338

Asian Deviled Eggs

creamy spiced filling, miso vinaigrette,
super seeds, little gem lettuce

GF 173 . 12 . 9 . 8 . 3 . 346

ENTRÉES | Creative Expressions of Seasonal Ingredients

Piccata Trout Salad

radicchio, romaine lettuce, wild rice, lemon caper vinaigrette

GF 471 . 51 . 34 . 15 . 7 . 515

Chermoula Roasted Chicken Thigh

roasted root vegetables, black lentils, whole seed chermoula marinade, arugula

GF 449 . 41 . 37 . 16 . 12 . 608

Cashew Alfredo Primavera

einkorn whole wheat penne, fava beans, oyster mushrooms, asparagus, tempeh, super seeds,
cauliflower cashew alfredo sauce

V 498 . 58 . 30 . 17 . 14 . 726

Coffee Rubbed Short Ribs

grass-fed beef short ribs, roasted garlic cannellini bean purée, toasted almonds

GF 498 . 45 . 37 . 20 . 13 . 723

Black Bean Enchiladas

vegan chorizo, cashew “sour cream,” marinara sauce, herb salad

V 474 . 60 . 29 . 17 . 15 . 714

Vegetable Stir-Fry with Choice of Protein* GF

chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

Noodle Bowl with Choice of Protein* GF

chef's choice of vegetables, rice noodles, pickled ginger, miso vinaigrette, toasted sesame seeds,
choice of grilled salmon, chicken breast, or tofu

Chef's Special

Ask your server for today's selection

SIDES

Vegetable Steamer Basket

chef's choice of seasonal vegetables

GF . V

Roasted Sweet Potato

slow-roasted until caramelized and tender

GF . V 140 . 32 . 3 . tr . 5 . 56

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Steamed Brown Rice

GF . V 127 . 26 . 2 . 1 . 2 . 1

SELF SERVE SALAD BAR



BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

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



See over 500 recipes
on our Nourish blog.

HOMEMADE MOCKTAILS

Strawberry Pamplemousse Rose
strawberry puree, lime and grapefruit juice,
sparkling water, mint
GF . V 23 . 6 . tr . tr . 1 . 3

Virgin Bloody Mary
tomato juice, horseradish,
Worcestershire sauce, celery seed
GF . V 45 . 8 . 2 . tr . 2 . 268

Cucumber Daiquiri
cucumber, lemon, and pineapple juices,
elderflower syrup, sparkling water
GF . V 24 . 6 . tr . tr . tr . tr

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)
apple cider vinegar, peach, cucumber, plum, apple, pineapple
GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)
apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums
GF . V 54 . 11 . 2 . 0 . 0 . 0

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL,
with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Gusto Crema medium roast espresso
- Mezzanotte decaf drip coffee
- cold brew coffee

MILKS

whole | skim | half & half | unsweetened almond | oat

RISHI TEA

Organic & Direct Trade

ICED TEA

golden triangle black | green tea citrus | Patagonia super berry

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free
chamomile medley | turmeric ginger | lavender mint

Green Tea Sachets
jasmine

Black Tea Sachets
Earl Grey | English breakfast

GLOSSARY OF CULINARY TERMS

- **Chermoula** - a North African marinade and sauce made with fresh herbs, garlic, spices, vinegar, and oil, used to flavor seafood, poultry, or vegetables
- **Einkorn** - an ancient wheat variety with small, elongated grains, known for its nutty flavor. Einkorn flour is used in baking, particularly in recipes where a more rustic or traditional flavor is desired
- **Super Seeds** - nutrient-dense seeds that are particularly high in essential nutrients like protein, healthy fats, fiber, vitamins, and minerals

BEVERAGES



5:00 – 8:30 PM

STARTERS

Ajiaco Soup

coconut milk, yucca, grilled corn,
chicken thigh

GF 150 . 11 . 9 . 5 . 1 . 272

Pan Seared Octopus

celery, fennel, scallions,
bean, pear & miso salsa

GF 198 . 20 . 17 . 6 . 6 . 261

Indian Spiced Carrots

pistachio dukkha, grapefruit segments,
baby turnip, cilantro, curried carrot purée

