

Our food & drink philosophy has been formulated through a holistic and healthy approach to living by offering simple and nourishing foods that are organic and locally sourced whenever possible. Our kitchen team, obsessed with sourcing only the best ingredients, has partnered with local farmers, fishermen, market traders and niche suppliers, to create delicious dishes for your optimal health.

PLANT-BASED

Orecchiette 14

avocado pesto, broccolini, grape-tomatoes, red pepper flakes
482 cal, 11 protein, 71 carb, 2 fat, VG

Lentil Dal 10

toasted spices, grilled lavash
308 cal, 20 protein, 54 carb, 3 fat, VG

Cauliflower Steak 11

almonds, golden raisins, red pepper flakes, salsa verde
192 cal, 4 protein, 24 carb, 11 fat, N, VG

SHAREABLES

Vegetable Board 7/12

whipped feta, romesco, marinated olives, seasonal vegetables, grilled sourdough
665 cal, 20 protein, 234 carb, 64 fat, D, V
958 cal, 25 protein, 397 carb, 47 fat, D, V

1/2 Dozen Oysters 12

apple sake mignonette, grilled lavash, cocktail sauce, lemon
252 cal, 17 protein, 36 carb, 6 fat

Meat & Cheese Board 8/14

local cheese, salami, chutney, country boule, pickled vegetables
1258 cal, 6 protein, 41 carb, 8 fat, D

SMALL PLATES

Purple Pea Hummus 8

carrot pulp crackers, sweet potato chips, radish, toasted pistachio, pickled beet
457 cal, 14 protein, 39 carb, 29 fat, GF, N, VG

Tempeh Poke Bowl 10

grilled tempeh, black sable rice, poke sauce, avocado, lime
430 cal, 27 protein, 41 carb, 16 fat, GF, VG

Duck Rolls 12

housemade apple & jalapeno slaw, Memphis & Alabama barbecue sauces
941 cal, 21 protein, 58 carb, 39 fat, D

Superfood Bowl 10

ever-changing bowl of earthy goodness
nutritional facts subject to change

SALADS & SANDWICHES

Add your choice of:

grilled chicken 4 | 200 cal, 36 protein, 0 carb, 6 fat grilled steak 5 | 230 cal, 31 protein, 0 carb, 12 fat
gulf shrimp 4 | 120 cal, 10 protein, 0 carb, 9 fat roasted salmon 5 | 220 cal, 20 protein, 0 carb, 16 fat
jerk tempeh 3 VG | 250 cal, 21 protein, 18 carb, 10 fat

Beet Salad 10

roasted & pickled beets, sunflower seeds, basil almond ricotta, blackberry vinaigrette
307 cal, 6 protein, 18 carb, 48 fat, N

Bear Hollow Bison Burger 16

6oz ground bison, tillamook cheddar, onion jimon pickle, lettuce, tomato, brioche bun
635 cal, 32 protein, 33 carb, 40 fat, D

Kale Salad 10

white bean, toasted walnuts, blue cheese crumble, cranberries, lemon & sage vinaigrette
327 cal, 10 protein, 21 carb, 21 fat, N, D

Mediterranean Tuna Salad 8/12

lettuce, tomato, herb yogurt, on toasted seven grain bread
439 cal, 20 protein, 28 carb, 20 fat, D

Italian Antipasto 8/12

grilled baguette, giardiniera, kale & walnut pesto, whipped feta, spinach, kalamata olives, artichokes
559 cal, 15 protein, 62 carb, 25 fat, V, N, D

ENTREES

Salmon Fishcakes 12

braised greens, dirty rice, spicy yogurt remoulade
956 cal, 57 protein, 53 carb, 54 fat, GF

Lamb Bolognese 10/18

gluten free potato gnocchi, pumpkin seed gremolata
409 cal, 16 protein, 70 carb, 42 fat, GF, D

ATC Chicken Breast 18

corn & olive salad, espelette pepper, smoked tomato vinaigrette, cilantro
489 cal, 25 protein, 35 carb, 59 fat, GF

Shrimp & Buckwheat Pasta 16

gulf shrimp, roasted red peppers, crispy capers, collard green pesto, toasted pecans
519 cal, 36 protein, 28 carb, 30 fat, D

Stout-Braised Short Rib 20

roasted carrots, brussel sprouts, guanciale, mustard green chimichurri
679 cal, 15 protein, 65 carb, 27 fat



Food for Fuel

Designed to charge and replenish. Crafted to include essential vitamins and nutrients necessary for an active body.



