

STARTERS

Cauliflower Hummus & Grilled Pita Bread \$12
chickpeas, kalamata olives, avocado turmeric oil, petite cilantro

Crispy Maine Lobster Cakes \$16
endive, pea tendrils, watercress, Persian cucumbers, Dijon vinaigrette

SALADS

CR Signature Lettuce -Less Manchego Chopped Salad | GF \$16
Persian cucumbers, celery, petite heirloom tomatoes, sliced sweet petite peppers, artichokes, capers green onions, castelvetro olives, chickpeas, house-made Dijon vinaigrette, manchego cheese

Brussels & Avocado Caesar \$16
romaine lettuce, caramelized Brussels sprouts, roasted tomatoes, house caesar dressing, parmesan rustic bakery crostini

Spinach Salad | GF \$16
petite heirloom tomatoes, Persian cucumbers, avocado, toasted pistachios, rice wine pomegranate vinaigrette

Protein Additions
Seared Tuna* | GF \$14
Prime Flat Iron Steak* | GF \$14
Grilled Red Bird Farms Chicken Breast | GF \$12
Seared Shrimp | GF \$14
Organic Tofu | GF . V \$10

SANDWICHES

served with petite endive, watercress & tangerine salad with a strawberry verjus vinaigrette

Roasted Turkey & Brie Club \$20
apple walnut sourdough, crispy uncured bacon, pea tendrils, sliced heirloom tomatoes, house mayo

Grilled Red Bird Chicken Burger \$20
house-made bun, heirloom tomato, swiss cheese, pea tendrils, basil mayonnaise

Tacos Tacos Tacos
chipotle aioli, cilantro cabbage slaw, pico de gallo, corn tortillas
Seared Tuna* \$22
Grilled Red Bird Farms Chicken Breast \$18
Prime Flat Iron Steak* \$20
Organic Tofu \$16
Seared Shrimp \$22

Vegetable & Black Rice Stir Fry | GF . V \$18
bok choy, snap peas, red onions, petite sweet peppers, Brussels sprout leaves, pomegranate seeds, shitake mushrooms, ginger pomegranate ponzu sauce

Wellness Additions
to support the individual journey of eating towards better health, our chef will include any of the following wellness additions to best help you improve your health:
chia seeds | turmeric oil | tomato oil | flax seeds | avocado oil | pomegranate seeds

LUNCH



WE'RE BALANCED & BOUNTIFUL



SCAN QR CODE FOR MENU WITH NUTRITIONAL INFORMATION



LEARN MORE ABOUT OUR NEW APPROACH TO EATING

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye or barley) V = Vegan (contains no animal product.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. We offer a variety of gluten-free items (no wheat, rye or barley), however our kitchens are not gluten-free environments.