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PROTEINS

CHAR-GRILLED STEAK
Flank Steak, Sea Salt, Organic Garlic Powder, Onion Powder, Paprika, Organic Black Pepper, Cumin

CHARRED CHICKEN THIGH
Skinless chicken thigh, olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed

HERB ROASTED CHICKEN BREAST
Chicken breast, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt

CRISPY BAKED CHICKEN THIGH
Skinless chicken thigh, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt, cider vinegar, cornflakes, all-purpose flour, baking powder, smoked paprika
Contains: Wheat

SEARED WILD SALMON
Wild Alaskan salmon, sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar, canola oil
Contains: Fish

CRISPY TOFU

Tofu, corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano, canola oil

Contains: Soy

HOT HONEY CHICKEN

Charred Chicken (skinless chicken thigh, canola oil, yellow onion, lemon, sea salt, water, sweet paprika, coriander, onion powder, mustard seed, fennel seed), **Maple Honey Sriracha (**sriracha**,** canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water, maple syrup, honey)

TURKEY ***(available at select locations)***

Turkey breast, water, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt

SIDES

CLASSIC BROWN RICE

Water, Brown Rice, Lime Juice, Canola Oil, Organic Parsley, Sea Salt, Garlic, Bay Leaf

CASHEW KALE CAESAR

Green kale, tuscan kale, lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water, maple syrup, sugar, canola oil, cayenne pepper, chinese five spice, black pepper, chili flake, green cabbage, lemon juice, flaky sea salt

Contains: Tree Nut (cashew)

CHARRED BROCCOLI WITH LEMON

Broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt

JASPER HILL MAC & CHEESE

Whole wheat pasta, canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, nisin, Jasper Hill shredded cheese blend, heavy cream, panko breadcrumb, onion powder, smoked sweet paprika

Contains: Milk, Wheat

ROASTED SWEET POTATOES

Sweet potato, paprika, canola oil, sea salt, black pepper, water, rosemary, sea salt, olive oil, flaky sea salt

SHEET TRAY CARROTS

Carrot, canola oil, garlic, coriander, sea salt, chili flake, marjoram, parsley, rosemary, garlic, olive oil, lemon, flaky sea salt

JUST A REALLY GOOD SALAD

Romaine heart, red cabbage, lemon, green cabbage, Gotham greenhouse crunch, green & Tuscan kale, basil, mint, parsley

CRUNCHY ROASTED RED BEETS

Red beets, red cabbage, water, dried cranberries, quinoa, orange juice, lemon, sunflower seeds, tahini, flax seed, pumpkin seed, agave nectar, canola oil, maple syrup, dijon mustard, chia seeds, sesame seed, mint, sea salt, bay leaf

Contains: Sesame

AUTUMN FARRO WITH BUTTERNUT SQUASH

Water, dry farro, butternut squash, celery, orange juice, parsley, tahini, agave nectar, canola oil, sea salt, lemon, dijon mustard, cinnamon stick, cinnamon, paprika, bay leaf

Contains: Wheat, sesame

YUKON MASHED POTATOES WITH GARLIC AND PARM

Yukon gold potatoes, butter, half & half, parmesan cheese, canola oil, sea salt, garlic, chives, black pepper, lemon

Contains: Dairy

LENTIL & CHICKPEA SALAD WITH FETA

Lentils, carrots, chickpeas, feta cheese, celery, canola oil, red cabbage, dried cranberries, red wine vinegar, lemon, sea salt, parsley, dijon mustard, agave nectar, coriander, garlic, dried oregano, black pepper, crushed red pepper, bay leaf

Contains: Dairy

DELICATA SQUASH WITH MAPLE TAHINI

Delicata squash, canola oil, sea salt, sugar, cinnamon, paprika, sunflower seeds, flax seed, pumpkin seed, maple syrup, chia seeds, sesame seed, tahini, water, apple cider vinegar, maple syrup, cinnamon, vanilla extract

Contains: Sesame

HUDSON VALLEY APPLE SALAD W/ CHAI YOGURT

Apple, red cabbage, yogurt, celery, walnut, dried cranberries, water, maple syrup, mint, apple cider vinegar, sea salt, cinnamon, cardamom, ground ginger, black pepper, cloves

Contains: Dairy, Tree Nuts (walnuts)

BRUSSELS WITH SWEET CHILI CRISP

Green cabbage, brussels sprouts, lime juice, spicy chili crisp, agave nectar, canola oil, basil, water, apple cider vinegar, mint, sea salt, garlic powder

