

DYO MENU

PICK YOUR ENTREE + 2 SIDES

DUEL ENTREE IS AVAILABLE UPON REQUEST

ENTREES - CHICKEN

HERB ROASTED

FRESH CHICKEN BREAST BAKED WITH ROSEMARY, THYME, AND GARLIC TOPPED WITH CHIVE BUERRE BLANC
(GLUTEN FREE - NUT FREE)
DAIRY FREE W/ SAUCE ON SIDE

\$20.00

CAPRI

CHICKEN BREAST SERVED IN OUR DIJON BEURRE BLANC SAUCE, TOPPED WITH ARTICHOKE HEARTS, BUTTON MUSHROOMS, SUN-DRIED TOMATOES, AND CAPERS
(GLUTEN FREE - NUT FREE)

\$22.00

CAPRESE

PAN SEARED CHICKEN BREAST SIMMERED IN BALSAMIC VINEGAR, GARLIC, AND GRAPE TOMATOES, FINISHED WITH FRESH MOZZARELLA AND BASIL
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$20.00

CHICKEN PARMESAN

HAND-COATED WITH GRATED PARMESAN, ITALIAN BREADCRUMBS BAKED IN HOUSE MARINARA & TOPPED WITH MELTED MOZZARELLA
(NUT FREE)

\$22.00

STIR-FRY

STRIPS OF TENDER CHICKEN BREAST AND FRESH CUT ASIAN VEGETABLES, STIR FRIED IN OUR KALBI SAUCE
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$20.00

TERIYAKI

TENDER STRIPS OF CHICKEN BREAST MARINATED IN OUR TERIYAKI SAUCE, GARNISHED WITH GREEN ONIONS & SESAME SEEDS
(DIARY FREE - GLUTEN FREE - NUT FEE)

\$20.00

HONEY-STUNG FRIED CHICKEN

SERVED WITH OUR CHIPOTLE MAYO & SWEET AND TANGY BARBEQUE SAUCE
(NUT FREE)

\$20.00

PROSCIUTTO STUFFED CHICKEN

STUFFED WITH PROSCIUTTO & GRUYIERRE
(GLUTEN FREE - NUT FREE - CONTAINS PORK)

\$25.00

MEXICAN STUFFED

STUFFED WITH BACON, JACK CHEESE, CILANTO, CHIPOTLE PASTE TOPPED WITH CUMIN-LIME SAUCE
(GLUTEN FREE - NUT FREE)

\$24.00

PNW STUFFED CHICKEN

STUFFED CARAMELIZED GREEN APPLE, TOASTED WALNUTS & WHITE CHEDDAR
SERVED WITH ROASTED BELL PEPPER BUERRE BLANC
(GLUTEN FREE - CONTAINS NUTS)

\$24.00

MARSALA

TENDER CHICKEN BREAST, SERVED IN OUR CREAMY MARASALA WINE SAUCE
(GLUTEN FREE - NUT FREE)

\$20.00

CHICKEN PICCATA

DREDGED IN LEMON-PEPPER, PAN SEARED IN FRESH LEMON-CAPER-WHITE WINE SAUCE
(NUT FREE)

\$21.00

CILANTRO-LIME

MARINATED IN OUR CILANTRO-LIME SAUCE AND GRILLED OVER AN OPEN FLAME
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$18.00

CHIMICHURRI

CHICKEN THIGHS GRILLED OVER AN OPEN FLAME AND TOPPED WITH FRESH GREEN ARGENTINIAN CHIMICHURRI SAUCE
(DAIRY FREE - GLUTEN FREE - CONTAINS NUTS)

\$19.00

THAI

MIX OF BRAISED BONE-IN CHICKEN BREAST, THIGHS, AND LEGS. TOSSED IN OUR SWEET & SPICY THAI GLAZE. SERVED WITH PICKLED CARROTS & CUCUMBERS
(DIARY FREE - GLUTEN FREE - NUT FREE)

\$21.00

BAKED SESAME

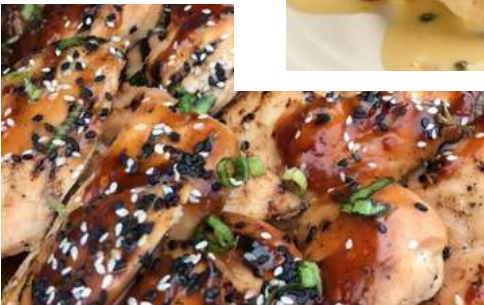
TENDER CHUNKS OF ALL-WHITE CHICKEN BREAST SAUTEED WITH OUR HONEY-SESAME SAUCE FINISHED WITH SESAME SEEDS AND GREEN ONIONS
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$18.00

