

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 12

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

SHAREABLES

Vegetable Board 9/14

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

1/2 Dozen Oysters 16

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

Meat & Cheese Board 12/18

local cheese, salami, green tomato chutney, sesame seed crackers, local honey, dried figs
1258 cal, 6 protein, 41 carb, 8 fat, D

SMALL PLATES

Baba Ghanoush 9

eggplant, tahini and garlic topped with farro grain, served with espelette & lime pita chips, crudites
320 cal, 10 protein, 40 carb, 12 fat, 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 12

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

SALADS & SANDWICHES

Add your choice of:

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

Spicy Summer Greens 12

carrot & asparagus ribbons, goat cheese, pea shoot pesto, pistachios, lemon-basil vinaigrette
253 cal, 8 protein, 3 carb, 23 fat, GF, V, N

Bear Hollow Bison Burger 16

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

Berry & Peach Salad 12

arkansas peaches, basil almond ricotta, kale, arugula, sunflower seeds, raspberry vinaigrette
230 cal, 9 protein, 42 carb, 22 fat, VG, GF

Mediterranean Tuna Salad 8/14

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

Southern Garden Grilled Cheese 8/14

caramelized squash, braised collard greens, havarti & cheddar cheese, on grilled sourdough
674 cal, 37 protein, 89 carb, 31 fat, V, D

ENTREES

Grilled Yellowfin Tuna 29

provenical vegetables, asparagus, citrus mint vinaigrette
577 cal, 64 protein, 14 carb, 36 fat

Lamb Kofta Meatballs 10/18

tomato sauce, herb grits, pecan gremolata
409 cal, 16 protein, 70 carb, 42 fat, GF, N

ATC Chicken Breast 18

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

Salmon Orzo Succotash 14

scottish salmon, collard-mint pesto, tzatziki sauce,
673 cal, 58 protein, 63 carb, 34 fat

Prime Ribeye 40

12oz certified angus, cacio e pepe arugula salad, roasted red pepper, pickled red onion, crispy shallot
680 cal, 64 protein, 14 carb, 36 fat, GF



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 8

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

Something Blue 8

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

Smoothie Add-ins 1

chia seed rolled oats
flax seed protein powder 2

The Tropical One 8

açai, pineapple, banana
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 7

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

Nai Tai 7

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

Cafe Tonic 7

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

Blackberry Basil Shrub 7

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

HOUSE JUICES

Elixir 5

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

Capri Fun 8

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

Beet Booster 8

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

All Day Greens 8

spinach, mint, lemon,
orange, wheatgrass
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 11

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

Classy Coupe 11

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

Spicy Collins 12

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

Pink Tulip 11

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

SEASONAL COCKTAILS

The New Spritz 14

ramazzotti, cocchi
americano, tang pet-nat

BlakeSt Sangria 14

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

Blueberry Mint Limeade 10

deep eddys lime vodka, lemon,
blueberry mint syrup

BB Smash 12

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

Fountain of Youth 12/42

sauvignon blanc, south africa, 2019

Lunaria Ramoro 10/35

pinot grigio, Italy, 2019

Gobelsburg 10/35

gruner veltliner, austria, 2019

Mumbo Jumbo 12/42

chardonnay, california, 2018

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

Anna 12/42

cava, spain

Laurent Perrier 25/88

demi-sec champagne, france

ROSE WINE

Conquilla 12/42

sparkling rose, spain

Mulderbosch 10/35

cabernet rose, south africa

Looking for more?

Scan to view an
in-depth list of spirits,
beers & other
house offerings