TRADITIONAL HOMEMADE STUFFING

Whole wheat bread, half & half, onion, carrot, celery, butternut squash, egg, canola oil, extra virgin olive oil, parsley, maple syrup, organic curly kale, sea salt, rosemary, garlic marjoram, cinnamon, organic paprika

Contains: Wheat, dairy, egg

CHEF'S SPECIALS

CLASSIC DIG

Charred Chicken (skinless chicken thigh, olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed), **Roasted Sweet Potatoes** (sweet potato, paprika, canola oil, sea salt, black pepper, water, rosemary, olive oil, **Charred Broccoli with Lemon** (broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt), **Classic Brown Rice (**Water, Brown Rice, Lime Juice, Canola Oil, Organic Parsley, Sea Salt, Garlic, Bay Leaf), **Garlic Aioli** (tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne)

Contains: Soy

VEGAN CLASSIC DIG

Crispy Tofu (tofu, corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano, canola oil), **Roasted Sweet Potatoes** (sweet potato, paprika, canola oil, sea salt, black pepper, water, rosemary, olive oil), **Charred Broccoli with Lemon** (broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt), **Classic Brown Rice** (Water, Brown Rice, Lime Juice, Canola Oil, Organic Parsley, Sea Salt, Garlic, Bay Leaf), **Garlic Aioli** (tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne)

Contains: Soy

HOT HONEY CHICKEN BOWL

Charred Broccoli with Lemon (broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt), **Sheet Tray Carrots** (carrot, canola oil, coriander, sea salt, chili flake, lemon, garlic, rosemary, marjoram,

parsley, olive oil, flaky sea salt), **Jasper Hill Mac & Cheese** (whole wheat pasta, canola oil, whole wheat flour, whole milk, garlic, rosemary, nutmeg, sea salt, bay leaf, black pepper, nisin, Jasper Hill cheese blend, heavy cream, panko breadcrumb, onion powder, sea salt, smoked sweet paprika), **Charred Chicken** (Skinless chicken thigh, olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed), **Maple Honey Sriracha** (canola oil, Fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water, maple syrup, honey)
Contains: Milk, Wheat

CHILI LIME SALMON BOWL
Seared Wild Salmon (Wild Alaskan salmon, sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar, canola oil), **Classic Brown Rice** (Water, Brown Rice, Lime Juice, Canola Oil, Organic Parsley, Sea Salt, Garlic, Bay Leaf), **Sheet Tray Carrots** (carrot, canola oil, coriander, sea salt, chili flake, lemon, garlic, rosemary, marjoram, parsley, olive oil, flaky sea salt), **Charred Broccoli with Lemon** (broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt), **Mr. Bing Chili Crisp** (Non-GMO Expeller Pressed Canola Oil, Onions, Chili Pepper, Rice Bran, Garlic, Turbinado Sugar, Salt, Mushroom Powder, White Pepper, Sichuan Peppercorn)
Contains: Fish

CHICKEN PESTO BOWL
Charred Chicken (Skinless chicken thigh, olive oil, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed, water), **Charred Broccoli with lemon** (Broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt), **Brown Rice** (Lime Juice, Canola Oil, Organic Parsley, Sea Salt, Garlic, Bay Leaf), **Pesto** (Olive oil, canola oil, water, cider vinegar, basil, garlic, caper, parsley, shallot, mustard, sea salt, black pepper), avocado

DIG GREENS

SUPERGREEN CAESAR SALAD
Cashew Kale Caesar (Green kale, tuscan kale, lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water, maple syrup, sugar, canola oil, cayenne pepper, chinese five spice, black pepper, chili flake, green cabbage, lemon juice, flaky sea salt), **Charred Broccoli with lemon** (Broccoli, sea salt, canola oil, garlic, lemon, flaky sea salt), avocado
Contains: Tree Nuts (Cashews)

AUTUMN FETA GRAIN BOWL

Autumn Farro with Butternut Squash (Water, dry farro, butternut squash, celery, orange juice, parsley, tahini, agave nectar, canola oil, sea salt, lemon, dijon mustard, cinnamon stick, cinnamon, paprika, bay leaf), **Delicata squash (**delicata squash, canola oil, sea salt, sugar, cinnamon, paprika, sunflower seeds, flax seed, pumpkin seed, maple syrup, chia seeds, sesame seed, tahini, water, apple cider vinegar, maple syrup, cinnamon, vanilla extract), **Sheet Tray Carrots** (Carrot, canola oil, garlic, coriander, sea salt, chili flake, marjoram, parsley, rosemary, garlic, olive oil, lemon, flaky sea salt), **Lentil & Chickpea Salad with Feta** (Lentils, carrots, chickpeas, feta cheese, celery, canola oil, red cabbage, dried cranberries, red wine vinegar, lemon, sea salt, parsley, dijon mustard, agave nectar, coriander, garlic, dried oregano, black pepper, crushed red pepper, bay leaf)
Contains: Sesame, Dairy