TANDOORI SPICED

MIX OF BONE-IN CHICKEN BREAST, THIGHS, AND LEGS. MARINATED & PAN FRIED IN OUR SPICED SAFFRON GLAZE
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$20.00



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ENTREES - BEEF

MARINATED FLANK STEAK - 3 DAY MINIMUM NOTICE **\$26.00**

TENDER FLANK STEAK, SEASONED, MARINATED, GRILLED TO PERFECTION, AND SERVED OVER A MEDLEY OF PEPPERS AND ONIONS
(GLUTEN FREE - DAIRY FREE - NUT FREE)

BEEF BOURGUIGNON **\$24.00**

CUBES OF TENDER TOP SIRLOIN SIMMERED WITH BURGUNDY WINE, ONIONS, CARROTS, CELERY, AND FRESH HERBS
(GLUTEN FREE - DAIRY FREE - NUT FREE)

NEW YORK **\$28.00**

SEARED OVER OPEN FLAME, TOPPED WITH DEMI GLAZE AND BLUE CHEESE CRUMBLES
(GLUTEN FREE - NUT FREE)

COMPOUND NEW YORK **\$28.00**

SEARED OVER OPEN FLAME, TOPPED WITH HERBED COMPOUND BUTTER
(GLUTEN FREE - NUT FREE)

BRAISED SHORT RIBS - HOISIN **\$26.00**

BEEF SHORT RIBS SEARED TO PERFECTION AND FINISHED IN THE OVEN UNTIL TENDER, GLAZED IN OUR HOISIN SAUCE
(DAIRY FREE)

BRAISED SHORT RIBS - RED WINE **\$26.00**

BEEF SHORT RIBS SEARED TO PERFECTION AND FINISHED IN THE OVEN UNTIL TENDER
(GLUTEN FREE - DAIRY FREE - NUT FREE)

KOREAN BBQ SHORT RIBS **\$26.00**

BEEF SHORT RIBS MARINATED IN KALBI SAUCE, GRILLED OVER AN OPEN FLAME, AND FINISHED IN THE OVEN UNTIL PERFECTLY TENDER, TOPPED WITH A DASH OF GREEN ONIONS
(GLUTEN FREE - DAIRY FREE)

MIGNON TIPS **\$36.00**

DRIZZLED WITH A BANANA TARRAGON SAUCE
(GLUTEN FREE - NUT FREE)

DADS MEATLOAF **\$20.00**

(NUT FREE - CONTAINS PORK)

RAVIOLI BOLOGNESE **\$22.00**

(NUT FREE)

HONEY CHIPOTLE FLAME GRILLED **\$25.00**

TOPPED WITH PEPPER TOASTED CORN RELISH
(GLUTEN FREE - DAIRY FREE - NUT FREE)

ENTREES - SEAFOOD

NW CHARDONNAY SEARED SALMON **\$25.00**

TOPPED WITH A CHIVE BEURRE BLANC SAUCE
SERVED WITH SEASONAL TROPICAL FRUIT SALSA
(dairy free upon request, gluten free)

BLACKENED COD **\$22.00**

LIGHTLY BREADED w/ ROASTED BELL PEPPERS, FRENCH ONIONS & PARSLEY
SEARED WITH BUTTER AND ROASTED GARLIC
SERVED ON TOP OF

MARGHARITA SHRIMP ROCK TACOS **\$25.00**

TOPPED WITH RED CABBAGE SLAW, COTIJA CHEESE, RED ONION, CILANTRO,
IN CORN TORTILLA, AND GARLIC-LIME CREMA SAUCE
(gluten free)

CARIBBEAN SHRIMP SKEWER **\$22.00**

KEBOBS SKEWERED WITH SHRIMP AND MANGO
TOPPED WITH OUR HABANERO GLAZE
(gluten free)

MARGHARITA SHRIMP ROCK TACOS **\$22.00**

TOPPED WITH RED CABBAGE SLAW, COTIJA CHEESE, RED ONION, CILANTRO,
IN CORN TORTILLA, AND GARLIC-LIME CREMA SAUCE
(gluten free)



