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## **BASES**

### **CLASSIC BROWN RICE**

Brown rice (brown rice, water, sea salt, bay leaf), **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

### **FARM GREENS WITH MINT**

Romaine lettuce, mesclun, mint.

### **SPICED FARRO**

Farro (Farro, sea salt, bay leaf, allspice, cinnamon stick, candied orange peel, carrot, canola oil), olive oil, parsley, celery, maldon salt.

**Contains: Wheat/Gluten**

## **PROTEINS**

### **CHARRED CHICKEN**

Skinless chicken thigh, **charred chicken marinade** (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).

### **CRISPY TOFU W/ MAPLE CIDER GLAZE**

Tofu (Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano), **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic).

**Contains: Soy**

**HERB ROASTED SKINLESS CHICKEN**

Chicken breast, Herb Marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt).

**MEATBALLS WITH TOMATO RAGU**

Meatballs (beef, chicken, whole grain oats, tomato, citric acid, white onion, Green Lentils, celery seed, parsley, egg, carrot, sea salt, garlic, fennel, black pepper), **Spicy Tomato Ragu** (crushed tomatoes, sea salt, sugar, chili flake, black pepper, garlic oil [sunflower oil, garlic]).

**Contains: Egg**

**SEARED WILD SALMON**

Wild Alaskan salmon, seasoning blend (sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar), canola oil.

**Contains: Fish**

**HOT HONEY CHICKEN**

**CHARRED CHICKEN**, Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic), **Maple Honey Sriracha (Sriracha** [canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water], maple syrup, honey).

**CRISPY BAKED CHICKEN**

**CHARRED CHICKEN**, Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). Buttermilk, Cornflakes, AP Flour, baking soda, baking powder.

**Contains: Wheat/Gluten, Milk**

**ROAST TURKEY BREAST**

Turkey breast, Herb Marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), carrot, onion, celery, parsley, marjoram, thyme, rosemary.

**GRILLED SIRLOIN STEAK**

Sirloin steak, sea salt, black pepper, canola oil

**SIDES**

### **CIDER BRUSSELS**

Roasted brussels sprouts (Brussels sprouts, sea salt, sugar, thyme oil, smoked black pepper, red onion), Spiced apples (Fuji apples, lemon, pumpkin pie spice, sugar), apple cider, apple cider vinegar.

### **SPRING COUSCOUS**

Couscous (couscous, water, sea salt), garlic oil (garlic, sunflower oil), dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper.

**Contains: Gluten/Wheat**

### **KALE APPLE CRUNCH**

Kale tuscan chopped, apple, lemon, dried cranberries, dates, carrot, canola oil, romaine lettuce, jasper hill cheese, balsamic vinaigrette (balsamic vinegar, shallot, agave, sea salt, canola oil, dijon mustard, rosemary, garlic), roasted pumpkin seed (pumpkin seed, sea salt, canola oil), maldon sea salt.

**Contains: Milk**

### **HERB MARINATED CANNELLINI BEANS**

Cannellini Beans, **Gremolata Pesto** (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. **Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Peppadew Peppers*), Scallions, Celery

### **TOMATOES AND CUCUMBERS**

**Persian Cucumbers** and **Heirloom Cherry Tomatoes**, **Pickled Red Onions** (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*), **Mint, Parsley**, black pepper, Maldon sea salt.

### **CASHEW KALE CAESAR**

**Green kale, Tuscan kale, Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric), **Candied Cashew** (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), **chili flake, Romaine lettuce, lemon juice, Maldon sea salt.**

**Contains: Tree Nut (cashew)**

### **CHARRED BROCCOLI WITH LEMON**

**Roasted broccoli** (broccoli, sea salt, garlic oil [garlic, sunflower oil], lemon, Maldon sea salt.

### **JASPER HILL MAC & CHEESE**

**Whole wheat pasta, Bechamel Sauce** bechamel sauce(canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, Nisin), **Jasper Hill cheese blend, heavy cream, Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper).

**Contains: Milk, Wheat/Gluten**

### **ROASTED SWEET POTATOES**

**Roasted sweet potato** (sweet potato, canola oil, sea salt, black pepper), **Rosemary Oil** (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt.

### **SHEET TRAY CARROTS**

**Coriander spiced carrot** (carrot, canola oil, coriander, sea salt, chili flake), **Gremolata Pesto** (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt.