AUTUMN HOUSE SALAD

Just a Really Good Salad (Romaine heart, red cabbage, lemon, green cabbage, Gotham Greens Gourmet Lettuce Mix, green & Tuscan kale, basil, mint, parsley), **Lentil & Chickpea Salad with Feta** (Lentils, carrots, chickpeas, feta cheese, celery, canola oil, red cabbage, dried cranberries, red wine vinegar, lemon, sea salt, parsley, dijon mustard, agave nectar, coriander, garlic, dried oregano, black pepper, crushed red pepper, bay leaf), **Delicata squash** (delicata squash, canola oil, sea salt, sugar, cinnamon, paprika, sunflower seeds, flax seed, pumpkin seed, maple syrup, chia seeds, sesame seed, tahini, water, apple cider vinegar, maple syrup, cinnamon, vanilla extract)
Contains: Sesame, Dairy

SEASONAL COMPOSED

FARMERS' CHOICE

Autumn Farro with Butternut Squash (Water, dry farro, butternut squash, celery, orange juice, parsley, tahini, agave nectar, canola oil, sea salt, lemon, dijon mustard, cinnamon stick, cinnamon, paprika, bay leaf), **Crunchy Roasted Red Beets** (Red beets, red cabbage, water, dried cranberries, quinoa, orange juice, lemon, sunflower seeds, tahini, flax seed, pumpkin seed, agave nectar, canola oil, maple syrup, dijon mustard, chia seeds, sesame seed, mint, sea salt, bay leaf), **Brussels with Sweet Chili Crisp** (Green cabbage, brussels sprouts, lime juice, spicy chili crisp, agave nectar, canola oil, basil, water, apple cider vinegar, mint, sea salt, garlic powder), **Delicata squash** (delicata squash, canola oil, sea salt, sugar, cinnamon, paprika, sunflower seeds, flax seed, pumpkin seed, maple syrup, chia seeds, sesame seed, tahini, water, apple cider vinegar, maple syrup, cinnamon, vanilla extract)
Contains: Sesame, Wheat

AUTUMN CHICKEN PLATE

Herb Roasted Chicken Breast (Chicken breast, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), **Hudson Valley Apple Salad w/ Chai Yogurt** (Apple, red cabbage, yogurt, celery, walnut, dried cranberries, water, maple syrup, mint, apple cider vinegar, sea salt, cinnamon, cardamom, ground ginger, black pepper, cloves), **Delicata squash (**delicata squash, canola oil, sea salt, sugar, cinnamon, paprika, sunflower seeds, flax seed, pumpkin seed, maple syrup, chia seeds, sesame seed, tahini, water, apple cider vinegar, maple syrup, cinnamon, vanilla extract)
Contains: Sesame, Dairy, Walnuts

SALMON & BEETS PLATE
Seared Wild Salmon (Wild Alaskan salmon, sea salt, black pepper, paprika, dried oregano, garlic powder, mustard powder, granulated sugar, canola oil), **Crunchy Roasted Red Beets** (Red beets, red cabbage, water, dried cranberries, quinoa, orange juice, lemon, sunflower seeds, tahini, flax seed, pumpkin seed, agave nectar, canola oil, maple syrup, dijon mustard, chia seeds, sesame seed, mint, sea salt, bay leaf), **Hudson Valley Apple Salad w/ Chai Yogurt** (Apple, red cabbage, yogurt, celery, walnut, dried cranberries, water, maple syrup, mint, apple cider vinegar, sea salt, cinnamon, cardamom, ground ginger, black pepper, cloves)
Contains: Sesame, Fish, Walnuts, Dairy

