



Keto Menu Items

FODMAP Menu Items

ENTREES

Frenched Chicken
with Spanish Romesco

Roasted Chicken

Wagyu Flank Steak

Wild Bass

Honey Garlic Smoked Pork Loin

Seared Salmon
with either sauce: Lemon Chimichurri
or Rubbed with Smoked Chili-Rosemary
Mustard.

SIDES

Caramelized Broccoli

**Brussels Sprouts with Roasted
Garlic**

Winter Squash

SALADS

Kale Salad

CAK Standard

**Table Salad with any dressing
option**

FARMS AND VENDORS

Coto Family Farms, Burton Farms, Anson Mills Grains, Boy & Girl Farm, Glory Farms, Freshlist,
Fair Share Farm, Shipley Farms Beef, Inland Seafood, Springer Mountain Chicken, Smiling Hara Tempeh

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ENTREES

Frenched Chicken
with Spanish Romesco
Please choose the no garlic option
when ordering Spanish Romesco

Roasted Chicken

Wagyu Flank Steak

Wild Bass

Seared Salmon
with Lemon Chimichurri Sauce.
Please choose the no garlic option
when ordering lemon chimichurri

SIDES

Steamed Rice

Winter Squash

SALADS

**Table Salad with either
Tahini-Balsamic Vinaigrette
or Lemon Vinaigrette**

Kale Salad