

STARTERS

Chilled Baja California White Prawn Cocktail \$19

Avocado Salad, Chili + Horseradish Sauce, Petite Cilantro
PROTEIN | LOW FAT | OMEGA 3

Ahi Sashimi "Poke Style" \$22

Avocado, Sesame Seeds, Ginger, Cucumber, Crispy Wonton
OMEGA 3 | DIGESTION SUPPORT

House Made Guacamole \$14

Warm House Tortilla Chips, Salsa Fresca, Salsa Molcajete
FIBER | ANTI-INFLAMMATORY

Chino Carrots and Hummus \$13

Stone Ground Mustard Hummus
VITAMIN A | FOLATE

Jalapeño Hamachi Crudo \$21

House Ponzu, Spicy Togarashi
OMEGA 3 | IMMUNITY

Classic Ceviche \$19

White Fish, Tomato, Cilantro, Lime, Onion, Jalapeño
Corn Tortilla
LOW FAT | VITAMIN A & C

SANDWICHES & WRAPS

Lobster Wrap \$28

Shredded Lettuce, Avocado, Tomato, Bacon
OMEGA 3 | POTASSIUM | ANTI-INFLAMMATORY

Oven Roasted Turkey Panini \$16

Avocado, Tomato, Smoked Bacon, Garlic Aioli
Havarti, Squaw Roll
PROTEIN | ANTIOXIDANTS | OMEGA 3

Chicken Club Sandwich \$18

Chicken, Avocado, Aioli, Apple Wood Bacon
Heirloom Tomato, Challah Bread
PROTEIN | ANTIOXIDANTS | OMEGA 3

EZEKIEL BREAD AVAILABLE UPON REQUEST

SALADS

Classic Caesar Salad \$14

Romaine Lettuce, Parmesan, Croutons, Classic Dressing
DETOXIFYING | FOLATE | VITAMIN K

Scarborough Kale Salad \$14

Organic Chopped Kale, Laura Chenel's Goat Cheese
Tomato, Carrot, Pine Nuts, Avocado, Red Wine Vinaigrette
VITAMIN A | OMEGA 3 | FIBER

ADD SHRIMP \$12 | CHICKEN \$6 | SALMON \$14

Seafood Cobb \$28

Shrimp, Lobster, Apple, Bacon, Hardboiled Egg
Cucumber, Green Goddess Dressing
MAGNESIUM | POTASSIUM

Rare-Seared Herb Crusted Ahi Nicoise Salad \$24

French Green Beans, Roasted Potatoes, Grape Tomatoes Capers,
Balsamic Vinaigrette
VITAMIN B | PROTEIN

The Rancho Burger \$19

Brandt Beef, Crispy Pancetta, Shaved Lettuce, Tomato, Pickle
"The Sauce", Black Truffle Aioli, Chips
PROTEIN | POTASSIUM

Grilled Octopus \$18

Heirloom Tomato, Arugula, Radish, Saba
B12 | POTASSIUM | FOLATE

Lobster Tacos \$19

Shredded Romaine, Avocado, Radish, Guajillo Pepper Aioli
Steamed Corn Tortilla
SELENIUM | MAGNESIUM | OMEGA 3

Grilled Salmon \$30

Israeli Cous Cous, Cucumber, Red Onion + Dill Salad
Coriander Yogurt
OMEGA 3 | SELENIUM | POTASSIUM