

# vegan selections

## starters iii

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### HOUSE MADE ARTISAN BREAD

extra virgin olive oil, balsamic vinegar | 7

### MEZZE $\Delta$

avocado & white bean hummus, spicy olives, chickpea wafers | 19

### KENNEBEC FRIES $\Delta$

sea salt | 8

### BANANA SMOOTHIES $\Delta$

purple power | acai, blueberries, flaxseed | 9

spa | kale, pineapple, cucumber | 8

mocha | banana, dates, protein, cacao | 9

balance | ginseng, melon, chia seed, basil | 8

summer | strawberry, blossom honey, orange, aloe | 9

carrot slushie | 6

add spirulina or bee pollen | 2

Our mindfulness & wellness inspired spa “Superfoods” cuisine is a tribute to the healthy lifestyle of the Colorado Rockies and it’s people. Local honey from our hives, acai, spirulina, ginseng, flaxseed, chia seed, chickpeas, cacao, protein powder, aloe, pollen, kale, house cured pastured meats, sustainable seafoods, and herbs from our garden, all stand as testament to our commitment to offering healthful, from scratch cooking.

$\Delta$  gluten free

vegan  
cuisine

## leaves iii

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### WINTER SALAD $\Delta$

red oak lettuce, blackberries, roasted beets & sherry shallot dressing | 18

### SIMPLE GREENS $\Delta$

toy box tomatoes, scarlet radish, cucumber, sunflower seeds, honey balsamic dressing | 13

### ARUGULA $\Delta$

crispy artichokes, green beans, grapefruit, olives, toy box tomatoes & lemon olive oil | 18

## mains iii

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### ISLAND POKE BOWL $\Delta$

sticky rice bowl with kaiware, edamame, cucumber, wakame, chili mango, pickled ginger, wasabi, yuzu shoyu sesame dressing, crispy glass noodles & tofu | 21

### NOODLE BOWL

ramen bowl with peas, shoots, shiitake mushrooms, scallions, jalapeño, roasted vegetable broth & crispy nori cloud | 21

gastropub

gastropub

tavern