ENTREES - LAMB/ PORK

LAMB FRY **\$26.00**

TENDER CUBES OF LEG OF LAMB, SAUTEED WITH ONIONS, GARLIC, GINGER AND CHILIES
(gluten free)

GARLIC CRUSTED PORK LOIN **\$24.00**

PORK LOIN RUBBED WITH ITALIAN SEASONINGS AND BRAISED IN OUR BUTTER GARLIC SAUCE
(gluten free)

THICK SLICED PORK CHOP **\$26.00**

SERVED WITH APPLE RELISH
(gluten free)



DYO MENU

PICK YOUR ENTREE + 2 SIDES

ENTREES - VEGETARIAN/ VEGAN

ORDER AS PART OF HEADCOUNT OR ASK ABOUT A LA CARTE FOR “JUST IN CASE”

EGGPLANT PARMESAN

EGGPLANT HAND-BREADED AND PAN-FRIED, TOPPED WITH MELTED MOZZARELLA CHEESE, AND SERVED ON A BED OF OUR MARINARA SAUCE (VEGETARIAN)

\$20.00

EGGPLANT ROULADE

ROLLED WITH ROASTED PEPPERS, MARTINATED ARTICHOKEs, FRESH BASIL AND RICOTTA CHEESE (VEGETARIAN - GLUTEN FREE - NUT FREE)

\$22.00

PESTO-ALFREDO TORTELLINI

DELICATE PASTA PILLOWS FILLED WITH ITALIAN CHEESES AND TOPPED WITH OUR PEST-ALFREDO SAUCE

\$20.00

VEGETABLE LASAGNA

PASTA LAYERED WITH RICOTTA AND MOZZARELLA CHEESE, AND HOMEMADE TOMATO SAUCE (VEGETARIAN - NUT FREE)

\$22.00

ROASTED BEET RISOTTO

(VEGETARIAN - GLUTEN FRRE - NUT FREE)

\$23.00

CAPRI PENNE

PENNE PASTA TOSSED WITH SUN-DRIED TOMATOES, SAUTEED MUSHROOMS, CAPERS, FRESH HERBS AND BUTTER WINE SAUCE ((VEGETARIAN - NUT FREE)

\$22.00

GOAT CHEESE & SPINACH RAVIOLI

DELICATE PASTA PILLOWS FILLED WITH SEASONED GOAT CHEESE AND FRESH SPINACH, TOSSED IN OUR HOUSE MADE PARMESAN CREAM SAUCE WITH DICED MUSHROOMS (VEGETARIAN - NUT FREE)

\$23.00

BUTTERNUT SQUASH & MUSHROOM CURRY

(VEGAN - GLUTEN FREE - NUT FREE)

\$20.00

SEASONAL POLENTA STACK

HERB ROASTED POLENTA CAKE, TOPPED WITH SEASONALLY ROASTED PUREE, BRAISED GREENS, GARLIC EMULSION & KRACKLIN HERBS (VEGAN - GLUTEN FREE - NUT FREE)

\$22.00

STUFFED POBLANO

STUFFED WITH OUR CILATRO-LIME RICE AND BLACK BEANS, TOPPED WITH OUR MEXICAN-STYLE FOUR CHEESE BLEND (VEGETARIAN - GLUTEN FREE - NUT FREE)

\$22.00

SWEET POTATO FRITTERS

GRATED SWEET POTATO WITH ONIONS, BELL PEPPERS, AND CHILI FLAKES, HAND PRESSED INTO CAKES AND PAN FRIED UNTIL PERFECTLY GOLDEN

\$22.00

SPINACH & CHEESE CAKES

BABY SPINACH, RICOTTA AND PARMESAN CHEESES HANDMADE INTO CAKES, SERVED OVER MARINARA SAUCE

\$22.00

STUFFED BELL PEPPERS

STUFFED WITH QUINOA, ROASTED TOMATOES, AND PARMESAN CHEESE SEASONAL STUFFED SQUASH

\$21.00



MEAT SUBSTITUTES

PEA BASED CHICKEN SUBSTITUTE
IMPOSSIBLE BEEF

HERBED POLENTA STACK

HERBED POLENTA CAKE TOPPED WITH SEASONAL ROASTED PUREE, BRAISED GREENS, GARLIC EMULSION AND KRACKLIN HERBS (vegan, gluten free, nut free)

\$20.00

STUFFED BELL PEPPERS

CILANTRO LIME RICE WITH BEANS & TOFU (vegan, gluten free)