### **STUFFING**

Eggs, heavy cream, herb marinade (canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), garlic oil (garlic, sunflower oil), maple syrup, sea salt, mirepoix (onion, carrot, celery, thyme oil, sea salt), parsley, white bread.

**Contains: Egg, Milk, Soy, Wheat/Gluten**

### **MASHED POTATOES**

Yukon gold potatoes, heavy cream, butter, garlic oil (garlic, sunflower oil), sea salt.

**Contains: Milk**

## **CHEF'S SPECIALS**

### **VEGAN CLASSIC DIG**

**Crispy Tofu**, Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano, **Cider Garlic Sauce**(Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic). **Roasted Sweet Potatoes** Sweet potato, sweet potato marinade (canola oil, extra virgin olive oil, paprika, sea salt, black pepper), **Rosemary Oil** (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt. **Charred Broccoli with Lemon Broccoli**, sea salt, garlic oil (garlic, sunflower oil), lemon, Maldon sea salt. **Classic Brown Rice - Brown rice**, water, sea salt, bay leaf, **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley. **Garlic Aioli** Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices

**Contains: Soy**

### **CLASSIC DIG**

**Charred Chicken** Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). **Roasted Sweet Potatoes** Sweet potato, sweet potato marinade (canola oil, extra virgin olive oil, sea salt, black pepper), **Rosemary Oil** (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt. **Charred Broccoli with Lemon** Broccoli, sea salt, garlic oil (garlic, sunflower oil), lemon, Maldon sea salt. **Brown Rice** Brown rice, water, sea salt, bay leaf, **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.

**Garlic Aioli** Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices

### **HOT HONEY CHICKEN**

**Charred Broccoli with Lemon** Broccoli, sea salt, **Garlic Oil** (garlic, sunflower oil), lemon, Maldon sea salt. **Sheet Tray Carrots** Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), lemon gremolata (lemon peel, garlic, marjoram, canola oil, parsley, Maldon sea salt), lemon, Maldon sea salt. **Jasper Hill Mac & Cheese** Whole wheat pasta, bechamel sauce (canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, Nisin), Jasper Hill cheese blend, heavy cream, **Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper), sea salt. **Charred Chicken** Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). **Cider Garlic Sauce** (Coconut Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic)

**Maple Honey Sriracha** Sriracha (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water), maple syrup, honey.

**Contains: Milk, Wheat/Gluten**

### **SPICY MEATBALL BOWL**

**Classic Brown Rice** (brown rice, water, sea salt, bay leaf), **thyme oil** (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley. **Meatballs** (beef, chicken, whole grain oats, tomato, citric acid, white onion, Green Lentils, celery seed, parsley, egg, carrot, sea salt, garlic, fennel, black pepper), **Spicy Tomato Ragù** (crushed tomato, sea salt, sugar, chili flake, black pepper, garlic oil (garlic, sunflower oil)). **Green kale, Tuscan kale, Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric), **Candied Cashew** (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), **chili flake, Napa cabbage, lemon juice, Maldon sea salt. Sheet Tray Carrots** (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt.

**Contains: Tree nuts, Egg**

### **ORIGINAL CRISPY CHICKEN SANDWICH**

Potato bun, **Farm Greens with Mint** (Romaine lettuce, mint, mesclun), **Crispy Baked Chicken** (Skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed], buttermilk, cornflakes, AP flour, baking soda, baking powder), **Dig Sauce** (mayonnaise, **Sriracha** [Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water], smoked black pepper, garlic powder), dill pickles.

**Contains: Wheat/Gluten, Egg, Milk, Sesame**

### **ORIGINAL CRISPY TOFU SANDWICH**

Potato bun, **Farm Greens with Mint** (Romaine lettuce, mint, mesclun), **Crispy Baked Tofu** Tofu (Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano), **Dig Sauce** (mayonnaise, **Sriracha** [Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water], smoked black pepper, garlic powder), dill pickles.

**Contains: Wheat/Gluten, Egg, Soy, Milk, Sesame**

### **HOT HONEY CRISPY CHICKEN SANDWICH**

Potato bun, **Farm Greens with Mint** (Romaine lettuce, mint, mesclun), **Crispy Baked Chicken** (Skinless chicken thigh, charred chicken marinade [extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed], buttermilk, cornflakes, AP flour, baking soda, baking powder), Hot Honey (honey, maple syrup, sriracha [Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water]), Vegan Ranch (Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar.), dill pickles.