GF . V 84 . 19 . 2 . 1 . 4 . 244

Beet Tartare

cucumber, shallots, capers, red quinoa,
spicy cashew dressing, toasted pistachios

GF . V 95 . 20 . 3 . 3 . 4 . 223

ENTRÉES | Creative Expressions of Seasonal Ingredients

Seafood Paella

sautéed shrimp, salmon, calamari, mussels, saffron basmati rice

GF 473 . 53 . 33 . 12 . 7 . 660

Stuffed Artichoke

buckwheat, quinoa medley, tempeh, kale, taleggio cheese, apple cider gastrique

GF 498 . 59 . 31 . 18 . 16 . 681

Adjika Rubbed Flank Steak*

whole wheat fettuccini, shaved root vegetable medley, parmesan and mascarpone cheese

GF 488 . 49 . 36 . 17 . 8 . 663

Nori Rubbed Cod

seaweed red potatoes, asparagus medley, Canyon Ranch Hollandaise sauce, herb salad, super seeds

GF 436 . 40 . 33 . 18 . 8 . 615

Red Thai Chicken Curry

coconut basmati rice, roasted butternut squash, zucchini, and pineapple

GF 498 . 47 . 32 . 20 . 7 . 647

Vegetable Stir-Fry with Choice of Protein* GF

chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

Noodle Bowl with Choice of Protein* GF

chef's choice of vegetables, rice noodles, pickled ginger, miso vinaigrette, toasted sesame seeds,
choice of grilled salmon, chicken breast, or tofu

Chef's Special

Ask your server for today's selection

SIDES

Vegetable Steamer Basket

chef's choice of seasonal vegetables

GF . V

Roasted Sweet Potato

slow-roasted until caramelized and tender

GF . V 140 . 32 . 3 . tr . 5 . 56

Sautéed Spinach with Garlic

GF . V 37 . 4 . 3 . 1 . 3 . 190

Steamed Brown Rice

GF . V 127 . 26 . 2 . 1 . 2 . 1

SELF SERVE SALAD BAR



BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

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



See over 500 recipes
on our Nourish blog.

HOMEMADE MOCKTAILS

Strawberry Pamplemousse Rose
strawberry puree, lime and grapefruit juice,
sparkling water, mint
GF . V 23 . 6 . tr . tr . 1 . 3

Virgin Bloody Mary
tomato juice, horseradish,
Worcestershire sauce, celery seed
GF . V 45 . 8 . 2 . tr . 2 . 268

Cucumber Daiquiri
cucumber, lemon, and pineapple juices,
elderflower syrup, sparkling water
GF . V 24 . 6 . tr . tr . tr . tr

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)
apple cider vinegar, peach, cucumber, plum, apple, pineapple
GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)
apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums
GF . V 54 . 11 . 2 . 0 . 0 . 0

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL,
with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Gusto Crema medium roast espresso
- Mezzanotte decaf drip coffee
- cold brew coffee

MILKS

whole | skim | half & half | unsweetened almond | oat

RISHI TEA

Organic & Direct Trade

ICED TEA

golden triangle black | green tea citrus | Patagonia super berry

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free
chamomile medley | turmeric ginger | lavender mint

Green Tea Sachets

jasmine

Black Tea Sachets

Earl Grey | English breakfast

GLOSSARY OF CULINARY TERMS

- **Adjika** - a spicy paste or sauce from the Caucasus region made with hot peppers, garlic, herbs, spices, and sometimes tomatoes; used to add flavor and heat to dishes
- **Ajiaco** - a traditional Colombian soup made with chicken, yucca, paprika, cayenne, garlic, corn, lime juice, and coconut milk
- **Dukkah** - an Egyptian spice mix of nuts, seeds, and spices, toasted and ground into a coarse powder, often used to season bread or as a topping

BEVERAGES



5:00 – 8:30 PM

STARTERS

Carrot Ginger Soup
coconut milk, aromatics
GF . V 83 . 15 . 1 . 2 . 2 . 251

Double Baked Sweet Potato
dates, toasted coconut, roasted almonds, lemon,
poppy seed dressing, super seeds
189 . 20 . 9 . 8 . 3 . 230

