



Gather Around

NUTRITION

Spring Sample Menu

OMNIVORE DIET

ENTRÉES

MOROCCAN CHICKPEA STEW

chickpeas, fire-roasted tomatoes, ginger, onion, garlic, coconut milk, carrot, spinach, cinnamon, harissa, and lemon, with choice of organic, pasture-raised chicken thigh or soy-free tempeh, served with cilantro quinoa, fresh greens and a housemade vinaigrette

GREEK MEATBALLS WITH LEMON FARRO

herbed meatballs made with organic ground turkey or soy-free tempeh, with farro, seared lemon, green olives, dill, parsley, sun-dried tomato, and balsamic, served with whipped herbed ricotta and fresh greens

CHICKEN POT PIE

pasture-raised chicken thighs cooked up with celery, sweet potato, carrots, parsnips, tarragon, thyme, in a flakey pie crust with fresh local greens and shaved fennel dressed in a lemon-herb vinaigrette*

SPRING NOODLE SALAD

A bed of Umi Organics ramen noodles or GF rice noodles and fresh greens with oven-roasted purple topped turnips, spring carrots, and crispy brassica raab topped with fresh microgreens and your choice of crispy Ota Tofu or tamari ginger pasture-raised pork crumble all dressed in a creamy sesame miso sauce

SMOKED SALMON NICOISE SALAD

PNW smoked salmon, hard or soft boiled pasture-raised egg, lightly steamed green beans, oven-roasted crispy spring fingerling potatoes, easter egg radish, microgreens, and salt-cured olives in a lemon dijon vinaigrette

À LA CARTE

APPLE-CARROT MUFFINS

almond meal, oats, cinnamon, maple syrup, pasture-raised eggs (or flax eggs for vegan option), coconut oil, apple, carrot, walnuts

MATCHA SPRING GREENS SMOOTHIE

Mizuba matcha, banana, oat or coconut milk, kiwi, spinach, and spring greens

** includes a half-gallon of freshly blended smoothie*

BLACK BEAN HUMMUS WITH FRESH-CUT VEGGIES

Black beans, oven-roasted garlic, lemon juice, olive oil, cumin, salt with fresh-cut seasonal spring vegetables

CRANBERRY-ORANGE ENERGY BALLS

coconut oil, hemp seeds, orange zest, dried cranberries, cinnamon, oat flour, vanilla, Medjool dates, cashews



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Summer Sample Menu

VEGAN & GLUTEN FREE DIET

ENTRÉES

FALAFEL & QUINOA TABOULEH

quinoa, cucumber, tomato, parsley, mint, green onion, olive oil, lemon juice, garlic, homemade falafel, roasted red pepper sauce (red peppers, hazelnuts, olive oil, sea salt, lemon juice, smoked paprika)

SUMMER CORN CHOWDER

fresh corn, red potatoes, zucchini, onion, vegetable broth, almond milk, scallions, served with crispy tempeh and fresh skillet cornbread (cornmeal, salt, coconut milk, fresh corn)

LEMONGRASS TOFU VERMICELLI BOWLS

local tofu marinated in lemongrass, garlic, lime and coconut aminos, served with vermicelli noodles, cabbage, carrot, snow peas, cilantro and nuoc cham sauce (vegan Fysh sauce, coconut sugar, lime, rice vinegar, garlic)

MUSHROOM RATATOUILLE

summer squash, eggplant, bell pepper, mushrooms, tomato, garlic, onion, chickpeas, basil, served with creamy polenta (polenta, non-dairy milk, vegetable broth, nutritional yeast, fresh herbs)

THREE SISTERS ENCHILADAS

black beans, fresh corn, summer squash, garlic, green enchilada sauce (roasted poblanos, tomatillos, onion, garlic, lime), served with cashew-lime cream, avocado and a salad of fresh-cut romaine and tomato

À LA CARTE

BLUEBERRY MUFFIN LOAF

gluten-free flour, almond meal, almond milk, coconut sugar, cinnamon, applesauce, avocado oil, blueberries

GREEN GODDESS CHICKPEA-QUINOA SALAD

chickpeas, quinoa, shallots, celery and sun-dried tomatoes, in a creamy dressing of basil, parsley, scallions, garlic, lemon and tahini

TAHINI COOKIES

tahini, almond flour, maple syrup, cinnamon, vanilla, flaxseed, black sesame seeds

QUINOA & BLACK BEAN SALAD

quinoa, black beans, blackened corn, red onion, cherry tomatoes, cilantro, lime, olive oil



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Summer Sample Menu

OMNIVORE DIET

ENTRÉES

SAUCY THAI SUMMER NOODLES

wide rice noodles, fish sauce, red curry paste, ketchup, garlic, ginger, summer squash, bell pepper, basil, cilantro, lime, choice of firm tofu or pasture-raised chicken thigh, topped with crispy honey-sesame peanuts