\$18.00

HERBED “CHICKEN”

TOPPED WITH SMOKED RED PEPPER COULIS (vegan)

\$23.00

SALSBURY “STEAK”

IMPOSSIBLE BEEF STEAK TOPPED WITH GRILLED ONIONS & MUSHROOMS GRAVY (vegan, gluten free)

\$22.00

“SAUSAGE” LASAGNA

THICK LAYERS OF PASTA & RICOTTA WITH SAUTEED VEGETABLES & IMPOSSIBLE SAUSAGE (vegetarian)

\$22.00



SIDES

SALADS - GREEN

NW SEASONAL GREENS

MIXED GREENS, TOMATOES, CUCUMBERS, RED ONIONS, AND CANDIED PECANS SERVED WITH CHEF IAN'S FAMOUS BALSAMIC VINAIGRETTE AND VEGAN VINAIGRETTE DRESSINGS
(VEGAN - GLUTEN FREE - CONTAINS NUTS)

SUPERFOOD

GREENS, QUINOA, NUTS & BERRIES WITH EDAMAME SERVED WITH A VEGAN VINAIGRETTE
(VEGAN - GLUTEN FREE - CONTAINS NUTS)

ASIAN

SPRING MIX TOSSED WITH ASIAN VEGETABLES, CRUNCHY CHOW MEIN NOODLES, TOASTED ALMONDS, SESAME VINAIGRETTE
(VEGETARIAN - DAIRY FREE - GLUTEN FREE - CONTAINS NUTS)

SPINACH

BABY SPINACH LEAVES, CANDIED PECANS, RED ONIONS, TOMATOES, SATSUMA ORANGES, AND FETA CHEESE, SERVED WITH OUR CITRUS VINAIGRETTE
(VEGETARIAN - GLUTEN FREE - NUT FREE)

ITALIAN CHOP

ICEBERG LETTUCE WITH CHUNKS OF SALAMI, RED ONIONS, TOMATOES, PEPPERONCINI'S, AND OLIVES, TOSSED IN OUR ITALIAN HERB VINAIGRETTE, TOPPED WITH PARMESAN CHEESE AND CROUTONS
(NUT FREE)

TRADITIONAL CAESAR

CRISPY ROMAINE HEARTS TOSSED WITH FRESH PARMESAN CHEESE, GRAPE TOMATOES, AND GARLIC CROUTONS, DRESSED IN OUR TRADITIONAL CAESAR DRESSING
(NUT FREE)

GREEK

CRISPY ROMAINE HEARTS, CHOPPED TOMATOES, CUCUMBERS, ONIONS, AND KALAMATA OLIVES, DRESSED IN OUR RED WINE VINAIGRETTE, AND TOPPED WITH FETA CHEESE
(VEGETARIAN - GLUTEN FREE - NUT FREE)

ROASTED BEET & FENNEL

ROMAINE LETTUCE WITH FENNEL HEARTS, ROASTED BEETS, ARUGULA, GREEN ONIONS, WITH SAVORY ROASTED WALNUTS AND A CITRUS TARRAGON VINAIGRETTE
(DAIRY FREE - GLUTEN FREE - CONTAINS NUTS)

PEAR & POMEGRANATE

BABY SPINACH LEAVES, DRIED CHERRIES, GREEN ONIONS, SLICED PEAR, AND POM SEEDS, SERVED WITH OUR HOUSE MADE DIJON AND BLUE CHEESE DRESSINGS
(VEGETARIAN - GLUTEN FREE - NUT FREE)

SALADS - SIDE

TEX-MEX

BLACK BEANS AND JUICY YELLOW CORN TOSSED WITH ROASTED PEPPERS, RED ONIONS, AND CILANTRO IN OUR HOUSE MADE SOUTHWEST DRESSING

ORZO

ORZO PASTA, JUICY YELLOW CORN, BLACK BEAN, CILANTRO, AVOCADO, AND CHERRY TOMATOES, MIXED TOGETHER AND TOSSED IN OUR CILANTRO LIME RANCH DRESSINGS