**Contains: Wheat/Gluten, Milk, Soy, Sesame**

### **HOT HONEY CRISPY TOFU SANDWICH**

Potato bun, **Farm Greens with Mint** (Romaine lettuce, mint, mesclun), **Crispy Baked Tofu** Tofu (Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano), Hot Honey (honey, maple syrup, sriracha [Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water]), Vegan Ranch (Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar.), dill pickles.

**Contains: Wheat/Gluten, Milk, Soy, Sesame**

### **THE CHICKEN ROAST**

Classic Brown Rice (Brown rice (brown rice, water, sea salt, bay leaf), thyme oil (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.), Charred Broccoli (Roasted broccoli (broccoli, sea salt, garlic oil [garlic, sunflower oil], lemon, Maldon sea salt.), Herb Roasted Chicken (Chicken breast, Herb Marinade (canola oil, garlic, parsley, rosemary, oregano, thyme,

coriander, paprika, sea salt), Cider Brussels (Roasted brussels sprouts (Brussels sprouts, sea salt, sugar, thyme oil, smoked black pepper, red onion), Spiced apples (Fuji apples, lemon, pumpkin pie spice, sugar), apple cider, apple cider vinegar.), Seasoned Gravy (Poultry gravy (Turkey Stock (water, turkey stock, natural flavor, salt, yeast extract, sugar, and turkey fat), Wheat Starch, Corn Starch, Chicken Fat, (chicken fat, rosemary), spice, sea salt, granulated sugar, caramel color, onion powder, carrot powder (carrot, rice hull), nisin, rosemary oil (rosemary, sunflower oil), smoked black pepper, sea salt)

**Contains: Wheat/Gluten**

### **SALMON HARVEST BOWL**

Seared Wild Salmon (Wild Alaskan salmon, seasoning blend (sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar), canola oil. ), Kale Apple Crunch (Kale tuscan chopped, apple, lemon, dried cranberries, dates, carrot, canola oil, romaine lettuce, jasper hill cheese, balsamic vinaigrette (balsamic vinegar, shallot, agave, sea salt, canola oil, dijon mustard, rosemary, garlic), roasted pumpkin seed (pumpkin seed, sea salt, canola oil), maldon sea salt.), Spied Farro w/ Carrots (Farro (Farro, sea salt, bay leaf, allspice, cinnamon stick, candied orange peel, carrot, canola oil), olive oil, parsley, celery, maldon salt.), Roasted Sweet Potatoes (Roasted sweet potato (sweet potato, Sweet Potato Marinade [canola oil, extra virgin olive oil, paprika, sea salt, black pepper]), Rosemary Oil (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt.), Cider Garlic Sauce (Coconut Aminos, Agave, Sugar, White Vinegar, Apple Cider Vinegar, Garlic).

**Contains: Wheat/Gluten, Milk, Fish**

### **CHICKEN HARISSA PLATE**

Spring Couscous (Couscous (couscous, water, sea salt), garlic oil (garlic, sunflower oil), dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper. ), Charred Chicken (Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).), Sheet Tray Carrots (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt), Harissa Sauce (Cilantro, Water, Tomato Ragu (crushed tomatoes, sea salt, sugar, chili flake, black pepper, garlic oil [sunflower oil, garlic]), Preserved Lemon, Harissa, Cumin, Cinnamon, Dates, Dried Cranberries).

**Contains: Wheat/Gluten**

### **TOFU HARISSA PLATE**

Spring Couscous (Couscous (couscous, water, sea salt), garlic oil (garlic, sunflower oil), dill, parsley, scallion, lemon zest, lemon juice, sea salt, black pepper. ), Crispy Tofu (Tofu (Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano), Cider Garlic Sauce (Coconut

Amino, Agave, White Vinegar Powder, Apple Cider Vinegar Powder, Sugar, Garlic.), Sheet Tray Carrots (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt), Harissa Sauce (Cilantro, Water, Tomato Ragu (crushed tomatoes, sea salt, sugar, chili flake, black pepper, garlic oil [sunflower oil, garlic]), Preserved Lemon, Harissa, Cumin, Cinnamon, Dates, Dried Cranberries).

