



# main courses

PEAS ON EARTH • \$12 ♻️

add wild prawns \$4 • natural salmon \$6 • natural chicken \$2  
soba noodles tossed with a lemony tamari sauce, grape tomatoes, snow  
peas, sugar snap peas over an english pea puree

SALMON & ZOODLES • \$16 ♻️

wild salmon, zucchini and yellow  
squash noodles, capers, lemon, white wine

TACOS DEL MAR • \$15 ♻️

organic corn tortillas, grilled wild mahi-mahi, brussels sprouts and carrot  
slaw, cashew chipotle crema

THE ROASTER • \$14 ♻️

natural roasted chicken breast, twice baked  
goat cheese sweet potato, hazelnut green beans

SIRLOIN & CAULI • \$18 ♻️

add wild shrimp • \$4  
natural 10 oz. sirloin, cauliflower couscous,  
sautéed spinach

ANISE BURGER • \$15

grass fed bison • or • wild salmon  
arugula, grilled red onion, tomato, muenster cheese (only on bison),  
cashew chipotle crema, whole wheat bun, sweet potato fries



## bouls

AHI POKE BOWL • \$14 ♻️

wild ahi tuna, cucumber, black rice, edamame,  
scallion, watermelon radish, sesame seed

ROASTED VEGGIE BOWL • \$12 ♻️

+ natural chicken • \$2  
spinach, seasonal roasted veggies, hummus,  
quinoa, hemp seed, whole wheat flatbread



## desserts

SESAME ALMOND PEAR CAKE ♻️ ♻️  
WITH NADAMOO ICE CREAM • \$5

COCONUT CHOCOLATE MOUSSE\* • \$4 ♻️ ♻️

RAW STRAWBERRY CHEESECAKE • \$4 ♻️ ♻️

ICE CREAM SUNDAE • \$7 ♻️

Nada Moo vanilla ice cream, bananas, whipped coconut cream, brownie crumble, strawberry compote or date caramel sauce

\*double the sweetness!  
100% of proceeds from this dessert will be donated to Bethany House

## starters

ANISE SUMMER ROLLS • \$9 \*Ⓞ

yellow squash, carrot, red cabbage, asparagus,  
avocado, peanut dipping sauce

I HEART CEVICHE • \$9 \*Ⓞ

hearts of palm, chipotle, avocado, totopos

MEDITERRANEAN FLATBREAD • \$8 Ⓞ

spinach arugula walnut pesto, kalamata olives,  
pickled cucumber, feta, balsamic glaze

BUFFALO CAULI BITES • \$9 \*Ⓞ

cauliflower coated with rice and potato flower  
served with a herbed greek yogurt dipping sauce,  
carrots and celery, buffalo sauce

LOADED SWEET POTATO FRIES • \$9 \*

natural chicken, avocado, green onion, cilantro,  
cheddar, cashew chipotle crema

CILANTRO JALAPEÑO HUMMUS • \$7 Ⓞ

spicy jalapeño and cilantro chickpea dip,  
pumpkin seeds, whole wheat flat bread

ARTICHOKE FRITTERS • \$10 Ⓞ

marinated artichokes, celery, dill,  
panko, remoulade sauce



## salads

KALE CAESAR • \$10 \*Ⓞ

+ natural chicken \$2 • + wild shrimp \$4 • + wild salmon \$6  
kale & romaine, crispy chickpeas, avocado, vegan caesar

CLASSIC NICOISE SALAD • \$15 \*

seared wild ahi tuna, cherry tomatoes, egg, petit potatoes,  
green beans, kalamata olives, red wine vinaigrette

GRILLED SIRLOIN SALAD • \$15 \*

natural sirloin, arugula, grilled red onion, hearts of palm,  
avocado, spicy chimichurri dressing

THE BEAN STALK SALAD • \$12 \*Ⓞ

+ natural chicken \$2 • + wild shrimp \$4 • + wild salmon \$6  
roasted: broccoli, cauliflower, asparagus, green beans, chickpeas, romaine, raisins,  
walnuts, parmesan, italian vinaigrette (vegetarian, or vegan without the cheese)

## soup

GREEN DETOX \*Ⓞ

cup \$3 • bowl \$5

zucchini, leek, spinach, basil, coconut milk

BONE BROTH SIPPER \*

cup • \$4

FOND pasture raised chicken bone broth dressed  
with chile & lemon (ask server for daily infusion)



## kids

PB&J • \$6 Ⓞ

whole wheat bread, organic peanut butter,  
strawberry or grape jam, sweet potato fries

GRILLED CHEESE SANDWICH • \$6 Ⓞ

whole wheat bread, cheddar cheese, sweet potato fries

NATURAL CHICKEN TENDERS • \$7 \*

breaded chicken tenders, sweet potato fries

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase  
your risk of foodborne illness, especially if you have certain medical conditions.

Before placing your order please inform us if a person in your party has any food allergies  
including but not limited to wheat, egg, nut, dairy, soy, fish or shellfish.

VEGETARIAN Ⓞ

GLUTEN FREE \*

VEGAN Ⓞ