

spring crudités

nante carrot, snap pea, radish, + baby lettuce
with sprouted white bean + beet dip {vegan, gf}

crostini

grilled blossom bluff nectarines, Fort Bragg
Bakery pumpkin seed sourdough, almond ricotta,
noyo food forest basil {vegan, gfo}

matcha protein balls

matcha, almond, date, maple, coconut flakes
{vegan, gf, sugar-free available}

welcome wellness shot

ginger, lemon, turmeric, cayenne {vegan, gf,
sugar-free}

redwood chai

carob, ginger, cinnamon, chicory, orange peel,
clove, licorice, fennel, cardamom, oat milk
{vegan, caffeine free, sugar-free}

[welcome snack]



spring shepherd's pie

mushrooms, peas, carrots, spring onions, leek
scapes, asparagus + alderwood smoked potato
mash
{*vegan, gf*}

grilled broccolini

tomatero farm sweet broccolini + caper, spring
herb, spring onion confit salsa verde {*vegan, gf*}

sourdough foccacia

central milling flour, spring onion + green
garlic confit, flake salt {*vegan, gfo available*}

kale + romaine salad

pickled spring onion, frizzled capers, sprouted
pumpkin seeds, green goodness dressing {*vegan, gf, sugar-free*}

s'mores

{*vegan option*}

[welcome dinner]



snacks + things

sprouted pumpkin seeds * mixed
nuts * medjool dates * anderson
valley farm stand stone fruit

seed + cacao granola bars

toasted oats + seeds, date syrup,
cacao {vegan, gf, contain sugar}

wellness shot

ginger, lemon, turmeric, cayenne
{vegan, gf, sugar-free}

[morning snacks]



bliss bowls

brown rice + quinoa blend *
stewed rancho gordo xmas beans *
blanched broccoli * steamed sweet
potato * pickled eggs * pickled
fifth crow farm summer squash +
spring onions * carrot ribbons *
noyo food forest mixed lettuce *
sprouted bean beet dip * tahini +
herb dressing * toasted almonds

*{gf, sugar-free, all vegan sans
pickled egg}*



[lunch]

snacks + things

sprouted pumpkin seeds * mixed
nuts * medjool dates * anderson
valley farm stand stone fruit

spring rolls

spring veggies + flowers with
almond butter dipping sauce
{vegan, gf, contains coconut
amino}

elderflower shortbreads

meyer lemon + elderflower cookies
{vegan, gf, contains sugar}

[afternoon snack]



grilled salmon with lemon + fennel

Princess Seafood local King Salmon, fifth crow farm fennel, mustard + date glaze [grilled tofu available for vegan option]

{gf, sugar free}

polenta cakes

first of the season corn, shared cultures soy-free corn miso, onion confit *{vegan, gf}*

roasted cauliflower + spring pea puree

{vegan, gf}

braised cabbage + kale

fifth crow farm cabbage + kale braised with nectarine + whole grain mustard glaze *{vegan, gf, sugar-free}*

chocolate + lavender pudding

{vegan, gf, contains sugar}

[second dinner]



spanish tortilla

fifth crow farm spring onions + thyme, new
spring potatoes, free-range organic eggs, herb
salad {gf, df, sugar-free}

vegan chickpea omelet

chickpea crepe, organic spinach, spring
onions, almond ricotta, herb salad {v, gf}

superfood pancakes w/ strawberry compote

oat flour pancakes with banana + chia,
fifth crow farm strawberries {v, gf,
contains sugar}

noyo food forest lettuces

whole grain mustard vinaigrette



[departure brunch]