**Contains: Wheat/Gluten, Soy**

### **CHICKEN TRAY BAKE**

Charred Chicken (Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed).), Mustard Glaze (Egg, Dijon Mustard, Agave, Dried Tarragon, Parsley, Toasted Breadcrumbs (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper)), Spiced Apples (apples, lemon juice, pumpkin pie spice, sugar), Cured Red Onions (Red Onion, Lemon Juice, sugar, sea salt), Apple Cider, Spiced Farro w/ Carrots (Farro (Farro, sea salt, bay leaf, allspice, cinnamon stick, candied orange peel, carrot, canola oil), olive oil, parsley, celery, maldon salt.), Garlic Kale (Tuscan Kale, Green Kale, Garlic Oil (Garlic, Sunflower Oil).

**Contains: Wheat/Gluten, Egg**

### **GINGER PUMPKIN SALMON PLATE**

Seared Wild Salmon (Wild Alaskan salmon, seasoning blend (sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar), canola oil), Brown Rice (Brown rice (brown rice, water, sea salt, bay leaf), thyme oil (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.), Sweet Potatoes (Roasted sweet potato (sweet potato, Sweet Potato Marinade [canola oil, extra virgin olive oil, paprika, sea salt, black pepper]), Rosemary Oil (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt.), Charred Broccoli (Roasted broccoli (broccoli, sea salt, garlic oil [garlic, sunflower oil], lemon, Maldon sea salt.), Pumpkin Ginger Sauce (Pumpkin Puree, Heavy Cream, Agave, Red Curry Paste, Sea Salt, Smoked Black Pepper, Apple Cider, Pumpkin Pie Spice).

**Contains: Milk, Fish**

### **DIGSGIVING BOWL**

**Stuffing** (Eggs, heavy cream, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt], garlic oil [garlic, sunflower oil], maple syrup, sea salt, mirepoix [onion, carrot, celery, thyme oil, sea salt], parsley, white bread [enriched wheat flour {flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}, water, sugar, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, date, calcium sulfate, soy lecithin, citric acid, grain vinegar, wheat gluten, potassium iodate, monocalcium phosphate]), **Roasted Sweet Potatoes** (sweet potato, canola oil, sea salt, black pepper, Rosemary



Oil [Sunflower Oil, Rosemary], extra virgin olive oil, Maldon sea salt, **Cider Brussels** (Roasted brussels sprouts [Brussels sprouts, sea salt, sugar, thyme oil, smoked black pepper, red onion], Spiced apples [Fuji apples, lemon, pumpkin pie spice, sugar], apple cider, apple cider vinegar.), **Herb Roasted Chicken** (Chicken breast, Herb Marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), **Seasoned Gravy** (Poultry gravy (Turkey Stock ( (water, turkey stock, natural flavor, salt, yeast extract, sugar, and turkey fat), Wheat Starch, Corn Starch, Chicken Fat, (chicken fat, rosemary), spice, sea salt, granulated sugar, caramel color, onion powder, carrot powder (carrot, rice hull), nisin, rosemary oil (rosemary, sunflower oil), smoked black pepper, sea salt), **Cranberry Compote** (cranberries, water, brown sugar, orange, corn starch, cinnamon).

**Contains: Soy, Wheat/Gluten, Milk, Egg**

### **THANKSGIVING DINNER PLATE**

**Stuffing** (Eggs, heavy cream, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt], garlic oil [garlic, sunflower oil], maple syrup, sea salt, mirepoix [onion, carrot, celery, thyme oil, sea salt], parsley, white bread [enriched wheat flour {flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}, water, sugar, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem, calcium sulfate, soy lecithin, citric acid, grain vinegar, wheat gluten, potassium iodate, monocalcium phosphate]), **Cider Brussels** (Roasted brussels sprouts [Brussels sprouts, sea salt, sugar, thyme oil, smoked black pepper, red onion], Spiced apples [Fuji apples, lemon, pumpkin pie spice, sugar], apple cider, apple cider vinegar), **Herb Roasted Chicken** (Chicken breast, Herb Marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), **Seasoned Gravy** (Poultry gravy (Turkey Stock ( (water, turkey stock, natural flavor, salt, yeast extract, sugar, and turkey fat), Wheat Starch, Corn Starch, Chicken Fat, (chicken fat, rosemary), spice, sea salt, granulated sugar, caramel color, onion powder, carrot powder (carrot, rice hull), nisin, rosemary oil (rosemary, sunflower oil), smoked black pepper, sea salt), **Cranberry Compote** (cranberries, water, brown sugar, orange, corn starch, cinnamon)

