

vegan selections

starters iii

HOUSE MADE ARTISAN BREAD
extra virgin olive oil, balsamic vinegar | 7

CHILLED STRAWBERRY SOUP Δ
mountain berry salad | 12

CONFIT Δ
radish, dill & potato confit, crunchy garlic, fried lemon | 15

MEZZE Δ
avocado & white bean hummus, spicy olives,
chickpea wafers | 16

KENNEBEC FRIES Δ
sea salt | 8

BANANA SMOOTHIES Δ
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

Δ gluten free

vegan

cuisine

gastropub

gastropub

leaves iii

SIMPLE GREENS Δ
toy box tomatoes, scarlet radish, cucumber, sunflower seeds,
honey balsamic dressing | 11

SUMMER TOMATO Δ
local heirloom tomatoes, herb salad, red onion, balsamic vinegar,
kitchen basil & mandarin orange geleé | 17

ARUGULA Δ
crispy artichokes, green beans, grapefruit, olives, toy box tomatoes
& lemon olive oil | 17

mains iii

ISLAND STYLE RICE BOWL Δ
sticky rice bowl with kim chee, kaiware, edamame, cucumber, wakame, chili mango,
pickled ginger, wasabi, yuzu shoyu sesame dressing & crispy glass noodles

BROWN RICE NOODLE BOWL Δ
brown rice ramen noodles with peas, shoots, tea egg, shiitake mushrooms,
scallions, jalapeño, roasted vegetable broth & crispy nori cloud | 17

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.

tavern