MEXICAN CORN

CORN CUT STRAIGHT FROM THE COB, TOSSED WITH MEXICAN SPICES AND TOPPED WITH COTIJA CHEESE AND CILANTRO

MEDITERRANEAN

ORZO, CHERRY TOMATOES, MARINATED ARTICHOKE HEARTS, SUN DRIED TOMATOES, CAPERS, TOSSED IN RED WINE VINAIGRETTE

GREEK

DICED ROMAS, CUCUMBERS, RED ONIONS, KALAMTA OLIVES, TOSSED IN HERBED VINAIGRETTE AND FETA CHEESE

QUINOA

QUINOA, GREEN PEPPERS, ONIONS, SWEET CORN, BLACK BEANS, FETA, TOSSED IN SEASONAL VINAIGRETTE

WATERMELON & FETA

CUBED WATERMELON, CUCUMBER, AND MINT TOPPED WITH FETA AND LIME JUICE PASTA TRI-COLORED ROTINI, SUN-DRIED TOMATOES, KALAMATA OLIVES, FETA CHEESE, RED ONIONS, AND CAPERS IN OUR HOUSE MADE BALSAMIC VINAIGRETT

CHILLED SUMMER

BROCCOLI FLORETS, BACON , RED ONIONS, SUNFLOWER SEEDS, AND RAISINS TOSSED IN HOUSE APPLE CIDER DRESSING



SIDES

VEGETABLES - SIDE

ROASTED SEASONAL VEGETABLES **\$5.00**
(vegan, gluten free)

GRILLED MARINATED VEGETABLES **\$6.50**
EGGPLANT, SQUASH, PEPPERS, MUSHROOMS, ASPARAGUS, RED ONION, GRAPE TOMATOES AND KALAMATA OLIVES, SEASONED THEN GRILLED OVER AN OPEN FLAME
(vegan, gluten free)

GRILLED ASPARAGUS PLATTER **\$7.00**
SEASONED IN OLIVE OIL AND ITALIAN HERBS AND SPICES, THEN GRILLED OVER AN OPEN FLAME
(vegan, gluten free)

SUNSHINE MARKET CARROTS **\$5.00**
MULTI COLORED CARROTS SAUTEED IN ORANGE JUICE, BUTTER, VANILLA, AND FRESH HERBS UNTIL PERFECTLY GLAZED
(vegetarian, gluten free)

PAN ROASTED BRUSSEL SPROUTS **\$6.00**
FRESH BRUSSELS SPROUTS SAUTEED WITH BALSMIC VINEGAR, THICK SLICEC BACON, AND ONIONS
(gluten free)

PAN FRIED GARLIC GREEN BEANS **\$5.50**
CRISP GREEN BEANS PAN-FRIED SCHEZWAN STYLE TOSSED IN OUR GARLIC SAUCE
(vegan, gluten free)



STARCHES - SIDE

WILD RICE PILAF **\$4.00**
BLEND OF WHITE & WILD RICES IN VEGETABLE BROTH
(vegan, gluten free, nut free)

LEMON RICE PILAF **\$4.50**
SAUTEED WITH BUTTER AND CHICKEN BROTH AND SCALLIONS THEN TOSSED WITH FRESH LEMON AND ALMOND SLIVERS
(gluten free)

SPANISH RICE **\$4.50**
SEASONED WITH FRESH TOMATOES, GARLIC AND ONION
(vegan, gluten free, nut free)

SESAME RICE **\$4.00**
WHITE RICE, SLOWLY COOKED WITH SESAME OIL & TOSSED WITH SCALLIONS & SESAME SEEDS
(vegan, gluten free)

SPICY REFRIED BEANS **\$4.00**
PINTO BEANS, SAUTEED AND BLENDED WITH DICED JALAPENOS
(vegan, gluten free)

ARGENTINIAN POTATOES **\$5.00**
PEELED POTATOES TOSSED WITH GARLIC, FRESH BASIL, SALT AND PEPPER
(vegan, gluten free)

ROASTED RED POTATOES **\$5.00**
ROASTED BABY RED POTATOES TOSSED WITH OLIVE OIL, ROSEMARY AND THYME
(vegan, gluten free)

ROASTED GARLIC MASHED POTATOES **\$5.00**
YUKON GOLDS WHIPPED WITH BUTTER, SOURE CREAM AND ROASTED GARLIC CLOVES
(vegetarian, gluten free, contains dairy)

POTATOES AU GRATIN **\$5.00**
THINLY SLICED RUSSET POTATOES BAKED IN OUR GARLIC-FENNEL CREAM SAUCE TOPPED WITH TILLAMOOK CHEDDAR AND PARMESAN CHEESES
(vegetarian, gluten free, contains dairy)

PENNE PASTA IN HERB BUTTER SAUCE **\$4.00**
(vegetarian, contains dairy)

