

## GLUTEN FREE APPETIZERS

### DAILY SOUP SELECTION 5 / 8

#### EDAMAME 8

*Soybeans steamed in the pod, sea salt*

#### GUACAMOLE 12

*Flax crackers, ranchero sauce*

#### AVOCADO TARTARE 16

*Avocado, cucumber, jicama, nori-wild mushroom ceviche, jalapeño dressing, brown rice-spinach crackers*

#### CRYSTAL ROLLS 14

*Cucumbers, jicama, avocado, Asian pears, pickled cabbage, spicy peanut sauce*

#### MEZZE PLATE 17

*Paprika hummus, baba ganoush, quinoa tabouli, lemon date chutney, marinated olives, flax crackers, crudités*

#### VEGETABLE QUESADILLA 15

*Corn tortilla, bean purée, tapioca cheese, guacamole, salsa*

#### PORTOBELLO MUSHROOM PATE 16

*Artichokes, balsamic reduction, flax crackers*

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## GLUTEN FREE SALADS

#### BEET SALAD 16

*String beans, baby arugula, almond cheese, pears, red onions, toasted pecans, balsamic fig vinaigrette*

#### GRILLED KALE SALAD 16

*String beans, beluga lentils, red onion, butternut squash, avocado, sunflower seeds, quinoa, chive vinaigrette*

#### AVOCADO QUINOA SALAD 16

*Black beans, cucumber, radish, grape tomatoes, pumpkin seeds, butternut squash, field greens, chipotle dressing*

#### WILD MUSHROOM SALAD 17

*Baby arugula, wild mushrooms, squash, shallots, toasted almonds, horseradish dressing*

#### SEAWEED SALAD 17

*Field greens, coconut noodles, red cabbage, beets, shiitake mushrooms, edamame, avocado, radish, sesame seeds, creamy wasabi dressing*

Add Tofu or Chili Tempeh to any salad 4

Add avocado to any salad 3

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## GLUTEN FREE SANDWICH

#### TEMPEH AVOCADO SANDWICH 16

*Gluten free bread, chili tempeh, zucchini, red onion, avocado, cayenne aioli, arugula squash salad*

## GLUTEN FREE FARMERS' MARKET ENTRÉES

### CHANTERELLE & SAGE CRUSTED TOFU 22

*Sautéed spinach, celeriac purée, wild mushrooms, string beans, mushroom gravy, apple-cranberry salad*

### HERBED PORTOBELLO STEAK 22

*Red onion, zucchini, fingerling potatoes, mushroom gravy*

### INDIAN CURRY VEGETABLE CAKE 20

*Sautéed greens, caramelized onions, string beans, broccoli, red pepper-coconut curry sauce, lemon-date chutney, sliced almonds*

### GINGER & POMEGRANATE GRILLED TEMPEH 22

*Fingerling potatoes, sautéed Brussels sprouts, leeks, broccoli rabe, chocolate mole sauce, fennel salad*

### BUTTERNUT SQUASH RISOTTO 20

*Wild mushrooms, squash, cashew cream sauce*

### LIVE LASAGNA 23

*Heirloom tomatoes, zucchini, wild mushrooms, cashew cheese, pine nut basil pesto, balsamic-black pepper reduction*

### CHEF'S DAILY PASTA 22

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## GLUTEN FREE SIDES

5

Brown Rice · Black Beans · Caramelized Onions · Sautéed Greens

Chili Tempeh · Zucchini · Baked Tofu · Daily Vegetables

7

Roasted Brussels Sprouts · Sautéed Wild Mushrooms · Quinoa Vegetable Pilaf ·

Broccoli with Roasted Garlic · Sautéed String Beans with Almonds ·

Field Greens with Grape Tomatoes · Sautéed Broccoli Rabe · Fingerling Potatoes

## GLUTEN FREE MARKET PLATE 18

CHOOSE 4 SIDES PAIRED WITH ANY 2 CANDLE DRESSINGS

*Add an additional \$2 for each \$7 side*

Poblano Tahini · Chive Vinaigrette · Creamy Wasabi · Balsamic Fig ·

Chipotle · Spicy Peanut · Horseradish

*Please inform your server of any allergies or dietary restrictions*

*A suggested 20% gratuity added to parties of 6 or more*

*Substitutions made when possible & may require an extra charge*