



PLANT-BASED

*True food is local, flavorful and wholesome. True to nature. True to you.

Starters

CHEF'S FEATURED SOUP

HOUSE SALAD

Romaine and mixed greens topped with cucumbers, tomatoes, red onion, carrots and celery tossed with a basil vinaigrette

60 CAL   

BARLEY ARUGULA SALAD

Barley pilaf served with zucchini, onion, bell pepper, carrot, and celery tossed with lentils, arugula, sundried tomatoes and balsamic vinaigrette

80 CAL  

Entrees

TOSTADAS

Crispy corn tortillas, house made refried beans, shredded romaine lettuce tossed in a cilantro lime cashew sauce and topped with avocado salsa

340 CAL   


PEAR AND WALNUT SALAD

Bed of spinach mixed with winter slaw and lentils tossed in Dijon emulsion and topped with pears, golden raisins, walnuts and red onions

350 CAL   

BLACK BEAN BURGER

House made black bean burger topped with sliced avocado served on our house made whole wheat bun. Served with citrus green beans

310 CAL  

THAI PEANUT BOWL

Baked tofu tossed in Thai peanut sauce, topped with carrots, cucumbers, bell peppers and cilantro. Served on pineapple coconut fried rice

340 CAL   

FEATURED FLATBREAD **non-dairy/gluten-free options available*

House made whole grain flatbread topped with chef's daily creation



H3 Plate

Create your own lunch using items from the options below.

Proteins

4 ounce serving

Lightly seasoned with salt, pepper and olive oil.

BAKED TOFU (4 oz.) 100 CAL
BLACK BEAN BURGER 100 CAL

Starches

1/4 cup serving

STEAMED BROWN RICE 50 CAL
STEAMED LENTILS 70 CAL

Vegetables

1/2 cup serving

STEAMED BRUSSELS SPROUTS 20 CAL
STEAMED PEPPERS 25 CAL
STEAMED CARROTS 25 CAL
STEAMED BROCCOLI 10 CAL
STEAMED GREEN BEANS 15 CAL
STEAMED SPINACH 10 CAL

Dressing & Sauce

1/2 ounce serving

VINAIGRETTES
BASIL 25 CAL
BALSAMIC 30 CAL
CITRUS 15 CAL
DIJON EMULSION 10 CAL
THAI PEANUT SAUCE 60 CAL
CILANTRO LIME CASHEW SAUCE 25 CAL

Recommended lunch calorie intake 300-350. Additional vegetarian options available upon request.

Dine Mindfully, please refrain from cell phone use.



Dairy Free



Gluten Free



Vegetarian



Vegan

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.

Note: While we do our best to accommodate and meet the dietary and allergy needs of our guests, we **cannot** guarantee that cross contact will not occur due to the shared cooking and preparation areas of our kitchen.