**Contains: Soy, Wheat/Gluten, Milk, Egg**

### **THE EARLY BIRD SANDWICH**

Potato bun, **Stuffing** (Eggs, heavy cream, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt], garlic oil [garlic, sunflower oil], maple syrup, sea salt, mirepoix [onion, carrot, celery, thyme oil, sea salt], parsley, white bread [enriched wheat flour {flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}, water, sugar, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem, calcium sulfate, soy lecithin, citric acid, grain vinegar, wheat gluten, potassium iodate, monocalcium phosphate]), **Kale Apple Crunch** (Kale tuscan chopped, apple, lemon, dried cranberries, dates, carrot, canola oil, romaine lettuce, jasper hill cheese, balsamic vinaigrette

(balsamic vinegar, shallot, agave, sea salt, canola oil, dijon mustard, rosemary, garlic), roasted pumpkin seed (pumpkin seed, sea salt, canola oil), maldon sea salt), **Roasted Turkey** (turkey breast, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt]), **Seasoned Gravy** (Poultry gravy (Turkey Stock ( (water, turkey stock, natural flavor, salt, yeast extract, sugar, and turkey fat), Wheat Starch, Corn Starch, Chicken Fat, (chicken fat, rosemary), spice, sea salt, granulated sugar, caramel color, onion powder, carrot powder (carrot, rice hull), nisin, rosemary oil (rosemary, sunflower oil), smoked black pepper, sea salt), **Cranberry Compote** (cranberries, water, brown sugar, orange, corn starch, cinnamon)

**Contains: Soy, Wheat/Gluten, Milk, Egg**

## **DIG GREENS**

### **KALE CAESAR SALAD**

**Kale Caesar** (Green kale, Tuscan kale, Cashew Caesar dressing (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric), Candied Cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, Romaine lettuce, lemon juice, Maldon sea salt.), **Tomatoes & Cucumbers** (Persian Cucumbers and Heirloom Cherry Tomatoes, Pickled Red Onions (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*), Mint, Parsley, black pepper, Maldon sea salt.), **Avocado, Maldon Sea Salt, Olive Oil, Seasoned Breadcrumb** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper)

**Contains: Wheat/Gluten, Tree Nuts (cashew)**

### **AVO GRAIN BOWL**

**Farm Greens w/ Mint** (Romaine lettuce, mesclun, mint), **Farro** (Farro (farro, water, sea salt, dried oregano, bay leaf), candied lemon, herb marinade (canola oil, garlic, basil, parsley, rosemary, oregano, thyme, sea salt), celery, extra virgin olive oil, parsley, Maldon sea salt. ), **Tomatoes & Cucumbers** (Persian Cucumbers and Heirloom Cherry Tomatoes, Pickled Red Onions (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*), Mint, Parsley, black pepper, Maldon sea salt.), **Carrots** (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. ), **Avocado, Maldon Sea Salt, Olive Oil, Balsamic Vinaigrette** (Balsamic Vinegar Canola Oil, mustard, agave, shallot, garlic, rosemary.)

**Contains: Wheat/Gluten**

### **KALE APPLE CRUNCH**

Kale tuscan chopped, apple, lemon, dried cranberries, dates, carrot, canola oil, romaine lettuce, jasper hill cheese, balsamic vinaigrette (balsamic vinegar, shallot, agave, sea salt, canola oil, dijon

mustard, rosemary, garlic), roasted pumpkin seed (pumpkin seed, sea salt, canola oil), maldon sea salt.

**Contains: Milk**

### **KALE CAESAR SALAD WITH CRISPY CHICKEN**

**Kale Caesar** (Green kale, Tuscan kale, Cashew Caesar dressing (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric), Candied Cashew (cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper), chili flake, Romaine lettuce, lemon juice, Maldon sea salt.), **Tomatoes & Cucumbers** (Persian Cucumbers and Heirloom Cherry Tomatoes, Pickled Red Onions (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*), Mint, Parsley, black pepper, Maldon sea salt.), **Avocado, Maldon Sea Salt, Olive Oil, Seasoned Breadcrumbs** (panko breadcrumb, garlic oil [garlic, sunflower oil], onion powder, sea salt, smoked sweet paprika, black pepper), **Crispy Chicken** (Charred Chicken, Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). Buttermilk, Cornflakes, AP Flour, baking soda, baking powder.

