



# FARM & CRAFT

Wellness Dinner Menu



## SEPTEMBER 15th - 24th

\$33 PER PERSON WITH ADDITIONAL CHOICE OF KOMBUCHA COCKTAIL FOR \$8

### FIRST COURSE

Choice of One to Share

#### AVOCADO LIME HUMMUS

topped w/ olive oil & a citrus chili sesame salt, served w/ a flax pita & assorted heirloom vegetables

#### GREEK QUINOA

cucumbers, arugula, quinoa, red & yellow bell peppers, cherry tomato, greek olives, feta cheese, lemon oregano vinaigrette

#### KALE CAESAR

kale, brussel sprouts, cauliflower, sun-dried tomato, gluten-free crouton, parmesan, yogurt caesar dressing

#### ROASTED ARTICHOKE & SPINACH DIP

roasted artichoke & spinach dip w/ cranberry, served w/ gluten-free quinoa & omega flax multi-grain chips & heirloom carrots

### SECOND COURSE

Choice of One for Each Guest

#### ROASTED SALMON\*

roasted salmon with red beets, sautéed kale, rainbow quinoa, edamame and a blood orange sauce

#### ROASTED CHICKEN

roasted chicken breast, roasted cauliflower, sautéed garlic spinach, cauliflower purée drizzled with port wine glaze

#### CHICKEN SAUSAGE PENNE PASTA

chicken sausage bolognese, banza chickpea pasta, olive oil, basil & parmesan cheese

#### TOCOA STEAK BOWL\*

grass-fed steak, organic farro, fresh corn, baby heirloom tomato, sweet potato, black beans, caramelized onions, cilantro vegan slaw & avocado

#### SALMON POKE BOWL\*

rainbow quinoa, fresh ginger cucumber salad, edamame & jicama slaw

### THIRD COURSE

Choice of One to Share

#### PALEO BROWNIES

two brownies served warm w/ vanilla bean bourbon ice cream

#### BERRIES & COCONUT CREAM

seasonal berries served with dairy free coconut cream

#### CHOCOLATE CHIA TIRAMISU

chocolate chia espresso pudding, mascarpone, strawberries & nutella

#### FOUR Health & Lifestyle CATEGORIES

ANTI-INFLAMMATORY Diet + Increased PROBIOTIC LEVELS High ANTIOXIDANT LEVELS Reduce OVERALL STRESS

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\*Items are served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have a medical condition. 090517