

15

17

STARTERS

17

15

buffalo, mango-chili, or garlic parmesan; carrot, celery stick, poppy seed ranch gf

PAN-SEARED CRAB CAKES artichoke heart, heart of palm, chickpea, panko, spicy slaw, roasted red pepper aioli gf

SOUP & SALADS

*ADD: chicken breast, grilled or crispy 8 | ground beef 4 | pan-seared tofu 3 | toasted quinoa 1 | avocado 2

SPIRIT CAESAR romaine lettuce, garlic croutons, shaved parmesan, charred lemon, caesar dressing can be gf

WATERMELON FETA baby arugula, agave curry dressing, lemon citrus vinaigrette, balsamic glaze gf

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SOUP DU JOUR please ask your server about our soup of the day

GRILLED VEGGIE SANDWICH marinated grilled vegetable, smoked gouda cheese, pesto aioli, baby arugula, sourdough bread, fries or side salad

RANCHERO	18
scrambled egg or tofu, potato, chorizo, bell pepper, red	
onion, ranchero salsa, tortilla strip, avocado gf	

FRENCH TOAST mixed berries, whipped cream, maple syrup, powdered sugar

LOADED BREAKFAST SKILLET

breakfast potatoes, cheddar, mozzarella, red onion, red pepper, Impossible™ beef, sunny side up egg, focaccia toast

SIDES

BREAKFAST POTATOES	8
POMMES FRITES	8
SEASONAL FRUIT	8
SCRAMBLED EGGS	8
TOAST WITH BUTTER AND JAM	6
BACON STRIPS	6
SPICY BROCCOLINI garlic, chardonnay, calabrian pepper	14

MAINS

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19

CHICKEN AND WAFFLES southern fried chicken, whipped maple butter, maple syrup, honey drizzle	19
EGGS BENEDICT scrambled egg, hollandaise, bacon, american cheese, avocado, arugula, english muffin, breakfast potato	26
AMERICAN BREAKFAST cheddar omelette, bacon, breakfast potato, focaccia, cherry preserves, butter	19
AVOCADO TOAST	16

smashed avocado, fresno pepper, arugula, feta, focaccia toast, balsamic glaze, baby heirloom tomato, breakfast potatoes

DESSERTS

MEYER LEMON POUND CAKE mixed berry coulis, lemon whipped mascarpone cream	13
SEASONAL CHEESECAKE creamy cashew-based seasonal cheesecake gf	13
CARROT CAKE cream cheese frosting, pecan, carrot coulis	13
CARAMEL STICKY BUNS sticky buns, caramel butter, cinnamon glaze served in a hot skillet <i>*add pecans +2</i>	12
WARM COOKIE DOUGH CRUMBLE SKILLET	14

chocolate sauce, vanilla gelato gf

Eat plants feel beautiful®

gf = gluten free Allergies? Please let your server know-we cannot certify against cross-contamination. 20% gratuity added for parties of 6 or more

*To help offset rising restaurant costs, a 3% surcharge will be added to all checks. You may request to have this taken off your bill



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17

11

STARTERS

BUFFALO CHICKEN EGG ROLLS buffalo chicken, crumbled bleu cheese, shredded carrot, celery, crispy wonton, blue cheese dressing	15	PAN–SEARED CRAB CAKES artichoke heart, heart of palm, chickpea, panko, spicy slaw, roasted red pepper aioli <i>gf</i>	15
THE 18 CARROT curried rainbow carrots, pickled fresno pepper, toasted quinoa, crispy black kale, carrot foam <i>gf</i>	15	GRILLED VEGETABLE BROCHETTES blackened skewers of king oyster mushroom, roasted red pepper, red onion, broccoli, chardonnay reduction <i>gf</i>	15
CAULI–WINGS buffalo, mango–chili, or garlic parmesan; carrot, celery stick, poppy seed ranch <i>gf</i>	17	TORO SUSHI CUPS fried sushi rice cups, diced toro, avocado, sriracha aioli, ponzu reduction, green onion, pickled ginger, wasabi <i>gf</i>	15

SOUP & SALADS

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*ADD: chicken breast, grilled or crispy	o j ground beer	4 pan-seared toru	S loasteu guinoa T avocado

RUSTIC SPINACH spinach, crumbled egg, feta cheese, raw red onion, candied pecan, bacon vinaigrette gf	16	WATERMELON FETA baby arugula, agave curry dressing, lemon citrus vinaigrette, balsamic glaze <i>gf</i>	1
SPIRIT CAESAR romaine lettuce, garlic croutons, shaved parmesan, charred lemon, caesar dressing <i>can be gf</i>	15	SOUP DU JOUR please ask your server about our soup of the day	1

MAINS

25	MASSAMAN CURRY traditional yellow coconut curry, steamed rice, pan-seared tofu, potato, baby corn, carrot, broccoli, red pepper, red onion, peanut, cilantro <i>gf</i>	23
25	FORBIDDEN SUMMER black rice, pan-seared tofu, avocado, mango, broccoli, cauliflower, toasted quinoa, mango chili reduction gf	23
25	CAST-IRON STEAK garlic cashew cream scalloped potato, chimichurri, grilled asparagus	38

SIDES

Impossible^m beef patty, mushroom, swiss cheese, arugula, garlic aioli, fries can be gf *can sub black bean burger

cashew chardonnay cream reduction, artichoke heart, sauteed zucchini, roasted garlic, baby heirloom tomato, baby arugula, crushed red pepper, parmesan gf

cashew cream and san marzano tomato vodka reduction,

spinach, mushroom, parmesan, garlic focaccia

TUSCAN GNOCCHI

can be gf

RIGATONI ALLA VODKA

MUSHROOM & SWISS BURGER

MASHED POTATOES gf	7
LOCAL SEASONAL VEGETABLES gf	9
POMMES FRITES gf	8
LOADED MASHED POTATOES gf bacon, mozzarella, cheddar, green onion, sour cream	10
SPICY BROCCOLINI <i>gf</i> garlic, chardonnay, calabrian pepper	14

DESSERTS

WARM COOKIE DOUGH CRUMBLE SKILLET chocolate sauce, vanilla gelato gf	14
MEYER LEMON POUND CAKE mixed berry coulis, lemon whipped mascarpone cream	13
SEASONAL CHEESECAKE creamy cashew-based seasonal cheesecake gf	13
CARROT CAKE cream cheese frosting, pecan, carrot coulis	13

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