**Contains: Wheat/Gluten, Tree Nuts (cashew), Milk**

### **AVO GRAIN BOWL WITH CRISPY TOFU**

**Farm Greens w/ Mint** (Romaine lettuce, mesclun, mint), **Farro** (Farro (farro, water, sea salt, dried oregano, bay leaf), candied lemon, herb marinade (canola oil, garlic, basil, parsley, rosemary, oregano, thyme, sea salt), celery, extra virgin olive oil, parsley, Maldon sea salt. ), **Tomatoes & Cucumbers** (Persian Cucumbers and Heirloom Cherry Tomatoes, Pickled Red Onions (*cider vinegar, water, sea salt, sugar, Peppadew Peppers, Vinegar*), Mint, Parsley, black pepper, Maldon sea salt.), **Carrots** (Coriander spiced carrot (carrot, canola oil, coriander, sea salt, chili flake), Gremolata Pesto (Marjoram, Parsley, garlic, canola oil, Maldon, sea salt, black pepper), lemon, Maldon sea salt. ), **Avocado, Maldon Sea Salt, Olive Oil, Balsamic Vinaigrette** (Balsamic Vinegar Canola Oil, mustard, agave, shallot, garlic, rosemary.), **Crispy Tofu** (Tofu (Corn Starch, Coriander, Crushed Red Pepper, Sea Salt, Smoked Paprika, Oregano)

**Contains: Wheat/Gluten, Soy**

### **KALE APPLE CRUNCH WITH SEARED SALMON**

Kale tuscan chopped, apple, lemon, dried cranberries, dates, carrot, canola oil, romaine lettuce, jasper hill cheese, balsamic vinaigrette (balsamic vinegar, shallot, agave, sea salt, canola oil, dijon mustard, rosemary, garlic), roasted pumpkin seed (pumpkin seed, sea salt, canola oil), maldon sea salt, Wild Alaskan salmon, seasoning blend (sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar), canola oil.

**Contains: Milk, Fish**

## **DIG FAMILY DINNER**

### **FALL HARVEST FAMILY DINNER**

Charred Chicken (Skinless chicken thigh, charred chicken marinade (extra virgin olive oil, yellow onion, lemon, sea salt, water, smoked sweet paprika, coriander, onion powder, mustard seed, fennel seed). Buttermilk, Cornflakes, AP Flour, baking soda, baking powder.), Kale Apple Crunch (Kale tuscan chopped, apple, lemon, dried cranberries, dates, carrot, canola oil, romaine lettuce, jasper hill cheese, balsamic vinaigrette (balsamic vinegar, shallot, agave, sea salt, canola oil, dijon mustard, rosemary, garlic), roasted pumpkin seed (pumpkin seed, sea salt, canola oil), maldon sea salt.), Sweet Potatoes (Roasted sweet potato (sweet potato, Sweet Potato Marinade [canola oil, extra virgin olive oil, paprika, sea salt, black pepper]), Rosemary Oil (Sunflower Oil, Rosemary), extra virgin olive oil, Maldon sea salt.), Brown Rice (Brown rice (brown rice, water, sea salt, bay leaf), thyme oil (Sunflower Oil, thyme), apple cider vinegar, lime juice, Maldon sea salt, parsley.), Garlic Aioli (Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices).

**Contains: Wheat/Gluten, Milk**

### **SIDES-STOPPER FAMILY DINNER**

**Stuffing** (Eggs, heavy cream, herb marinade [canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt], garlic oil [garlic, sunflower oil], maple syrup, sea salt, mirepoix [onion, carrot, celery, thyme oil, sea salt], parsley, white bread [enriched wheat flour {flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}, water, sugar, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, date, calcium sulfate, soy lecithin, citric acid, grain vinegar, wheat gluten, potassium iodate, monocalcium phosphate]), **Cider Brussels** (Roasted brussels sprouts [Brussels sprouts, sea salt, sugar, thyme oil, smoked black pepper, red onion], Spiced apples [Fuji apples, lemon, pumpkin pie spice, sugar], apple cider, apple cider vinegar), **Roasted Sweet Potatoes** (sweet potato, canola oil, sea salt, black pepper, Rosemary Oil [Sunflower Oil, Rosemary], extra virgin olive oil, Maldon sea salt), **Cashew Kale Caesar** (Green kale, Tuscan kale, Cashew Caesar dressing [canola oil, cashew butter, cashew flour, roasted almond nuts Red Wine Vinegar, Dijon Mustard {mustard seeds, salt, spices, Turmeric}], **Candied Cashew** [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, Chinese five spice, black pepper], chili flake, Romaine lettuce, lemon juice, Maldon sea salt), **Cranberry Compote** (cranberries, water, brown sugar, orange, corn starch, cinnamon)

