

11:30 AM – 2 PM

STARTERS

Soup of the Day  
ask your server for today's selection

Spaghetti Squash Skillet  
parmesan cheese, marinara, basil  
GF 121 . 19 . 5 . 4 . 4 . 307

Shrimp Risotto  
arborio rice, butternut squash, maple syrup, roasted garlic  
super seeds  
GF 151 . 20 . 10 . 4 . 3 . 336

Artichoke Gratin  
sautéed Swiss chard, parmesan cheese, cashew cauliflower cream sauce  
GF 151. 17 . 6 . 7 . 5 . 314

ENTRÉES

Bouillabaisse  
seafood medley, sautéed leeks, fennel & celery, roasted fingerling potatoes, traditional rouille sauce  
house-made focaccia bread  
436 . 47 . 31 . 13 . 9 . 750

Buttermilk Crispy Chicken Salad  
organic mesclun, fava beans, asparagus, toasted pumpkin seeds, pickled vegetables, peppercorn  
parmesan dressing  
GF 450 . 40 . 36 . 16 . 7 . 671

Shrimp Pad Thai  
rice noodles, egg, haricot vert, baby corn, red peppers, carrots, roasted peanuts  
teriyaki sauce  
GF 437 . 48 . 33 . 15 . 7 . 744

Grilled Vegetable Tartine  
zucchini & summer squash, roasted red peppers, portabella mushrooms  
goat cheese, balsamic reduction, cannellini bean & tempeh purée, artisan wheat toast  
499. 52 . 30 . 20 . 9 . 736

Lentil “Meatloaf”  
walnuts, mushrooms, celery, carrots, English peas, romaine lettuce, white bean & edamame purée  
GF . V 477 . 49 . 32 . 20 . 20 . 639

Grilled Beef Burger\*  
grass-fed burger patty, crisp romaine lettuce, fresh tomato, pickles, Thousand Island dressing  
whole-wheat potato roll, creamy jicama & apple slaw  
497 . 45 . 41 . 17 . 9 . 709

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

Virgin Bloody Mary

tomato juice, horseradish, Worcestershire sauce, celery seed

GF . V 45 . 8 . 2 . tr . 2 . 268

SPRITZERS

Honey Lemon

sparkling water with fresh lemon and a hint of honey

GF . V 34 . 9 . tr . tr . tr . 4

Tart Cherry

GF . V . 39 . 10 . 0 . 0 . 0 . 30

Pomegranate

GF . V . 46 . 12 . 0 . 0 . 0 . 8

Cranberry

GF . V . 49 . 12 . 0 . tr . 0 . 3

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, Illinois, 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

BEVERAGES

