

# LUNCH

served 11 am - 2 pm

## STARTERS

### Cauliflower Hummus & Grilled Naan Bread \$12

175 . 24 . 5 . 8 . 3 . 420 (0)

kalamata olives | avocado-turmeric oil | petite cilantro  
(nutritional per serving with 2 servings per order)

### Crispy Maine Lobster Cakes \$16

205 . 4 . 14 . 14 . 2 . 625 (1)

endive | persian cucumbers | dijon vinaigrette

### Chilled Golden Beets, Tangerine & Avocado \$14

{GF,V} 235 . 27 . 6 . 13 . 8 . 216 (18)

pea tendrils | toasted hazelnuts | verjus vinaigrette

### Heirloom Tomato & Burrata Flatbread \$12

460 . 58 . 17 . 19 . 5 . 521 (1)

roasted garlic oil | torn basil | shaved parmesan  
20-year aged balsamic

### Today's Soup \$10

...designed daily with fresh vegetables in mind

## SALADS & GREENS

### CR Signature Manchego Chopped Salad...no lettuce \$16

{GF} 305 . 24 . 13 . 18 . 8 . 792 (6)

garbanzo beans | petite heirloom tomato | artichoke | capers  
sliced sweet petite peppers | green onions | olives | celery  
persian cucumber | manchego cheese | dijon vinaigrette

### Brussels & Avocado Caesar Salad \$14

275 . 19 . 12 . 18 . 6 . 568 (6)

romaine | caramelized brussels sprouts | ciabatta croutons  
parmesan | roasted tomatoes | house caesar dressing

### Spinach & Crispy Marinated Tofu Salad \$15

{GF,V} 320 . 21 . 18 . 21 . 8 . 245 (8)

petite heirloom tomato | persian cucumber | avocado  
toasted pistachio | rice wine-pomegranate vinaigrette

## SANDWICHES

served with a petite endive, watercress & tangerine salad with  
strawberry verjus vinaigrette

### Roasted Turkey & Toasted Apple-Walnut Club \$18

535 . 54 . 32 . 22 . 6 . 661 (5)

crispy uncured bacon | brie cheese | pea tendrils  
sliced heirloom tomato | house mayo

### Maine Lobster Salad Roll \$24

400 . 42 . 25 . 16 . 5 . 714 (3)

romaine lettuce | sliced heirloom tomato | toasted soft roll

### Grilled Red Bird Chicken Burger \$20

470 . 29 . 43 . 20 . 3 . 479 (3)

warm potato bun | heirloom tomato | burrata  
watercress | basil mayo

### Roasted Curry Cauliflower Wrap \$15

{V} 285 . 42 . 9 . 11 . 9 . 391 (2)

vegan avocado-mayo | spinach | cucumber | tomato

## WELLNESS ADDITIONS

To support the individual journey of eating towards better health, our Chef will include any of the following  
wellness additions to best help you improve your own health.

Chia Seeds | Turmeric Oil | Flax Seed | Avocado Oil | Roasted Tomato Oil | Pomegranate Seeds

## NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg (sugar grams)

tr = trace (less than 1 gram) GF = Gluten-Free (no wheat, rye or barley) V = Vegan (contains no animal product)

\* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS,  
ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

We offer a variety of freshly prepared gluten-free items (no wheat, rye or barley), however our kitchens are not gluten-free environments.

## VEGETABLE & FORBIDDEN

### BLACK RICE STIR-FRY \$15

{GF,V} 300 . 51 . 8 . 7 . 6 . 519 (10)

bok choy | snap peas | spinach | red onion  
petite sweet peppers | brussels sprout leaves  
pomegranate seeds | ginger-ponzu sauce

### Add Grilled Tofu \$8

{GF,V} 110 . 2 . 12 . 7 . 1 . 33 (tr)

### Add Seared Tuna\* \$12

{GF} 105 . 0 . 22 . 2 . tr . 104 (0)

### Add Sautéed Shrimp \$10

{GF} 120 . 1 . 23 . 2 . tr . 485 (3)

### Add Grilled Red Bird Farms Chicken \$9

{GF} 120 . tr . 26 . 3 . 0 . 63 (tr)

### Add Grilled Grass-Fed Steak \$10

{GF} 200 . tr . 32 . 9 . tr . 70 (0)

## PROTEIN ADDITIONS FOR SALADS

### Grilled Tofu \$8

{GF,V} 110 . 2 . 12 . 7 . 1 . 33 (tr)

### Seared Tuna\* \$12

{GF} 105 . 0 . 22 . 2 . tr . 104 (0)

### Sautéed Shrimp \$10

{GF} 120 . 1 . 23 . 2 . tr . 485 (3)

### Grilled Organic Chicken \$9

{GF} 120 . tr . 26 . 3 . 0 . 63 (tr)

### Grilled Grass-Fed Steak \$10

{GF} 200 . tr . 32 . 9 . tr . 70 (0)

## TACOS TACOS TACOS!

chipotle aioli | cilantro-cabbage slaw  
pico de gallo | organic corn tortillas

### Seared Tuna\* \$22

{GF} 415 . 49 . 28 . 13 . 9 . 273 (4)

### Grilled Grass-Fed Steak\* \$18

{GF} 510 . 49 . 36 . 20 . 9 . 321 (4)

### Wild-Caught Shrimp \$18

{GF} 430 . 50 . 29 . 13 . 9 . 756 (7)

### Grilled Red Bird Farms Chicken \$16

{GF} 430 . 49 . 32 . 14 . 9 . 314 (4)

### Organic Tofu \$14

{GF,V} 420 . 51 . 18 . 18 . 10 . 374 (4)

### Add Avocado \$6

{GF,V} 70 . 4 . 2 . 6 . 4 . 2 (tr)