

Refresh AND Renew

Meet Katie

EXECUTIVE CHEF + REGISTERED DIETITIAN

KATIE BELIEVES FOOD SHOULD FUEL REAL LIFE.

AN ISU GRADUATE WITH OVER 20 YEARS IN THE FOOD INDUSTRY, KATIE BRINGS EXPERIENCE AS A RETAIL DIETITIAN, RETAIL HEALTH FOOD MANAGER, + FOOD SERVICE AND CATERING DIRECTOR. SHE'S BEEN A PART OF FLIGHT SINCE OPENING DAY.

KATIE IS PASSIONATE ABOUT HELPING PEOPLE ENJOY BALANCED, FLAVORFUL FOOD EVERY DAY.



FOOD FOR THOUGHT

LOOK FOR KATIE'S NOTES SHARING THE HEALTH BENEFITS WOVEN INTO THE DISHES SHE'S CRAFTED.

Bourbon Meyer Lemon Sour

FREE SPIRITS BOURBON ALTERNATIVE, LEMON, SIMPLE + FOAM

\$10



Pomegranate Bourbon Smash

FREE SPIRITS BOURBON ALTERNATIVE, POMEGRANATE, LIME, SIMPLE, BITTERS + GINGER BEER

\$10



Berry Chill (THC)

CLIMBING KITES MIXED BERRY, POMEGRANATE, LEMON + MINT SIMPLE

\$10

Mediterranean Quinoa Bowl

TRI-COLOR QUINOA,
ROMAINE, TOMATO,
FETA, RED ONION,
CUCUMBER,
KALAMATA OLIVES +
CRISPY CHICKPEAS,
LEMON GREEK
VINAIGRETTE.
SERVED WITH NAAN
BREAD

SALMON [+6]
CRISPY CHICKEN [+3]
GRILLED CHICKEN [+3]

\$14



FOOD FOR THOUGHT

QUINOA IS A PLANT-BASED COMPLETE PROTEIN THAT SUPPORTS OVERALL HEALTH, MUSCLE GROWTH + REPAIR AND IMMUNE FUNCTION. ADDING VITAMIN C, SUCH AS TOMATOES WILL HELP YOUR BODY MAXIMIZE ABSORPTION OF THE PLANTED-BASED IRON FOUND IN QUINOA!

Golden Lentil + Chickpea Soup

LENTILS, CHICKPEAS,
SWEET POTATOES, KALE,
GARLIC, ONION, GINGER,
TURMERIC +
VEGETABLE BROTH

\$4 / \$7

FOOD FOR THOUGHT
FIBER-RICH INGREDIENTS TO SUPPORT DIGESTIVE HEALTH WHILE ALSO SERVING UP VITAMINS A + C TO HELP BOOST YOUR IMMUNE SYSTEM!

Sesame Crunch Salad

GREEN + RED CABBAGE, EDAMAME, CARROTS, RED PEPPER, PARSLEY, SLIVERED ALMONDS, CRISPY WONTONS + SESAME DRESSING

SALMON [+6]
CRISPY CHICKEN [+3]
GRILLED CHICKEN [+3]

\$14



FOOD FOR THOUGHT

CABBAGE NOT ONLY CONTAINS VITAMIN C THAT MAY BOOST YOUR IMMUNE SYSTEM, BUT ALSO CONTAINS PREBIOTIC FIBER THAT WILL HELP IN SUPPORTING A HEALTHY GUT MICROBIOME!