

grab & flow

contains gluten & dairy

Soups

Roasted Pumpkin & Sage

velvety pumpkin soup with roasted garlic, sage, peppers
a touch of cream.

White Bean & Winter Greens

cannellini beans, carrots, dino kale thyme chicken bone
broth.

Barley Soup

beef bone broth, tomato paste, mirepoix
pearl barley

Wraps

Chicken & Roasted Pumpkin Hummus

grilled chicken, pumpkin hummus, shredded kale,
spinach, pickled red onion, and pumpkin seeds
lemon tahini sauce.

Turkey, Apple & Brie

roasted turkey breast, baked apples, creamy brie cheese
arugula, radicchio, whole wheat wrap
cranberry dijon spread

FALL CAESAR WRAP

shredded turkey breast, roasted sweet potato, julienned
romaine, cabbage, carrots
butternut caesar dressing

Salad

Harvest Chicken & Roasted Squash

Herb-roasted chicken, butternut squash, baby kale, farro,
dried cranberries, and pumpkin seeds
Maple dijon dressing

Turkey, Pear & Walnut

Roasted turkey, seasonal pears, mixed greens, toasted
walnuts, and goat cheese
Apple cider vinaigrette.

Salmon Du Jour

hot smoked wild salmon, shaved brussel sprouts
carrots, fennel, fresh herbs, pomegranate
sumac-citrus vinaigrette

Juices

Spiced Apple Rooibos

cold brew rooibos tea, apple, cinnamon, clove, and orange peel.

Ruby Harvest

Pomegranate, beet, apple, and orange, ginger

Autumn Green

Pear, green apple, cucumber, spinach, lemon.

Parfaits

Apple Orchard Crumble

Vanilla Greek yogurt layered with cinnamon-stewed
apples, chia seeds, toasted oat crumble.

Honeyed Pear & Cardamom

Greek yogurt layered with cardamom-poached pears,
honey, and crushed pistachios.

Pumpkin Maple Crunch

Spiced pumpkin yogurt layered with maple oat granola
and toasted pecans.

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CULINARY CONCIERGE
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gluten free & dairy free

Soups

Roasted Pumpkin & Sage

velvety pumpkin soup with roasted garlic, sage, peppers
a touch of coconut cream.

White Bean & Winter Greens

cannellini beans, carrots, dino kale
thyme chicken bone broth.

Wild Rice Soup

beef bone broth, tomato paste, mirepoix
organic wild rice

Wraps

Chicken & Roasted Pumpkin Hummus

grilled chicken, pumpkin hummus, shredded kale,
spinach, pickled red onion, and pumpkin seeds
lemon tahini sauce.

Turkey & Apple

roasted turkey breast, baked apples,
df boursin, arugula, radicchio
cranberry dijon spread

FALL CAESAR WRAP

shredded turkey breast, roasted sweet potato, julienned
romaine, cabbage, carrots
butternut caesar dressing

****all wraps are made from gf tortillas**

Salad

Harvest Chicken & Roasted Squash

Herb-roasted chicken, butternut squash, baby kale,
buckwheat, dried cranberries, and pumpkin seeds
Maple dijon dressing

Turkey, Pear & Walnut

Roasted turkey, seasonal pears, mixed greens, toasted
walnuts, and cashew cheese
Apple cider vinaigrette.

Salmon Du Jour

hot smoked wild salmon, shaved brussel sprouts
carrots, fennel, fresh herbs, pomegranate
sumac-citrus vinaigrette

Juices

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Parfaits

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Vanilla Greek yogurt layered with cinnamon-stewed apples, chia
seeds, toasted oat crumble.

Honeyed Pear & Cardamom

Greek yogurt layered with cardamom-poached pears,
honey, and crushed pistachios.

Pumpkin Maple Crunch

Spiced pumpkin yogurt layered with maple oat granola
and toasted pecans.

****all parfaits are coconut greek yogurt based**



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