Grilled Lemongrass
Chicken Sausage
chicken thighs, sweet pickles,
Thai dressing, super seeds
133 . 12 . 9 . 4 . 3 . 319

Allium Tartine
dried cherries, ricotta, ramps, toasted pine nuts,
pickled shallots, artisan whole-wheat bread
170 . 20 . 5 . 8 . 3 . 201

ENTRÉES | Creative Expressions of Seasonal Ingredients

Roasted Duck Breast*
fingerling potatoes, radish medley, baby kale, honey sriracha sauce, super seeds
GF 486 . 50 . 30 . 20 . 7 . 673

Fennel Rubbed Flank Steak*
baby arugula, pickled shallots, root vegetables gratin, super seeds
GF 467 . 44 . 32 . 19 . 9 . 732

Chicken Marsala
roasted pine nuts, miso sweet potato puree, rice flour, garlic haricot vert
GF 500 . 39 . 36 . 19 . 7 . 710

Maple Seed Crusted Salmon*
fava beans, rhubarb, swiss chard, grape tomatoes, super seeds
GF 459 . 50 . 38 . 13 . 12 . 632

Eggplant Parmesan
vegan egg, rice crackers, quinoa flakes, baby arugula, cashew “bleu cheese” dressing, marinara
GF . V 500 . 60 . 30 . 20 . 18 . 738

Vegetable Stir-Fry with Choice of Protein* GF
chef's choice of vegetables, steamed brown rice, teriyaki sauce, choice of grilled salmon, chicken breast, or tofu

Noodle Bowl with Choice of Protein* GF
chef's choice of vegetables, rice noodles, pickled ginger, miso vinaigrette, toasted sesame seeds,
choice of grilled salmon, chicken breast, or tofu

Chef's Special
Ask your server for today's selection

SIDES

Vegetable Steamer Basket
chef's choice of seasonal vegetables
GF . V

Roasted Sweet Potato
slow-roasted until caramelized and tender
GF . V 140 . 32 . 3 . tr . 5 . 56

Sautéed Spinach with Garlic
GF . V 37 . 4 . 3 . 1 . 3 . 190

Steamed Brown Rice
GF . V 127 . 26 . 2 . 1 . 2 . 1

SELF SERVE SALAD BAR



BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

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



See over 500 recipes
on our Nourish blog.

HOMEMADE MOCKTAILS

Strawberry Pamplemousse Rose
strawberry puree, lime and grapefruit juice,
sparkling water, mint
GF . V 23 . 6 . tr . tr . 1 . 3

Virgin Bloody Mary
tomato juice, horseradish,
Worcestershire sauce, celery seed
GF . V 45 . 8 . 2 . tr . 2 . 268

Cucumber Daiquiri
cucumber, lemon, and pineapple juices,
elderflower syrup, sparkling water
GF . V 24 . 6 . tr . tr . tr . tr

JUKES CORDIALITY

elegant, healthy, with complexity of aroma and flavor

Jukes 1 (white)
apple cider vinegar, peach, cucumber, plum, apple, pineapple
GF . V 45 . 11 . 2 . 0 . 0 . 0

Jukes 6 (red)
apple cider vinegar, blackberries, blackcurrants, raspberries, strawberries, plums
GF . V 54 . 11 . 2 . 0 . 0 . 0

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL,
with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Gusto Crema medium roast espresso
- Mezzanotte decaf drip coffee
- cold brew coffee

MILKS

whole | skim | half & half | unsweetened almond | oat

RISHI TEA

Organic & Direct Trade

ICED TEA

golden triangle black | green tea citrus | Patagonia super berry

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free
chamomile medley | turmeric ginger | lavender mint

Green Tea Sachets

jasmine

Black Tea Sachets

Earl Grey | English breakfast

GLOSSARY OF CULINARY TERMS

- **Allium** - a genus of flowering plants that includes onions, garlic, leeks, shallots, chives, and scallions
- **Coulis** - a thick sauce made by puréeing fruits or vegetables, commonly used to enhance sweet or savory dishes
- **Super Seeds** - nutrient-dense seeds that are particularly high in essential nutrients like protein, healthy fats, fiber, vitamins, and minerals

BEVERAGES

