

SUSHI STATION

Sushi Rolls

1. Hamachi — Yellowtail, Scallion & Jalapeño ^{GF} 6.00
 2. Spicy Tuna — Chili-Garlic Mayonnaise, Cucumber & White Sesame ^{GF} 6.00
 3. Salmon — Avocado, Cucumber & Wasabi ^{GF} 6.00
 4. California — Crab, Avocado & Cucumber ^{GF} 6.00
 5. Shrimp Tempura — Spicy Chili-Garlic Mayonnaise ^{GF} 7.00
 6. Avocado — Carrots, Cucumber & Mayonnaise ^{V GF} 5.00
 7. Rainbow — Salmon, Tuna, Hamachi & Avocado ^{GF} 11.00
 8. Sushi Special 13.00
- Wakame Salad — Sesame Seed Oil, White & Black Sesame Seed & Chili Flakes 3.00

Poke Bowls

1. Tuna — Hijiki Salad, Edamame, Jalapeño, Furikake & Ponzu Dressing ^{GF} 12.00
2. Salmon — Seaweed Salad, Edamame, Masago, Tama Arare & Ponzu Dressing ^{GF} 11.00

GRILL

Braised & Grill

1. Grilled Chicken — Honey & Sesame Chicken Thighs & Seasonal Vegetables 9.00
 2. Pork Ribs — Barbeque Sauce & Coleslaw 11.00
 3. Veggie Burger — Tomato, Avocado, Red Onion, Lettuce & Pesto ^V 9.00
 4. Pita Sandwich — Lettuce, Onion, Tomato & Tzatziki. Choice of Beef & Lamb Gyros, Chicken or Falafel 8.00
 5. Jerk Chicken Sandwich — Avocado, Tomato & Honey Mustard 8.50
 6. Braised Brisket BBQ Sandwich — Fried Onion Ring & Coleslaw 11.00
 7. Cheeseburger — Havarti Cheese, Lettuce, Tomato, Red Onion, Pickles & Special Sauce 8.50
 8. Lamb Burger — Lettuce, Tomato, Onion & Pesto 10.00
- Add Ons
Hand Cut Fries +1.50 | Bacon, Avocado or Blue Cheese +1
Seasonal Vegetables Small +2 | Large +5

Grab & Go All Day

Cold Sandwiches

1. Chicken Salad — Cranberries, Celery, Green Apples, Mustard, Mayonnaise & Parsley on Seeded Rye Bread ^{GF} 9.00
2. Roast Beef — Salsa Verde, Pepperonata & Arugula ^{GF} 9.00
3. Hummus Wrap — Avocado, Carrots, Cabbage & Lemon Vinaigrette ^{VG} 9.00
4. Ham & Cheese — Black Forest Ham, Havarti Cheese, Tomato & Mayonnaise on Sourdough Pullman 6.00
5. Egg Salad — Classic Danish Egg Salad Sandwich with Curry & Green Apples on Sourdough Pullman ^{GF} 6.00
6. B.L.T. — Bacon, Lettuce & Heirloom Tomato with Mayonnaise on Sourdough Pullman ^{GF} 6.00

Snacks

- Nuonos Yogurt — Local Greek Yogurt, Assorted Flavors ^V 4.00
- Cocojune Yogurt — Organic Coconut Yogurt, Assorted Flavors ^{VG} 4.00
- Side of Granola — Oats, Nuts & Dried Berries ^N 0.50
- Mixed Fruit Cup — Selection of Seasonal Fruit ^{VG} 3.75
- Side Salad — Mixed Greens with Balsamic Vinaigrette ^{VG} 3.00
- Overnight Oats & Chia Pudding — Almond Milk & Berries ^{VG N} 5.00

Beverages

- Orange Juice 4.00

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WELLPLATED™

Breakfast: 7 AM - 11 AM

Lunch: 11 AM - 3 PM

Coffee Bar: 7 AM - 7 PM

Wine & Cocktails: 3 PM - 7 PM

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Breakfast Menu

BAKERY & SANDWICHES

Pastries & Baked Goods

Croissant Plain	2.75	Raspberry Scone	2.75
Croissant Chocolate	3.25	Banana Oat Muffin	3.75
Croissant Ham & Cheese	3.75	Blueberry Cornbread Muffin ^{ve} ^{gf}	3.75
Frøsnapper ^N	3.75	Peanut Butter Cookie ^N ^{ve}	2.75
Lemon Moon Cake ^N	4.00	Double Chocolate Brownie	3.25
Iced Cinnamon Swirl	3.75	Cinnamon Swirl	3.50
		Salted Chocolate Chip Cookie	2.75

Breakfast

Bread Choices: Sourdough, Bagel, Challah bun, Øland bun, Gluten-free bread or Croissant (+\$1.25)

1. Fresh Bagel or Morning Bun — Jam, Peanut Butter or Cream Cheese; Choice of Plain or Farmshelf Herbs ^V 2.75
2. Breakfast Burrito — Soft Egg Scramble, Mozzarella, Havarti Cheese, Potatoes & Bacon 5.50
3. Veggie Burrito ^V — Refried Beans, Havarti Cheese & Seasonal Vegetables 4.50
4. Egg & Cheese — Soft Egg Scramble & Havarti Cheese ^V 3.50
5. B.E.C — Soft Egg Scramble, Havarti Cheese & Bacon 4.50
6. Avocado Smash — Soft Egg Scramble & Seasonal Herbs ^V 4.50
7. Farmhouse Breakfast — Soft Scramble Eggs, Roasted Seasonal Vegetables & Bacon or Chicken Sausage 8.50

