

# Dinner

Choosing nutritious food is one of the most important things we do each day to improve our health and well-being.

## WE BELIEVE

there is no single diet that is right for everyone, so our focus is on providing thoughtfully sourced, seasonal ingredients that are nourishing and nutrient dense.

## WE ENCOURAGE

you to choose whatever foods make you feel best, to enjoy them mindfully and to share them with loved ones.

### Starters

**THE PLATE (v / gfo) 14**  
lachha paratha - traditional indian whole-wheat flat bread, kyoto red carrot hummus

**ROOT VEGETABLE SALAD (vv / gf) 17**  
ruby red beets, honey nut squash, pomegranate, basil, pickled lemon

**HAMACHI CRUDO (gf) 22**  
citrus caviar, serrano chili, cilantro, crudite

**HOUSEMADE BURRATA (v / gfo) 18**  
arbequina olive oil, crispy bread

**THE GREEN SALAD (vv / gf) 16**  
leafy greens, avocado, shaved market vegetables, champagne-dijon vinaigrette

**KALE PERSIMMON SALAD (v / gf) 18** toasted almonds, hemp seeds, ginger balsamic vinaigrette

**SOUP OF THE DAY 14**

### Sides

roasted sweet potato (vv) 8

roasted brussels sprouts (v / gf) 8

steamed broccoli (vv) 8

lachha paratha (v) 8

### Mains

**ROASTED CHICKEN (gf) 28**  
pasture raised chicken, baby bok choy, kombu, sesame

**CRISPY SKIN WILD SALMON (gf) 31**  
broccoli, cashew, avocado, coconut curry

**WILD HALIBUT (gf) 32**  
savoy cabbage, market vegetables, sprouted nuts and seeds, grass-fed butter

**FUSILLI (v / gf) 24**  
wild mushroom ragu, san marzano tomatoes, parmigiano reggiano, brown rice pasta

**THE GRASS-FED BURGER 27**  
grass finished beef, confit tomatoes, sweet potato dauphine, watercress vinaigrette  
+ avocado 5, + bacon 5

**GREEN CHICKPEA BURGER (v / gfo) 19**  
wasabi aioli, brioche bun, vegetable chips

**COCONUT CAULIFLOWER FRIED RICE (v / gf) 21**  
pasture-raised egg, bok choy, shiitake mushrooms, fermented ginger, chilis  
+ chicken kebab 10, + seared wild salmon 16

(v) vegetarian, (vv) vegan, (gf) gluten-free, (gfo) gluten-free option

Kitchen & Table

# Beverages

Coffee

**DRIP COFFEE 3.5**  
THE WELL x Felix Roasting Co.

**ESPRESSO 4**

**AMERICANO 4**

**MACCHIATO 4.25**

**CORTADO 4.5**

**LATTE 5**

**CAPPUCCINO 5**

**BLUE BOTTLE COLD BREW 6**

choice of milk: almond, oat, whole, half & half

**OOLONG 5**  
CLARITY by Thich Nhat Hanh

**AYURVEDIC HERBAL BLEND 5**  
VITALITY by Thich Nhat Hanh

**HOUSE OF WARIS BOTANICALS 5**  
jasmine, hibiscus citrus, chamomile lavender,  
breakfast, sencha, turmeric honeybush, earl grey, white  
pomegranate, jade oolong, chai, mystic mint

Tea

Juices

*Juices made with love by Magic Mix Juicery*

**ORANGE | GRAPEFRUIT 8**

**CELERY | CUCUMBER 12**

**WELL & GREEN 12**  
kale, spinach, romaine, parsley, cucumber, celery,  
ginger, lemon

**GREEN RADIANCE 12**  
kale, spinach, romaine, parsley, cucumber, celery

**DETOX PAINKILLER 12**  
apple, lemon, ginger, cayenne, blue-green algae

**LIQUID SUNSHINE 12**  
carrot, orange, ginger

**SHOTS 5**  
choice of: lemon/ginger/cayenne, ginger, turmeric or aloe vera

Coolers

**JASMINE ICED TEA 6**

**HIBISCUS ICED TEA 6**

Purveyors

- Anita's
- Bread Alone
- Cherry Lane
- Farm One
- Feather Ridge Farm
- Fossil Farms
- Free Bird
- Good Mylk
- Hepworth Farms
- La Boite
- Monty's
- Ronnybrook Farm
- Seven Stars Farm
- Thomas Dairy
- Union Square Greenmarket
- Westwind Orchard
- Felix Roasting Co.
- House of Waris Botanicals
- Magic Mix Juicery



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