

*Below is a menu that is particularly nutritive for the postpartum period.*

*Substitutions or modifications may be requested.*

*All menu items are gluten-free except for pie crust (GF available upon request).*

*All menu items are dairy-free except for grass-fed yogurt (DF available upon request).*

*(V) indicates menu item is vegan or can be made vegan upon request.*

## **B R E A K F A S T   E N T R E E S**

### **CHICKEN CONGEE**

a nourishing slow-cooked rice porridge with pasture-raised chicken, ginger, Chinese red dates, goji berries and seasonal vegetables, topped with a PNW gomasio made from nettles, wild seaweed and black sesame seeds

### **MISO-SHIITAKE CONGEE (V)**

a nourishing slow-cooked rice porridge with a miso-ginger broth, shiitake mushrooms, and seasonal vegetables, topped with a PNW gomasio made from nettles, wild seaweed and black sesame seeds

### **BREAKFAST HASH with SALMON or TEMPEH (V)**

an oven roasted potato & dark leafy green medley spiced with toasted fennel and cumin seeds, topped with your choice of wild-caught salmon or smoky tempeh

### **SEASONAL QUICHE\***

pastry crust filled with pasture-raised eggs, onion, kale & herbs, optional pasture-raised bacon and/or feta, with fresh fig or pear (depending on season) baked on top

*\*gluten-free option is available as a frittata*

### **OATMEAL PORRIDGE with BLACK SESAME MILK & COMPOTE (V)**

a porridge of slow-cooked steel-cut oats and chia seeds, topped with a seasonal fruit compote and a non-dairy rose & black sesame milk

### **BERRIES & OATS PANCAKES (V)**

hearty gluten-free buckwheat pancakes topped with seasonal fruit compote, whole-milk yogurt, and maple syrup

### **SEASONAL CHIA PUDDING PARFAIT (V)**

a cardamom vanilla chia pudding with a seasonal fruit compote topped with toasted seeds and coconut flakes

## DINNER ENTREES

### **SOUTHWEST BOWL (V)**

choice of pasture-raised chicken or smoky tempeh on a bed of roasted seasonal vegetables and quinoa, topped with a vegan cilantro cream and pickled vegetables

### **MEDITERRANEAN BOWL (V)**

choice of pasture-raised chicken or smoky tempeh on a bed of roasted seasonal vegetables and quinoa tabouli, topped with a vegan roasted red pepper sauce and pickled vegetables

### **THAI-INSPIRED BOWL (V)**

choice of pasture-raised chicken or sesame tempeh on a bed of roasted seasonal vegetables and herbed brown rice, topped with a vegan gingered peanut sauce and pickled vegetables

### **CRISPY CHICKPEAS with LAMB & CHARD**

spiced ground lamb and crispy chickpeas tossed with fire-roasted tomatoes and rainbow chard, served with brown rice and a bright lemon-garlic yogurt sauce

### **SEASONAL WHITE BEAN MINISTRONE (V)**

a brothy tomato & white bean soup filled with potatoes and seasonal vegetables and fresh Mediterranean herbs, served with ready-to-bake garlic bread\*

*\*gluten-free garlic bread option available*

### **PASTA ALLA BOLOGNESE (V)**

a hearty tomato sauce with onion, celery, carrot, basil and choice of grass-fed ground beef or tempeh, served with gluten-free chickpea pasta & roasted seasonal vegetables

### **FENNEL-RUBBED PORK CHOPS**

pan-seared fennel & coconut sugar rubbed pork chops, with sauteed fennel bulb and roasted potatoes & seasonal vegetable

### **ROOT VEGETABLE MEATLOAF with MASHED POTATOES**

grass-fed beef meatloaf stuffed with shredded root vegetables and Mediterranean herbs, served with a side of garlic mashed potatoes

### **MOROCCAN LAMB STEW**

slow-cooked grass-fed lamb stew with dark leafy greens, seasonal vegetables, garlic, ginger, rosemary, fresh cilantro or mint, dates & preserved lemon, served with brown rice

## DINNER ENTREES

### **CHICKEN or VEGGIE POT PIE (V)**

a savory pot pie filled with choice of pasture-raised chicken thighs or lentils, mushrooms, seasonal vegetables, baked in a creamy herbed gluten-free sauce

### **OREGON ROCKFISH CAKES (V)**

pan-seared local line-caught Rockfish cakes, served with roasted potatoes and seasonal vegetable, and a garlic-dill aioli

### **MACARONI & CHEESE**

chickpea pasta in a creamy sauce of orange sweet potatoes, sharp cheddar cheese & grass-fed butter, with oven-roasted broccoli and option to add sausage

### **BROCCOLI BEEF or TEMPEH over BROWN RICE (V)**

tender strips of grass-fed beef or seared tempeh with broccoli tossed in a ginger-garlic hoisin sauce, served over brown rice

### **TIKKA or CHANA MASALA (V)**

choice of pasture-raised chicken or chickpeas slow-cooked with seasonal vegetables in a spiced tomato coconut stew, served with cilantro brown rice

