

Menu

Breakfast

		Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol	Contains Gluten*	Contains Lactose	Contains Nut*	Diabetic Friendly	Vegetarian* Available
Scrambled organic mostly egg whites, house-made all-natural turkey sausage	\$5.25 Small	250	23	4.5	15	30	630	147	2	25				•	
	\$5.95 Medium	330	27	6	16	41	720	197	3	40				•	
Herb organic mostly egg white omelette, house-made all-natural turkey sausage, smoked salsa	\$5.45 Small	240	23	8	30	19	360	178	1	185		🌶️		•	
	\$6.25 Medium	340	32	11	30	27	490	250	2	250				•	
Fabia's breakfast taco organic mostly egg whites, corn tortilla salsa verde and pico de gayo	\$3.25 Small	240	15	4.5	17	34	450	67	6	0		🌶️		•	
	\$4.25 Medium	330	25	4.5	13	50	600	128	9	0		🌶️		•	
Shiitake mushroom omelette	\$7.50 One size	250	21	7	23	28	820	221	3	210				•	
Organic cranberry and blueberry steel-cut oatmeal with organic rice protein powder	\$3.95 Small	280	19	3.5	10	48	0	3.4	6	0				•	
	\$4.95 Medium	410	28	5	10	72	0	5.10	9	0				•	
Organic cranberry steel-cut oat pancakes with organic rice protein powder, agave syrup	\$4.95 Small	230	10	2.5	10	47	65	21	5	0			•	•	
	\$5.50 Medium	350	15	4	10	71	100	31	8	0			•	•	
Organic blueberry steel-cut oat pancakes with organic rice protein powder, agave syrup	\$4.95 Small	250	11	3.5	11	51	50	15	7	0				•	
	\$5.50 Medium	380	16	5	11	76	80	23	10	0				•	

Lunch & Dinner

Seafood

		Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol	Contains Gluten*	Contains Lactose	Contains Nut*	Diabetic Friendly	Vegetarian* Available
Wild caught Alaskan salmon** dashi soba (buckwheat-gluten free) noodles, oyster mushrooms	\$6.50 Small	260	23	8	26.4	27	680	303	2	45			🌶️	•	•
	\$7.95 Medium	400	36	12	26.5	38	890	452	3	80				•	•
Chamula roasted wild caught Alaskan salmon** caramelized fennel & sour apples, roasted carrots	\$7.50 Small	270	25	11	37	17	890	274	5	60			🌶️🌶️	•	
	\$8.50 Medium	360	31	16	39	26	1270	354	7	80			🌶️🌶️	•	
Sushi-grade seared blackened tuna cooked pink to red center, roasted corn sauce, cannelloni beans & pancetta braised greens	\$7.50 Small	270	33	8	25	17	1000	311	5	45			🌶️🌶️	•	
	\$8.50 Medium	370	43	10	25	26	1300	410	8	55			🌶️🌶️	•	
Spicy Thai mango shrimp salad fresh mint leaves	\$7.50 One size	160	9	1	14	30	790	86	3	55			🌶️	•	
Sautéed mahi-mahi kalamata olives, roasted tomato cooked in caper broth, roasted butternut squash	\$6.95 Small	280	29	7	20.8	29	1000	268	6	85			🌶️	•	
	\$7.95 Medium	340	35	8	19.5	37	1600	332	7	105			🌶️	•	
Curry cod coconut milk/curry/lemongrass sauce, braised fennel with ginger & spinach	\$6.95 Small	270	25	8	25	26	910	340	6	50			🌶️	•	
	\$7.95 Medium	360	33	10	25	37	1660	452	9	60			🌶️	•	
Pan-seared scallops over risotto asparagus	\$9.95 Small	320	24	7	18.5	44	880	58	5	40		•		•	
	\$11.95 Medium	420	31	9	18	57	1030	79	5	50		•		•	
Agave wild caught Alaskan salmon** roasted carrots, bok-choy with ginger	\$7.50 Small	280	26	9	27	26	1170	270	4	60				•	
	\$8.50 Medium	370	33	11	27	36	1580	345	5	80				•	



Sushi-grade seared blackened tuna



Organic steel-cut blueberry oat pancakes



Spicy Thai mango shrimp salad with fresh mint leaves

We're a cross between a personal chef, farmers market and dietitian. Our food is free of additives, preservatives, hormones, trans-fats and artificial colors. Our meals are always MADE FRESH in our kitchen with the finest natural ingredients. Organic whenever possible. Fresh produce, never frozen. Hormone-free meat always, and wild caught Alaskan salmon.

Key: *Not prepared in a certified gluten free or nut free kitchen
**Wild caught Alaskan salmon available 95% of the time.

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