

# EAT, DRINK + BE HEALTHY

## OUR NUTRIENT-DENSE APPROACH TO THE MENU



### PRODUCE

For all of our produce, we follow the organic guidelines published annually in the Environmental Working Group (EWG) Dirty Dozen and Clean Fifteen lists and source locally and regionally whenever possible.

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### ANIMAL PROTEIN

We use local, responsibly raised chicken, grass-fed beef and wild Alaskan-caught salmon. Our eggs are both cage-free and free-range.

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### BLENDED BURGER

When developing ground beef recipes, we follow the James Beard Foundation Blended Burger Initiative for healthier and more sustainable dishes.

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### BONE BROTH

Our bone broth is made in-house just the way your great-grandmother made her broth - slow and nourishing.

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### FRESH HERBS

Most of our dishes are topped with fresh herbs and/or microgreens to add an extra boost of nutrient-density and deliciousness.