### **CALMING KITCHARI (V)**

a porridge of brown rice, sprouted mung beans, and seasonal vegetables spiced with toasted traditional Indian digestive spices, served with grass-fed yogurt and pickled vegetables

### **TERIYAKI STIR-FRY (V)**

choice of pasture-raised chicken thigh, wild-caught salmon or tofu, stir-fried with seasonal vegetables and scallions, tossed in a teriyaki sauce, served over brown rice

### **SEASONAL COCONUT YELLOW CURRY (V)**

choice of pasture-raised chicken or soy-free tempeh in a coconut based curry spiced with ginger & turmeric, filled with seasonal vegetables, and topped with fresh cilantro and served with brown rice

### **PAD THAI (V)**

your choice of tofu or pasture-raised chicken, tossed with sweet & tangy tamari & tamarind sauce, with yam noodles, pasture-raised egg, seasonal vegetables, green onion & salted peanuts

## DINNER ENTREES

### **BEEF or VEGETARIAN CHILI with CORNBREAD (V)**

classic, comforting chili filled with choice of grass-fed ground beef or quinoa, slow-cooked with onion, garlic, spices and seasonal vegetables, topped with fresh scallions and served with gluten-free cornbread with corn kernels

### **CHICKEN TORTILLA SOUP**

a brothy chicken soup spiced with cumin & chili powder, filled with seasonal vegetables, black beans, fire-roasted tomatoes, and topped with fresh-diced radish & cilantro, served with grass-fed yogurt & organic yellow corn chips

## SNACKS

### **CARROT-GINGER SOUP (V)**

a blended warming soup of carrots & ginger with a coconut milk base

### **POTATO, LEEK & NETTLE (V)**

our take on a classic blended soup with the added nutritional benefits of dark leafy greens and nettles

### **TOM KHA (V)**

a coconut milk & lemongrass based soup filled with mushrooms, cherry tomatoes and seasonal vegetables, topped with fresh lime juice & cilantro

### **GOLDEN COCONUT DAL (V)**

a slowed-cooked stew made from split red lentils & coconut milk, spiced with warming ginger & turmeric, topped with fresh cilantro

### **MISO & BURDOCK SOUP (V)**

a brothy miso-sesame soup with burdock, daikon, shiitake mushrooms & kombu

### **HERBED CHICKEN or CHICKPEA SALAD (V)**

your choice of pasture-raised chicken or chickpeas with celery, raisins & toasted sunflower seeds tossed in a creamy dijon-dill dressing

## S N A C K S

### **SAUSAGE & VEGGIE SKEWERS**

seared skewers of Italian spiced sausage, onion & select seasonal vegetables

### **APPLE SAUSAGE PATTIES**

pan-seared patties made from pasture-raised ground pork, grated apple, fennel seeds, sage & garlic

### **GOOEY BLACK BEAN BROWNIES (V)**

gluten-free & vegan goeey black bean brownies topped with mini chocolate chips and flaky sea salt

### **CHICKPEA BLONDIES (V)**

gluten-free & vegan chickpea peanut butter blondies topped with mini chocolate chips and large flake sea salt

### **CHOCOLATE MINT BLISS BALLS (V)**

perfectly sweet bliss balls made from cacao, walnuts, and dates with a touch of mint

### **MORNING GLORY BREAKFAST COOKIES (V)**

hearty vegan, low-sugar cookies filled with oats, shredded carrots, coconut, dried fruits & nuts

### **PB & HONEY RICE CRISPY TREATS (V)**

squares of puffed rice, peanut butter, local honey & grass-fed butter or coconut oil, topped with a dark chocolate drizzle

### **OATMEAL CHOCOLATE CHIP COOKIES (V)**

chewy chocolate chip cookies with oats, flax seeds, brewers yeast, coconut flakes & dried fruit, for a nutrient-dense treat that promotes healthy lactation

### **FENNEL SESAME COOKIES (V)**

fennel & sesame coated tea cookies formulated to promote healthy lactation

## **BROTHS & ELECTROLYTE DRINKS**

### **BEEF BONE BROTH**

onion, nettle, rosemary, garlic, beef broth, sea salt

### **GOLDEN CHICKEN BONE BROTH**

chicken, ginger, turmeric, sea salt

### **PORK BONE BROTH**

shiitake mushrooms, onion, kombu, pork bone, daikon radish, sea salt

### **HIBISCUS CINNAMON ELECTROLYTE DRINK (V)**

Hibiscus, cinnamon, honey, sea salt

### **HORCHATA ELECTROLYTE DRINK (V)**

non-dairy milk, nutmeg, cinnamon, vanilla, maple syrup, sea salt

### **GINGER LEMONADE SWITCHEL (V)**

fresh ginger, lemon, apple cider vinegar, honey, sea salt, sparkling water

### **CAFFEINE-FREE DANDY LATTE (V)**

roasted dandelion blend, cardamom, cinnamon, coconut sugar, coconut milk

### **HOUSEMADE HOT CHOCOLATE (V)**

non-dairy milk, vanilla, cacao powder, cinnamon, maple syrup, sea salt

### **GOLDEN MILK (V)**

coconut milk, turmeric, ginger, cardamom, maple syrup, sea salt