STEAK & MASH
Char-grilled Flank Steak (Flank Steak, Sea Salt, Organic Garlic Powder, Onion Powder, Paprika, Organic Black Pepper, Cumin), **Sheet Tray Carrots** (Carrot, canola oil, garlic, coriander, sea salt, chili flake, marjoram, parsley, rosemary, garlic, olive oil, lemon, flaky sea salt), **Brussels with Sweet Chili Crisp** (Green cabbage, brussels sprouts, lime juice, spicy chili crisp, agave nectar, canola oil, basil, water, apple cider vinegar, mint, sea salt, garlic powder), **Yukon Mashed Potatoes with Garlic and Parm** (Yukon gold potatoes, butter, half & half, parmesan cheese, canola oil, sea salt, garlic, chives, black pepper, lemon), **Poultry Gravy** (Water, Turkey Stock, Natural Flavor, Salt, Yeast Extract, Sugar, Turkey Fat, Wheat Starch, Corn Starch, Chicken Fat, Rosemary, Sea Salt, Granulated Sugar, Caramel Color, Onion Powder, Carrot, Rice Hull, Nisin)
Contains: Wheat, Dairy

DIGSGIVING BOWL (HERB ROASTED CHICKEN BREAST)
Herb Roasted Chicken Breast (Chicken breast, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), **Brussels with Sweet Chili Crisp** (Green cabbage, brussels sprouts, lime juice, spicy chili crisp, agave nectar, canola oil, basil, water, apple cider vinegar, mint, sea salt, garlic powder), **Traditional Homemade Stuffing** (Whole wheat bread, half & half, onion, carrot, celery, butternut squash, egg, canola oil, extra virgin olive oil, parsley, maple syrup, organic curly kale, sea salt, rosemary, garlic marjoram, cinnamon, organic paprika), **Yukon Mashed Potatoes with Garlic & Parm** (Yukon gold potatoes, butter, half & half, parmesan cheese, canola oil, sea salt,

garlic, chives, black pepper, lemon), **Poultry Gravy** (Water, Turkey Stock, Natural Flavor, Salt, Yeast Extract, Sugar, Turkey Fat, Wheat Starch, Corn Starch, Chicken Fat, Rosemary, Sea Salt, Granulated Sugar, Caramel Color, Onion Powder, Carrot, Rice Hull, Nisin), **Cranberry Compote** (Cranberry, water, brown sugar, orange, corn starch, cinnamon)
Contains: Wheat, Dairy, Egg

DIGSGIVING BOWL (TURKEY)
Turkey (Turkey breast, water, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), **Brussels with Sweet Chili Crisp** (Green cabbage, brussels sprouts, lime juice, spicy chili crisp, agave nectar, canola oil, basil, water, apple cider vinegar, mint, sea salt, garlic powder), **Traditional Homemade Stuffing** (Whole wheat bread, half & half, onion, carrot, celery, butternut squash, egg, canola oil, extra virgin olive oil, parsley, maple syrup, organic curly kale, sea salt, rosemary, garlic marjoram, cinnamon, organic paprika), **Yukon Mashed Potatoes with Garlic & Parm** (Yukon gold potatoes, butter, half & half, parmesan cheese, canola oil, sea salt, garlic, chives, black pepper, lemon), **Poultry Gravy** (Water, Turkey Stock, Natural Flavor, Salt, Yeast Extract, Sugar, Turkey Fat, Wheat Starch, Corn Starch, Chicken Fat, Rosemary, Sea Salt, Granulated Sugar, Caramel Color, Onion Powder, Carrot, Rice Hull, Nisin), **Cranberry Compote** (Cranberry, water, brown sugar, orange, corn starch, cinnamon)
Contains: Wheat, Dairy, Egg

ALL-DAY DEALS

FAN FAVES PLATE

Herb Roasted Chicken Breast (chicken breast, canola oil, garlic, parsley, rosemary, oregano, thyme, coriander, paprika, sea salt), **Sheet Tray Carrots** (carrot, canola oil, garlic, coriander, sea salt, chili flake, marjoram, parsley, rosemary, olive oil, lemon, flaky sea salt), **Cashew Kale Caesar** (green kale, tuscan kale, green cabbage, cashew caesar dressing [lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water], candied cashew [cashew, maple syrup, sea salt, sugar, canola oil, cayenne pepper, chinese five spice, black pepper], chili flake, lemon juice, flaky sea salt), **Pesto** (olive oil, canola oil, water, cider vinegar, basil, garlic, caper, parsley, shallot, mustard, sea salt, black pepper)
Contains: Tree Nuts (cashew)

