

FIRST COURSE

Seasonal Soup of the Day

GF . V

Gem & Avocado Salad

olives, radish, avocado, honey mustard dressing

GF . V 91 . 5 . 1 . 8 . 2 . 285

Roasted Baby Beet Salad

roasted pepper ricotta, savory granola, citrus, horseradish

GF . Veg . Nuts 97 . 13 . 4 . 4 . 3 . 127

Dungeness Crab Tostada

avocado, pickled peppers, lemon, chives, almonds

GF . DF . Nuts 194 . 10 . 20 . 8 . 3 . 350

SECOND COURSE

Braised Brassicas Almondine

seasonal greens, capers, parsley, almonds, lemon

GF . V . Nuts 70 . 7 . 3 . 4 . 3 . 188

Patatas Bravas

red pepper romesco, olive tapenade, flax seeds

GF . V . Nuts 156 . 24 . 4 . 5 . 4 . 90

Mushroom Duxelles Tortellini's

roasted pumpkin sauce, walnuts, nutmeg, chives

V . Nuts 151 . 24 . 4 . 5 . 3 . 289

THIRD COURSE

Mushroom & Truffle Frittata

maitake, tofu, hemp, chives

GF . V 195 . 5 . 20 . 10 . 1 . 304

Grilled Octopus

sweet potato puree, kale, shaved celery & fennel salad

GF . DF 164 . 10 . 21 . 8 . 3 . 72

Root Down Farms Pork Chop*

Spanish lentils, roasted squash, chorizo-spice

GF . DF 174 . 9 . 22 . 4 . 2 . 293

Marin Sun Farms Beef*

tomato chimichurri, blistered broccolini, pickled shallots

GF . DF 196 . 5 . 27 . 8 . 2 . 118

DINNER



NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)

DF = Dairy Free

V = Vegan (contains no animal product. May contain honey.)

Veg = Vegetarian

*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.

FIRST COURSE

Shiitake Miso Soup

tofu, scallions

GF . DF 38 . 3 . 5 . 1 . 2 . 312

Spring Mix Salad

apple, pickled shallots, almonds, preserved lemon dressing

GF . V . Nuts 100 . 12 . 4 . 5 . 4 . 71

Cucumber & Avocado Salad

green beans, sweet-soy dressing, nori, scallions

GF . V 94 . 8 . 2 . 6 . 3 . 198

Daily Sashimi*

avocado, radish, jalapeño, citrus ponzu, shiso

GF . DF 104 . 1 . 21 . 1 . 1 . 84

SECOND COURSE

Maitake Mushrooms

Thai coconut sauce, candied walnuts, pickled shallots

GF . V . Nuts 136 . 12 . 6 . 8 . 3 . 315

Blistered Brussels Sprouts

tamari, lemon, scallions, sesame

GF . V 65 . 13 . 5 . 1 . 5 . 297

Shrimp Wontons

bok choy, sweet potato, scallion tamari citrus sauce

DF 141 . 24 . 5 . 3 . 3 . 186

THIRD COURSE

Cabbage Okonomiyaki Pancake

hoisin, scallions, hemp, nori, Just Egg mix

GF . V 183 . 8 . 19 . 8 . 2 . 349

Marinated Cod

leeks, carrots, spinach, shiitake dashi, tamari

GF . DF 129 . 7 . 20 . 2 . 3 . 259

Root Down Farms Chicken

Thai noodle salad, carrot, peanut dressing

GF . DF . Nuts 195 . 6 . 28 . 6 . 1 . 94

Marin Sun Farms Beef*

sweet potato gratin, miso BBQ sauce

GF . DF 198 . 7 . 24 . 8 . 1 . 100

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DESSERTS

Chocolate Cake

cashew mascarpone, strawberry, cocoa nibs

V 137 . 17 . 3 . 10 . 2 . 150

Seasonal Slice of Cheese

honey, compote, crostini

Veg 139 . 22 . 4 . 4 . 2 . 148

Fresh Seasonal Fruit

seasonal syrup

GF . V

CAFFÈ UMBRIA

drip coffee | espresso | latte

Italian macchiato | Americano | cappuccino

RISHI TEA

English breakfast | Earl Grey | jade cloud | turmeric ginger (*decaf*)
peppermint (*decaf*) | chamomile (*decaf*) | ginger turmeric chai | masala chai

CHOICE OF MILK

half & half | whole | 2% | almond | oat



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DESSERTS

Berry Tart

gluten-free poppy seed crust, lemon curd

GF . Veg 182 . 25 . 3 . 9 . 2 . 58

Pumpkin Crème Brûlée

oat milk, Just Egg, pumpkin spice

GF . V 187 . 29 . 6 . 6 . 3 . 150

Fresh Seasonal Fruit

seasonal syrup

GF . V

CAFFÈ UMBRIA

drip coffee | espresso | latte

Italian macchiato | Americano | cappuccino

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