**Contains: Soy, Wheat/Gluten, Milk, Egg, Tree Nut (cashew)**

## **SAUCES & DRESSINGS**

### **GARLIC AIOLI**

Canola Oil, Chickpea Broth (chickpeas, water) Apple Cider Vinegar, Roasted Garlic, Dijon Mustard (Vinegar, Water, mustard seeds, Turmeric), Sea Salt, Water, Spices

### **PESTO**

Pesto base (garlic puree [garlic, canola oil, extra virgin olive oil], caper, shallot, mustard, garlic, champagne vinegar, sea salt, black pepper), canola oil, extra virgin olive oil, basil, parsley

### **SRIRACHA**

Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water.

### **ROSEMARY VINAIGRETTE**

Rosemary, garlic, shallot, red wine vinegar, sea salt, canola oil, extra virgin olive oil, water.

### **MAPLE HOT HONEY**

Sriracha (Canola oil, Fresno pepper, sea salt, agave, tomato paste, apple cider vinegar, garlic, water), Honey, Maple Syrup.

### **CASHEW CAESAR DRESSING**

**Cashew Caesar dressing** (canola oil, cashew butter, cashew flour, roasted olam nuts Red Wine Vinegar, Dijon Mustard (mustard seeds, salt, spices, Turmeric)

**Contains: Tree Nuts (Cashew)**

### **BALSAMIC VINAIGRETTE**

Balsamic Vinegar Canola Oil, mustard, agave, shallot, garlic, rosemary.

### **VEGAN RANCH**

Vegan Mayonnaise, Garlic Powder, Onion Powder, Black Pepper, White Vinegar.

**Contains: Soy**

### **CIDER GARLIC SAUCE**

Coconut Aminos, Agave, Sugar, White Vinegar, Apple Cider Vinegar, Garlic

### **GRAVY**

Turkey Stock (water, turkey stock, natural flavor, salt, yeast extract, sugar, and turkey fat), Wheat Starch, Corn Starch, Chicken Fat, (chicken fat, rosemary), spice, sea salt, granulated sugar, caramel color, onion powder, carrot powder (carrot, rice hull), nisin, rosemary oil (rosemary, sunflower oil), smoked black pepper, sea salt)

**Contains: Wheat/Gluten**

### **CRANBERRY COMPOTE**

Cranberries, water, brown sugar, orange, corn starch, cinnamon

### **HORSERADISH SAUCE**

Mayonnaise (soybean oil, water, vinegar, egg yolks, eggs, sugar, salt, spice, citric acid, lemon juice concentrate, calcium disodium EDTA), prepared horseradish (horseradish, vinegar, salt, sodium bisulfate), sea salt

**Contains: Egg**

## **DESSERTS**

### **PUMPKIN SPICED LOAF**

Pumpkin puree, egg, sugar, canola oil, flour, baking soda, cinnamon, cloves, sea salt, dates, walnuts.

**Contains: Egg, Tree Nuts, Wheat/Gluten**

### **FLOURLESS BROWNIE**

Dark chocolate, sugar, free-range egg, sweet potato puree (sweet potato, canola oil, extra virgin olive oil, black pepper, paprika, sea salt), vanilla extract, sea salt, baking soda, baking powder, Maldon sea salt.

**Contains: Egg, Soy**

### **CHOCOLATE CHIP COOKIE**

Flour, butter, Milk, Sugar, Brown Sugar, Dark Chocolate, Vanilla, Sea Salt

**Contains: Wheat/Gluten, Milk, Egg, Soy.**

### **PEPPERMINT BROWNIE**

Dark chocolate, sugar, free-range egg, sweet potato puree (sweet potato, canola oil, extra virgin olive oil, black pepper, paprika, sea salt), vanilla extract, sea salt, baking soda, baking powder, Maldon sea salt, peppermint extract, crushed peppermint candy

**Contains: Egg, Soy**

### **CORNBREAD**

AP flour, cornmeal, granulated sugar, baking soda, sea salt, eggs, buttermilk, butter

**Contains: Wheat/Gluten, Egg, Milk**