

	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
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EARTH

Baby Heirloom Tomato Salad	246	540	404	45	13	0	40	281	19	2	1	11	23	49	33	11
Blue Stove Caesar	205	280	161	18	6	0	23	405	22	4	3	8	139	46	18	13
Fig & Blue Cheese Salad w/ Pecans	165	420	260	29	6	0	16	359	36	5	27	8	32	18	21	9
Frisée Salad w/ Golden Beets	134	300	224	25	7	0	31	172	9	3	6	10	24	8	32	5
Kale & Manchego Cheese Salad	183	360	226	25	4.5	0	16	114	29	4	20	9	187	101	24	12
Roasted Cauliflower w/ Saffron Aioli	204	380	308	34	6	0	18	372	18	5	9	5	8	213	6	9
Roma Tomato Basil Soup	170	160	110	12	7	0	39	315	10	2	5	2	55	28	8	10
Sweet Potato Frites w/ Cil. Lime Aioli	185	480	283	31	3.5	0	6	586	49	7	13	2	123	33	4	7
Warm Halloumi w/ Butter Lettuce	162	180	156	17	8	0	33	498	5	2	2	13	37	17	36	8

LAND

Cilantro Lime Chicken Tacos	283	620	372	41	10	0	91	640	39	4	5	24	71	67	18	15
Filet Mignon w/ Roasted Mushrooms	236	380	291	32	12	0	109	289	13	2	4	30	82	16	3	23
House Ground Sliders w/ Bacon Jam	250	700	354	39	17	.5	129	499	58	4	20	30	12	17	15	23
Korean Short Rib Skewers	189	510	362	40	16	0	71	1232	19	2	11	16	40	30	6	17
Lettuce Cups w/ Szechuan Chicken	328	570	323	36	6	0	90	980	38	4	12	24	97	28	8	15
Moroccan Spiced Lentils w/ Lamb	235	720	173	19	5	0	26	798	96	10	6	35	80	40	23	39
Roasted Garlic Chicken w/ Corn	249	530	369	41	7	.5	119	207	13	2	5	27	29	30	11	14
Szechuan Beef & Broccoli	329	620	331	37	6	.5	56	1740	47	4	24	27	48	151	17	21
Toasted Gnocchi w/ Short Rib Ragù	261	500	293	33	16	0	97	502	30	2	4	21	29	25	31	20

SEA

Jumbo Lump Crab Cakes	187	520	396	44	11	0	137	1002	15	2	5	17	17	25	12	9
Lemon Scented Risotto w/ Scallops	281	470	185	21	11	0	62	634	43	2	5	26	62	25	13	10
Pacific Shrimp Tempura w/ Pickled Cuc.	249	290	100	11	1	0	101	1132	33	2	6	14	52	6	16	17
Pan Roasted Wild Salmon w/ Squash	226	270	126	14	6	0	80	140	9	1	3	27	20	25	4	6
Salt & Pepper Calamari	313	550	176	20	3.5	0	471	330	53	3	6	40	32	44	18	25
Seared Halibut w/ Artichokes	319	400	243	27	12	0	99	189	14	3	3	27	59	101	7	10

KIDS' MENU *(Includes Side of Fruit & Raisins)*

Chicken Fingers	304	660	280	31	7	0	58	1127	78	4	25	18	4	30	2	15
Grilled Cheese Sandwich	266	590	207	23	11	0	36	1184	81	6	18	17	10	30	36	21
Macaroni & Cheese	300	610	276	31	18	0	98	773	71	6	14	17	23	26	24	20
Pasta with Tomato Sauce	331	360	43	5	1.5	0	7	499	67	6	12	14	3	25	13	20

DESSERTS

Apple Cobbler	389	830	277	31	19	0	95	132	134	6	99	8	18	14	7	11
Blackberry Apple Cobbler	370	750	238	26	16	0	80	127	123	6	89	8	16	21	7	12
Blueberry Almond Cake w/ Gelato	227	730	391	43	18	0	125	129	77	6	56	13	15	11	16	14
Cheesecake with Sea Salt Caramel	217	770	505	56	32	0	296	444	58	0	54	11	44	0	15	6
Chocolate Banana Creme Brulee	283	930	642	71	43	0	455	69	67	4	50	9	51	11	17	37
Chocolate Pot de Creme	247	970	644	72	38	0	371	160	71	5	59	13	39	1	22	49
Creme Brulee	192	640	456	51	30	0	418	58	42	1	37	6	44	7	12	6
Crisp Strawberry Crostata w/ Gelato	221	760	414	46	29	0	150	70	79	3	54	8	25	90	8	10
Individual Chocolate Mousse Cake	236	870	485	54	31	0	107	171	92	8	68	6	23	16	13	59
Lemon Ricotta Shortcake	237	820	395	44	26	0	315	194	99	5	69	13	33	41	24	15
Maple Apple Cobbler	367	710	200	22	14	0	66	127	123	6	86	7	12	13	9	12
Olive Oil Cake w/ Blkberry Compote	237	750	344	38	8	0	175	98	92	4	67	11	7	24	6	14
Peach Blackberry Cobbler	383	720	270	30	19	0	93	117	107	5	77	9	28	27	7	13
Pineapple Brown Butter Cake	214	970	416	46	28	0	218	223	129	2	86	12	32	19	17	20
S'Mores Pot de Creme	307	1560	756	84	51	0	395	350	187	7	122	18	45	2	25	80
Sorbet & Gelato	170	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0
Sticky Toffee Pudding w/ Molasses	273	780	268	30	18	0	125	136	126	3	107	6	15	0	10	11
Strawberry Blueberry Cobbler	388	730	275	31	19	0	94	121	109	5	74	8	17	155	8	14
Warm Choc Chip Cookie w/ Gelato	205	800	387	43	26	0	105	480	101	5	68	8	6	0	4	15