VEGAN FAVORITES PLATE
Crispy Tofu (Tofu, corn starch, coriander, crushed red pepper, sea salt, smoked paprika, dried oregano, canola oil), **Autumn Farro with Butternut Squash** (Water, dry farro, butternut squash, celery, orange juice, parsley, tahini, agave nectar, canola oil, sea salt, lemon, dijon mustard, cinnamon stick, cinnamon, paprika, bay leaf), **Brussels with Sweet Chili Crisp** (Green cabbage, brussels sprouts, lime juice, spicy chili crisp, agave nectar, canola oil, basil, water, apple cider vinegar, mint, sea salt, garlic powder)
Contains: Sesame, Wheat

CHARRED CHICKEN & RICE
Charred Chicken (skinless chicken thigh, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed), **Brown Rice** (Water, Brown Rice, Lime Juice, Canola Oil, Organic Parsley, Sea Salt, Garlic, Bay Leaf)

CHICKEN & CHICKPEAS PLATE
Charred Chicken (skinless chicken thigh, yellow onion, sea salt, water, coriander, mustard seed, lemon, onion powder, smoked sweet paprika, fennel seed), **Roasted Sweet Potatoes** (Sweet potato, paprika, canola oil, sea salt, black pepper, water, rosemary, sea salt, olive oil, flaky sea salt), **Lentil & Chickpea Salad with Feta** (Lentils, carrots, chickpeas, feta cheese, celery, canola oil, red cabbage, dried cranberries, red wine vinegar, lemon, sea salt, parsley, dijon mustard, agave nectar, coriander, garlic, dried oregano, black pepper, crushed red pepper, bay leaf)
Contains: Dairy

SAUCES & DRESSINGS

GARLIC AIOLI

Tofu, canola oil, garlic, cider vinegar, dijon mustard, sea salt, nutritional yeast, cayenne
Contains: Soy

PESTO
Olive oil, canola oil, water, cider vinegar, basil, garlic, caper, parsley, shallot, mustard, sea salt, black pepper

SRIRACHA
Canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water

MAPLE HOT HONEY
Canola oil, fresno pepper, sea salt, agave nectar, tomato paste, apple cider vinegar, garlic, water, honey, maple syrup

CASHEW CAESAR DRESSING
Lemon juice, cashews, coconut aminos, garlic, dijon mustard, sea salt, black pepper, red wine vinegar, canola oil, water
Contains: Tree nuts (Cashew)

MR.BING CHILI CRISP
Non-GMO Expeller Pressed Canola Oil, Onions, Chili Pepper, Rice Bran, Garlic, Turbinado Sugar, Salt, Mushroom Powder, White Pepper, Sichuan Peppercorn

POULTRY GRAVY
Water, Turkey Stock, Natural Flavor, Salt, Yeast Extract, Sugar, Turkey Fat, Wheat Starch, Corn Starch, Chicken Fat, Rosemary, Sea Salt, Granulated Sugar, Caramel Color, Onion Powder, Carrot, Rice Hull, Nisin
Contains: Wheat

CRANBERRY COMPOTE
Cranberry, water, brown sugar, orange, corn starch, cinnamon

EXTRAS

CORNBREAD
Buttermilk, enriched flour, yellow cornmeal, sugar, butter, sea salt, sour cream, baking soda, soy lecithin

Contains: Dairy, wheat, soy, egg

FOCACCIA
Bread flour, water, olive oil, sea salt, sugar, yeast
Contains: Wheat

BRIOCHE
Unbleached flour, water, cheddar cheese, butter, semolina flour, sugar, milk, egg, salt, yeast, vitamin C, rice flour, ascorbic acid, natural enzymes (calcium lactate)
Contains: Dairy, wheat, eggs

DESSERTS

FLOURLESS BROWNIE
Dark chocolate, sugar, free-range egg, sweet potato, canola oil, olive oil, black pepper, paprika, sea salt, vanilla extract, sea salt, baking soda, baking powder, flaky sea salt
Contains: Egg, Soy

CHOCOLATE CHIP COOKIE
Flour, butter, chocolate chunks, sugar, eggs, brown sugar, milk, sea salt, baking soda
Contains: Wheat, Milk, Egg, Soy

SALTED CARAMEL COOKIE
Flour, brown sugar, sugar, corn syrup, liquid sugar, skim milk, palm oil, butter, eggs, salt, mono- & di-glycerides, natural flavors, soy lecithin, sugar, water, soybean oil, salt, whey, mono and diglycerides, soybean lecithin, natural butter flavor, beta carotene, vitamin A palmitate, palm oil.
Contains: Wheat, Milk, Egg, Soy

APPLE CRISP
Apple, Bread Flour, Brown Sugar, Butter, Sugar, Corn Starch, Apple Cider Vinegar, Cinnamon, Sea Salt.
Contains: Wheat, Milk