



Drinks

ICED SPORTEA

Our staple house iced tea is a premium blend of decaf tea leaves, sugar free, and naturally flavored with ginseng, ginger, lemon and Brazilian mate

SOFT DRINKS

Coke / Diet Coke / Sprite / Ginger Ale

COFFEE

Our locally sourced Moka Origins Fresh-Roasted Coffee Beans / Cappuccino / Espresso

THE TEA SPOT TEA

A full tea menu is available.

THERAPEUTIC LATTE (\$)

Our therapeutic lattes provide a pleasant pause to your day and can serve as a meditative and sensory indulgence that supports and ignites a lifestyle aligned with overall health and well-being. Ask your server for more information on our therapeutic lattes.

MIMOSA OF THE DAY (\$)

Ask your server about our mimosa of the day.

HEART AND SOUL (\$)

Kimerud Collector's Norwegian Pink Gin / Fresh Red Berries / Hand-Squeezed Lime Juice / ROOT The Granada Pomegranate / Fizz Topper / Blackmore Farm Rosemary Garnish

A FULL WINE & COCKTAIL LIST IS AVAILABLE BY REQUEST.

Main

HAND-CRAFTED AUTUMN SQUASH & APPLE FLATBREAD (veg) (gf)

Fresh Mozzarella / House-Made Ricotta / Blackmore Farm Kale / Caramelized Shallots / Thyme / Spiced Port Reduction / Extra Virgin Olive Oil / Gluten Free Cauliflower Crust

GRASS-FED BLACK ANGUS BEEF BURGER* (s) (se) (Vegan Impossible Burger upon request)

Calkin's Creamery Barn Red Cheddar / Hardwood Smoked Bacon, Tart Apple & Sweet Onion Jam / Baby Arugula / House-Made Pickles / Tomato / Kaiser Roll

BLACKENED MAHI-MAHI TACO* (df)

Creole Seasoned Mahi-Mahi / Pineapple Salsa / Avocado / Green Goddess Crème / Flour Tortilla

GRILLED LEMON & HERB-MARINATED CHICKEN SANDWICH

Pasture-Raised Chicken Breast / Fresh Mozzarella / Honey Balsamic Glaze / Roasted Red Pepper / Blackmore Farm Greens / Vine Ripe Tomato / Kaiser Roll

CARROT RIBBON & KALE SALAD (gf) (n) (Add Grilled Chicken Breast upon request)

Roasted Chick Peas / Shaved Red Onions / Roasted Parsnip / Walnuts / Greek Yogurt & Lemon Dressing

VIETNAMESE MEATBALL BAHN MI (df) (s) (se)

Pickled Garden Vegetable Slaw / Cilantro / Sesame / Jalapeno / Cabbage / Hero Roll / Sweet & Spicy Soy Glaze

BEET REUBEN (veg) (s)

Shaved Roasted Red Beets / Rye Bread / Sauerkraut / Swiss Cheese / Vegan Thousand Island Dressing

VEGAN RICE & BLACK BEAN BOWL (v) (gf) (s)

Lime-Infused Basmati Rice / Smashed Black Beans / Tomatoes / Avocado / Red Onions / Cilantro / Jalapeno / Shaved Radish / Cabbage / Chimichurri

PAN SEARED STRIPED BASS* (gf) (n) (df) (se)

Smoked Bell Pepper & Chili Coulis / Grilled Radicchio Trevisano / Mint / Toasted Pepitas / Baby Corn

TURKEY PANINI

Boar's Head Cracked Pepper Turkey Breast / Brie / Arugula / Cranberry Relish / Multigrain Ciabatta

From Our Garden Buffet

SALAD BAR & SEASONAL CONDIMENTS

BUTTERNUT SQUASH, SAGE & GINGER

BISQUE (v) (gf)

SOUP DU JOUR

FRESH BAKED VEGAN CHOCOLATE

CHIP COOKIES (v) (gf) (s)

DOUBLE CHOCOLATE MINI BROWNIES

(veg) (s)

SEASONAL SWEETS

Please see our Garden Buffet for the current offering.

Sides

STEAMED EDAMAME (v) (gf) (s)

TERRA CHIPS (v) (gf)

HOUSE-MADE OVEN ROASTED

STEAK FRIES (v)

We are proud of sourcing only sustainable seafood, local produce, our own Blackmore Farm herbs and vegetables, hormone-free beef, and free-range poultry. Locally sourced farms include: Anthill Farms Calkin's Creamery Mountain View Mushrooms Quails R' Us Lukan's Farm Blackmore Farm

v = Vegan veg = Vegetarian gf = Gluten Friendly n = Contains Nuts df = Dairy Free gel = animal gelatin s = soy se = Contains Seeds
Many items can be made gluten friendly or vegan upon request. Ask your server for more information.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. Items cooked to your liking.