CHICKEN SHAWARMA

pasture-raised chicken thighs and onion marinated with olive oil, lemon, cumin, turmeric, coriander, garlic, paprika and cloves, served with cucumber, tomato, parsley, lettuce, lemon, olives, garlic-tahini sauce and pita

GREEK SALMON

pan-seared wild-caught salmon marinated with balsamic, smoked paprika, oregano, red pepper, garlic, lemon and olive oil, served with orzo, basil, dill, fresh mint, red grapes, feta, and steamed green beans

CHIPOTLE BBQ SHRIMP TACOS

wild-caught Pacific shrimp marinated in chipotle, smoked paprika, cumin and garlic, served with a cilantro lime ranch slaw, chunky avocado-peach salsa, corn tortillas, and a side of corn cobs

RATATOUILLE WITH HERBED TURKEY MEATBALLS

caramelized stew of fresh tomatoes, eggplant, summer squash, onion, mushrooms, olive oil, garlic, and basil, served with oven-baked herbed turkey meatballs)

À LA CARTE

THAI QUINOA SALAD

quinoa, carrot, cabbage, green onion, mint, basil, jalapeño, roasted peanuts, olive oil, lime juice, coconut aminos

MID-SUMMER FRUIT SALAD

peaches, blueberries, grapes, fresh mint and/or basil, fresh-squeezed orange juice, balsamic vinegar

SPROUTED PUMPKIN SEED DIP

sprouted pumpkin seeds, olive oil, sea salt, parsley, cilantro, lime juice, orange juice, served with fresh-cut veggies

BLUEBERRY MUFFIN LOAF

gluten-free flour, almond meal, almond milk, coconut sugar, cinnamon, applesauce, avocado oil, blueberries



Gather Around

NUTRITION

Fall/Winter Sample Menu

VEGAN & GLUTEN-FREE DIET

ENTRÉES

BLACK BEAN CHILI

sprouted black beans, fire roasted tomatoes, carrots, bell peppers, charred sweet corn, kale, onions, garlic, smoked paprika, cumin, chili powder) with vegan sweet potato cornbread (cornmeal, gluten free flour, mashed sweet potato, flax seed, maple syrup, coconut oil, cinnamon, allspice, nutmeg, salt) topped with vegan honey butter & avocado

SHEPHERD PIE

soy free tempeh, parsnips, sweet potato, salt, pepper with fire cider steamed beet greens & pickled beets (beet root and greens, fire cider, honey, salt)

MUNG BEAN & COCONUT CURRY

mung beans, garlic, ginger, crushed tomatoes, ginger, coriander, turmeric, coconut milk, lime, cilantro) with swiss chard & oven-roasted delicata squash (delicata squash, coconut oil, maple syrup)

MASSAGED KALE & CRISPY BRUSSELS SPROUTS SALAD

kale, brussels sprouts, fennel bulb, apples, currants, pecans, lemon juice, olive oil, garlic, salt, pepper), topped with oven-baked tempeh

RICE NOODLE BOWLS

baked Ota tofu, rice noodles, fermented ginger, carrots, oven roasted radish, bok choy) in miso-sesame sauce (white miso, sesame oil, coconut aminos, ginger) with sesame seed nori sprinkle (toasted white and black sesame seeds, toasted nori, salt)

À LA CARTE

ALMOND BUTTER APPLE CINNAMON BAKED OATMEAL CUPS

gluten free rolled oats, diced apples, applesauce, almond butter, flax "egg", almond milk, maple syrup, vanilla, cinnamon, nutmeg, allspice, salt

PUMPKIN CHIA PUDDING

chia seeds, almond milk, pumpkin puree, dates, vanilla, cinnamon, cardamom, clove, nutmeg

NO-TUNA SALAD

mashed chickpeas, celery, shallot, dijon, vegan mayonnaise, garlic-dill pickles, black pepper

CHICKPEA BLONDIES

chickpeas, peanut butter, maple syrup, vanilla, oats, vegan chocolate chips



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Fall Sample Menu

OMNIVORE DIET

ENTRÉES

BACON & BLACK BEAN SOUP

pasture-raised bacon, black beans, onion, garlic, poblano and red bell peppers, fire-roasted tomatoes, cumin, chili powder, oregano, served with fresh corn and scallion cornbread

TIKKA MASALA

onion, garlic, ginger, bell pepper, serrano, pasture-raised chicken breast, cumin, coriander, turmeric, garam masala, tomatoes, chickpeas, coconut milk, served with cilantro brown rice

SALMON CAKES

pan-fried salmon cakes made with wild-caught Pacific salmon, sweet potato, shallot, dijon, dill and almond flour, served with quinoa, roasted broccoli and sweet potatoes and a roasted red pepper sauce

BRAISED ITALIAN SAUSAGE & POLENTA BOWLS

hot Italian sausage, shallot, garlic, chard, smoked paprika, fennel, white wine, served with roasted red peppers and creamy polenta

TURMERIC & GINGER POACHED HALIBUT

ginger, garlic, shallot, lemongrass, turmeric, lime, fish sauce, coconut oil, wild-caught Pacific halibut, bok choy, shiitake mushrooms, sesame oil, cilantro, served with vermicelli noodles