Add Ons

Salmon +2 | Egg White +1.50 | Bacon or Avocado +1 | Tomato or Onions +.50

Coffee & Tea

Drip Coffee	8 oz	12 oz	16 oz
Round Tower, Medium Roast	2.30	2.60	2.90
Sidama, Single Origin	2.40	2.70	3.00
Swiss Water Process, Decaf	2.30	2.60	2.90
Espresso-Based	8 oz	12 oz	16 oz
Cappuccino	3.00	3.50	
Caffe Latte		3.50	4.00
Americano	3.00	3.50	4.00
Espresso	3.00		
Cortado	3.20		
Macchiato	3.20		
Mocha Latte	3.00	3.60	4.00
Organic Tea	8 oz	12 oz	16 oz
T-Town Black, Oolong, Green, Chamomile or Herbal	2.20	2.50	2.80
Chai Latte	3.00	3.50	4.00
Cold Drinks	12 oz	16 oz	20 oz
Cold Brew Coffee	2.90	3.40	3.90
T-Town Organic Kombucha	3.30	3.80	4.30
Organic Ice Tea (unsweetened)	2.40	2.90	3.40
Iced Latte	3.50	4.00	
Iced Americano	3.50	4.00	

Lunch Menu

BAKERY & SANDWICHES

Panini

1. Tomato & Mozzarella — Kale Pesto & Fresh Basil ^V 7.00
2. Salame & Cheese — Havarti Cheese & Sundried Tomato Pesto 7.00
3. Cubano — Roast Pork, Ham, Pickles, Havarti Cheese & Honey Mustard 7.00
4. Grilled Cheese — Havarti Cheese & Tarragon ^V 7.00

Neapolitan Style Pizza

1. Margherita — Tomato Sauce, Three Cheese, Basil & Chili Flakes ^V 9.00
2. Salame — Tomato Sauce, Pecorino & Za'atar 10.00
3. Hawaiian — Tomato Sauce, Mozzarella, Ham & Pineapple 9.00

TACOS

1 for 4.00 | 2 for 7.00 | 3 for 10.00

1. Pork Carnitas — Red Cabbage, Red Onion, Sour Cream & Cilantro
2. Carne Asada — Beef, Avocado, Pico de Gallo & Cilantro ^{GF}
3. Mesquite Chicken — Red Onion, Roasted Peppers, Mango & Cilantro ^{GF}
4. Buffalo Cauliflower — Lettuce, Carrots & Spicy Mayonnaise ^V ^{GF}
5. Taco Bowl — Rice & Beans with Cilantro, Pico de Gallo, Avocado, Sour Cream & Tortilla Chips. Choice of Beef, Pork, Chicken or Vegetables 11.00

SOUP & SALAD

Soups	Small	Large
1. Curried Carrot — Ginger, Turmeric, Scallion & Coconut Yogurt ^{ve}	4.75	7.50
2. Heirloom Tomato Gazpacho — Red Peppers, Garlic, Olive Oil & Sherry Vinegar ^{ve}	4.75	7.50
3. Potato & Bacon — Cream, Leeks & Crispy Croutons	4.75	7.50
4. Chicken & Kale — Root Vegetables, Apples, Herbs & Spices ^{GF}	4.75	7.50

Signature Salads

1. Great Northern Caesar — Romaine, Parmesan, Croutons & Caesar Dressing 11.00
2. Spring Salad — Romaine, Watermelon Radish, Charred Broccoli, Butter Beans & Green Goddess Dressing ^V ^{GF} 11.00
3. Hummus & Falafel Salad — Romaine, Feta Cheese, Red Onion, Cucumber, Olive & Tzatziki Dressing ^V 11.00

Warm Bowls

4. Mediterranean Bowl — Braised Beef, Turmeric Basmati Rice, Roasted Red Pepper Hummus, Pita Bread & Harissa ^{GF} 12.00
5. Barley Bowl — Roasted Chicken, Shredded Kale, Apple, Mushrooms & Balsamic Vinaigrette ^N 12.00

Pick Your Own Salad

Pick your greens, add toppings & dressing from 8.00

PASTA BAR

Pastas

1. Penne alla Vodka — Prosciutto, Peas, Tomatoes & Pecorino 12.00
2. Spaghetti Carbonara — Bacon, Cream & Parmesan 12.00
3. Beef Pho — Noodles, Rib Eye, Snap Peas, Cilantro & Beef Broth ^{GF} ^{GF} 13.00
4. Pad Thai — Noodles, Peas, Snap Peas, Mushrooms & Peanut Sauce ^V ^N ^{GF} 10.00
5. Dumplings — Soy, Chili, Sesame, Scallion. Choice of Vegetables or Chicken & Lemongrass. 9.00

Add Ons

Tofu +2 | Chicken +1.50 | Peanuts +0.50

- ^{ve} Vegan
- ^V Vegetarian
- ^N Nuts
- ^{GF} Dairy-Free
- ^{GF} Gluten Free

Please note items are made in a facility that processes gluten, dairy and nuts.