Food for Thought

Created to boost brainpower and mental ability. Meant to encourage cognitive function and improve memory.



Food for the Soul

Concocted to relieve stress and enhance mood. Provides psychological benefits through comfort and familiarity.

SMOOTHIES

PB&J 6

peanut butter, seasonal fruit, banana
whole milk | 430 cal, 12 protein, 48 carb, 20 fat
oat milk | 480 cal, 9 protein, 49 carb, 19 fat

Smoothie Add-ins 1

chia seed rolled oats
flax seed protein powder 2

Something Blue 6

kale, spinach, blueberry, avocado, mint
whole milk | 341 cal, 10 protein, 31 carb, 22 fat
oat milk | 370 cal, 8 protein, 34 carb, 21 fat

The Tropical One 6

açai, pineapple, banana, coconut water
whole milk | 511 cal, 8 protein, 100 carb, 5 fat
oat milk | 530 cal, 6 protein, 110 carb, 3 fat

SHRUBS & TONIC

Mango Serrano Shrub 5

apple cider vinegar, mango puree,
serrano pepper, vanilla, sugar
175 cal, 0 protein, 20 carb, 0 fat

Nai Tai 5

lime juice, orgeat, egg white
84 cal, 3 protein, 18 carb, 0 fat

Cafe Tonic 5

espresso, almond milk, orgeat, tonic
48 cal, 0 protein, 11 carb, 0 fat

Blackberry Basil Shrub 5

balsamic vinegar, blackberry, basil,
cane sugar
145 cal, 0 protein, 22 carb, 0 fat

HOUSE JUICES

Elixir 5

pineapple, ginger, lemon,
coconut water, cayenne
20 cal, 0 protein, 5 carb, 0 fat

Capri Fun 5

pineapple, grapefruit, lime
75 cal, 0 protein, 23 carb, 0 fat

Beet Booster 5

beet, ginger, lemon, orange
62 cal, 0 protein, 13 carb, 0 fat

All Day Greens 5

spinach, mint, lemon,
orange, coconut water
70 cal, 2 protein, 10 carb, 0 fat

ON TAP

Hawk Moth Howler 6

rogers | cream ale

Frizzante 8

italy | prosecco

Skins 10

california | orange

BBC Homewrecker 6

bentonville | american IPA

HOUSE POURS

Against the Rocks 10

bourbon, amontillado sherry,
benedictine, cynar
220 cal, 0 protein, 8 carb, 0 fat

Classy Coupe 10

gin, cocchi americano,
orange bitters, creme de cacao
150 cal, 0 protein, 2 carb, 0 fat

Spicy Collins 10

tequila, sloe gin, elderflower,
lime, cilantro, jalapeno
276 cal, 0 protein, 31 carb, 0 fat

Pink Tulip 10

vodka, cranberry, lime,
simple syrup, prosecco
84 cal, 0 protein, 20 carb, 0 fat

SEASONAL COCKTAILS

The New Spritz 10

ramazzotti, cocchi
americano, tang pet-nat

BlakeSt Sangria 10

lunaria pinot grigio, j.brix counoise,
plantation rum, creme de cassis

Blueberry Mint Limeade 10

deep eddys lime vodka, blueberry
mint syrup, coconut water

BB Smash 10

four roses bourbon, blackberry
basil shrub, ginger ale

WHITE WINE

The Augur 12/42

riesling, california, 2020

Keep It Loose 15/52

orange, south africa, 2020

Three Brooms 12/42

sauvignon blanc, new zealand, 2017

Lunaria Ramoro 10/35

pinot grigio, Italy, 2019

Gobelsburg 10/35

gruner veltliner, austria, 2019

Closer 12/42

chardonnay, california, 2019

RED WINE

Faithful Hound 14/49

red blend, south africa, 2016

Penalolen 12/42

cabernet sauvignon, chile, 2017

Project Pinot 12/42

pinot noir, california, 2019

J. Brix 12/42

counoise, california, 2020

SPARKLING WINE

Tapiz 14/49

torrentes, argentina

Tang 10/35

pet nat, california

Bugey Cerdon 14/49

sweet sparkling red, france

Naturalist 18/63

pet nat, new zealand

Anna 12/42

cava, spain

Laurent Perrier 25/88

demi-sec champagne, france

ROSE WINE

Scarpetta 12/42

sparkling rose, italian

Libertine 14/49

dolcetto rose, oregon

Looking for more?

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beers & other
house offerings

