

## SIDES, SALADS & SMALL PLATES

AVAILABLE IN INDIVIDUAL 4OZ. PORTIONS OR BY THE POUND

### COLD SIDES

#### ARUGULA QUINOA BEET SALAD - GF | DF | NSA | V

Organic Quinoa, Organic Roasted Beets, Organic Arugula, Slivered Scallions, Roasted Unsalted Sunflower Kernels, and Extra Virgin Olive Oil

#### SOUTHWEST BLACK BEAN QUINOA SALAD - GF | DF | NSA | V

Organic Quinoa, Organic Black Beans, Chopped Red Peppers, Sliced Black Olives, Organic Grape Tomatoes, Cilantro, Fresh Lime, and a Hint of Hot Sauce

#### POWER QUINOA KALE SALAD - GF | DF | NSA | V

Organic Quinoa, Roasted Organic Carrots, Chopped Organic Kale, Organic Red Onion, Peppitas, and Lemon Olive Oil

#### ROASTED SWEET POTATO QUINOA SALAD - GF | DF | NSA | V

Organic Quinoa, Roasted Organic Sweet Potatoes, Chopped Fennel, and Extra Virgin Olive Oil, Topped with a Sprinkle of Peppitas

#### KALE VEGGIE SALAD - GF | DF | NSA | PF | V

Chopped Organic Kale, Organic Cauliflower Tidbits, Organic Broccoli Tidbits, Organic Grape Tomatoes Tossed in a Fresh Lemon Tahini Dressing

#### TOMATO MOZZARELLA SALAD - GF | V

Fresh Ciliegine Mozzarella, Organic Grape Tomatoes, Fresh Basil, and Extra Virgin Olive Oil Drizzled with Balsamic Vinegar

#### GARBANZO BEAN SALAD - GF | DF | NSA | V

Garbanzo Beans, Shredded Organic Carrots, Organic Red Onion Mixed with Extra Virgin Olive Oil and a Touch of Cider Vinegar

#### JICAMA SLAW - GF | DF | NSA | PF | V

Thinly Sliced Jicama Tossed with Scallions, Cilantro and a Lime Vinaigrette

#### KALARABI CARROT SLAW - GF | DF | NSA | PF | V

Lightly Seasoned Kalarabi and Organic Carrots, Tossed with Extra Virgin Olive Oil

#### FRESH BERRIES, GRAPES OR APPLES - GF | DF | NSA | PF | V

Organic Fresh Berries, Organic Grapes or Crisp Organic Whole Apples

#### CHIPS - GF OPTIONS | DF | NSA | PF | V

House Made Potato Chips, Corn Tortilla Chips, Red Rice & Quinoa Tortilla Chips or Veggie Crisps

### HOT SIDES

#### ROASTED ORGANIC VEGETABLES - GF | DF | NSA | PF | V

Choice of Roasted Brussel Sprouts, Broccoli, Broccolini, Potatoes, Mushrooms, Carrots, Sweet Potatoes

#### SAUTÉED BRUSSEL SPROUTS AND BACON - GF | DF | V OPTION

Brussel Sprouts Sautéed with or without Center Cut Cold Smoked Applewood Bacon, Finished with a Balsamic Glaze

#### SAUTÉED GREEN BEANS - GF | NSA | PF | V

Organic Green Beans Sautéed in Ghee, Lightly Seasoned, Topped with Slivered Almonds

#### ROASTED ASPARAGUS - GF | NSA | V

Roasted Asparagus Spears Topped with a Sprinkle of Freshly Shaved Parmesan

#### ROASTED POTATOES - GF | DF | NSA | PF | V

Roasted Organic Potato Wedges Drizzled with Avocado Oil, and a Touch of Sea Salt

#### SEASONED MASH - GF | DF OPTION | NSA | PF | V

Your choice of Seasoned Mashed Cauliflower or Mashed Potatoes

#### CURRY CAULIFLOWER - GF | DF | NSA | PF | V

Organic Roasted Cauliflower Flowerets Season with Sweet Curry

#### SEASONED QUINOA - GF | DF | NSA | V

Lightly Seasoned Quinoa

#### CHEESY GRITS - GF | NSA | V

Cornmeal Grits mixed with Creamy Cheddar Cheese and Scallions

#### SUN DRIED TOMATO POLENTA - GF | NSA | V

Creamy Polenta Topped with Shaved Parmesan Cheese and Sun Dried Tomatoe Purée

### SALADS

#### ORGANIC MIXED GREEN SALAD - GF | DF | NSA | PF | V

Organic Mixed Greens, Organic Shredded Carrots, Organic Grape Tomatoes, Organic Cucumber Slices, and Slivered Almonds  
• Choice of Dressing

#### RED, WHITE AND BLEU SALAD - GF | V

Organic Mixed Greens, Organic Grape Tomatoes, Organic Sliced Cucumbers, Crumbled Bleu Cheese, Candied Walnuts and Craisins  
• Choice of Dressing

#### ARUGULA ARTICHOKE SALAD - GF | DF | NSA | PF | V

Organic Arugula, Marinated Artichokes, Sun Dried Tomatoes and Calamata Olives  
• Choice of Dressing

#### HOUSE MADE DRESSINGS - GF | DF OPTIONS | NSA OPTIONS

Dijon Vinaigrette, Balsamic Vinaigrette, Chive Vinaigrette, Walnut Pesto, Blueberry Vinaigrette, Lemon Tahini, Buttermilk Yogurt Ranch

### PASTA SALADS

#### MEDITERRANEAN PASTA SALAD - GF OPTION | DF | NSA | PF OPTION | V

Pasta, Sun-dried Tomatoes, Marinated Artichoke Hearts, Kalamata Olives Tossed with Extra Virgin Olive Oil  
• Choice of Cavatappi Pasta, Gluten Free Chickpea Pasta or Zoodles

#### LEMON PASTA SALAD - GF OPTION | DF | NSA | PF OPTION | V

Pasta Tossed with Fresh Organic Spinach, Organic Grape Tomatoes, and Lemon Olive Oil  
• Choice of Cavatappi Pasta, Gluten Free Chickpea Pasta or Zoodles

#### CAPRESE PASTA SALAD - GF OPTION | V

Choice of Pasta Tossed with Fresh Mozzarella, Organic Grape Tomatoes, Basil, Extra Virgin Olive Oil and a Drizzle of Balsamic Vinegar  
• Choice of Cavatappi Pasta or Gluten Free Chickpea Pasta

**GF - GLUTEN FRIENDLY | DF - DAIRY FREE | NSA - NO SUGAR ADDED | PF - PALEO FRIENDLY | V - VEGETARIAN**