À LA CARTE

COCONUT AMARANTH PORRIDGE WITH SPICED APPLE & DATE COMPOTE

coconut milk, amaranth, maple, salt, apple, dates, butter, cinnamon, clove

AUTUMN CHICKEN SALAD

oven-roasted chicken breast, toasted almonds, kale, fennel bulb, local apple, dijon, olive oil, apple cider vinegar

HEALTHY APPLE PIE BARS WITH MAPLE-TAHINI CARAMEL

oats, coconut sugar, GF flour, cinnamon, sea salt, vanilla, coconut oil, ghee, local apples, maple syrup, tahini

BUCKWHEAT PUMPKIN BREAD

buckwheat, pumpkin, eggs, non-dairy milk, coconut oil, maple syrup, cinnamon, ginger, nutmeg, pecans, chocolate chips



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NUTRITION

Sample Menu

AUTO-IMMUNE PALEO & PESCATARIAN DIET

ENTRÉES

FISH TACOS

Fish Tacos (Oregon rockfish, cumin, cassava flour tortillas) with Fennel Cabbage Slaw (red cabbage, fennel root, olive oil, lime) & Guacamole (avocado, onion, garlic, lime, cilantro, black pepper, mineral salts)

GOLDEN CAULI-PARSNIP DAL

cauliflower, coconut milk, parsnips, onion, carrots, spinach, coconut oil, garlic, ginger, turmeric, cinnamon, vegetable broth, fenugreek, lemon juice, mineral salts, cilantro

SALMON CHOWDER

wild-caught salmon, coconut milk, fish broth, onion, celery, parsnip, carrots, ginger, garlic, green onion, lemon juice, fresh thyme, mineral salts

HERBED STUFFED TROUT

Herbed Trout (whole stuffed trouts, rosemary springs, fresh thyme, lemon juice) with Sweet Potato Mash (sweet potato mash, parsnips, coconut milk, salt) & Roasted Garlicky Broccolini (crispy broccolini, avocado oil, garlic, mineral salt)

MEDITERRANEAN TUNA SALAD STUFFED AVOCADOS

line-caught salmon, carrots, cucumber, celery, kalamata olives, parsley, olive oil, lemon, avocado, mineral salt

À LA CARTE

FIG ENERGY BITES

unsulphured dried figs, toasted coconut, coconut oil, cinnamon, mineral salt

OLIVE TAPENADE WITH CUCUMBER DIPPERS

kalamata olives, capers, parsley, garlic, extra virgin olive oil, mineral salt, cut cucumbers

COCONUT GOLDEN MILK

coconut milk, turmeric, ginger, vanilla, mineral salt

GET YOUR GREENS SOUP

green beans, sweet potatoes, zucchini, kale, ginger, garlic, vegetable broth, lemon juice, mineral salt

CARROT GINGER SOUP

carrots, coconut milk, ginger, turmeric, garlic, chives



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Winter Sample Menu

OMNIVORE DIET

ENTRÉES

CHICKEN CHILI VERDE

pasture-raised chicken, leeks, kale, roasted poblano peppers, tomatillos, white beans, cilantro, topped with toasted pepitas and served with skillet cornbread

CUMIN BAKED PORK CHOPS WITH ROASTED SQUASH & BLACK RICE

roasted pork chops rubbed with dijon and cumin, served with a salad made of wild rice, winter squash, smoked paprika, olive oil, radicchio, parsley, roasted walnuts, apple cider vinegar, dijon

HARISSA-RUBBED PORK SHOULDER

slow-cooked pork shoulder rubbed with harissa, apple cider vinegar, tomato paste, coconut sugar and garlic, stewed with white beans and chard, served with cilantro quinoa

HALIBUT CHOWDER

onion, garlic, carrot, celery, potatoes, fish stock, bay, thyme, wild-caught Pacific halibut, creamed cashews, smoked paprika, served with parsnip-thyme bread

BOLOGNESE & SPAGHETTI SQUASH

choice of ground turkey, beef, or locally made soy-free tempeh, garlic, onion, carrot, celery, crushed red pepper, tomatoes, red wine, oregano, basil, served with roasted spaghetti squash and crispy roasted broccolini

À LA CARTE

BACON & SQUASH FRITTATA MUFFINS

pasture-raised eggs, non-dairy milk, bacon, arugula, delicata squash, sage, thyme

PB & HONEY RICE CRISPIES

peanut butter, coconut oil, honey, puffed rice, topped with sesame and hemp seeds, dark chocolate and flaky sea salt

GF FALAFEL BITES

chickpeas, oat flour, garlic, parsley, smoked paprika, coriander, served with garlic-tahini-lemon sauce

BUTTERNUT SQUASH FRITTERS

pan-fried patties with shredded butternut squash, garlic, egg, gluten-free flour, sage, thyme, chives, served with a lemon & smoked paprika cashew sauce