

STARTERS

Chilled Baja California White Prawn Cocktail \$21

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

Ahi Sashimi "Poke Style" \$24

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

House Made Guacamole \$15

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

Mustard Seed Hummus Plate \$13

Carrots, Cucumber, Celery, Toasted Pita, Feta Cheese
VITAMIN A | FOLATE

Lobster Avocado Cocktail \$26

Lemon Poppy Seed Vinaigrette
OMEGA 3 | ANTI-INFLAMMATORY

Classic Ceviche \$21

White Fish, Tomato, Cilantro, Lime, Onion, Cucumber
LOW FAT | VITAMIN A & C

SALADS

Classic Caesar Salad \$16

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

Scarborough Kale Salad \$16

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

RV Cobb Salad "Chop Chop" \$19

Romaine Lettuce, Bleu Cheese, Bacon, Grilled Chicken
Tomato, Hardboiled Egg, Avocado, Balsamic Vinaigrette
PROTEIN | ANTIOXIDANTS

Toasted Quinoa & Vegetable Salad \$18

Cranberry, Butter Lettuce, Roasted Vegetables
Sonoma Goat Cheese, Roasted Tomato, Sherry Vinaigrette
ANTIOXIDANTS | VITAMIN A

Mediterranean Spinach & Chicken Salad \$18

Herbed Couscous, Kalamata Olives, Pickled Onion
Cucumber, Marinated Feta
VITAMIN B | PROTEIN

SANDWICHES & MORE

Albacore Tuna Salad Wrap \$20

Whole Wheat Tortilla, Mesclun Greens, Avocado, Tomato
Jack Cheese, Lemon Herb Aioli, House Chips or Salad
PROTEIN | ANTIOXIDANTS | OMEGA 3

Lobster Salad Wrap \$30

Bibb Lettuce, Avocado, Tomato, Bacon, Lemon-Herb Aioli
House Chips or Salad
OMEGA 3 | POTASSIUM | ANTI-INFLAMMATORY

JJ Wrap \$20

Grilled Chicken, Spinach, Avocado, Hardboiled Egg
Balsamic Vinaigrette, House Chips or Salad
PROTEIN | ANTIOXIDANTS

Chicken Club Sandwich \$20

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

The Rancho Burger \$21

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

Lobster Tacos \$21

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

Mahi Mahi Fish Tacos \$16

Cabbage Slaw, Crema, Radish, Corn Tortilla, Guacamole
OMEGA 3 | SELENIUM | POTASSIUM

ROSÉ SUNDAY

JOIN US EACH SUNDAY

- for -

**UNLIMITED SALWAY ROSÉ &
CHINO FARMS VEGGIE CRUDITÉS**

\$30 PER GUEST

sunshine included
