

The Green Palate

It is exciting to realize that you can control how good you feel by choosing to eat certain foods. With this in mind we offer you the following items which can not only stimulate your palate but will enhance your energy and promote healthy pH. Rest assured our Chefs have hand-selected each of these fine ingredients and whenever possible chose “Locally Grown Organic” products to ensure the healthiest and highest quality, regardless of cost.



Vegetable Burrito 15

Fresh vegetables and organic brown rice rolled in a sprouted grain tortilla. Served with salsa verde, mock “sour cream”, avocado and red pepper emulsions.

Tofu and Shrimp Pad Thai 16

Rock shrimp and firm tofu sautéed with fresh vegetables, tossed with rice stick noodles in a gingered vegetable tisane.



Alkali Stir-Fry 16

Sautéed snow peas, carrots and baby bok choy served atop buckwheat soba noodles. Finished with Bragg liquid aminos and Fuirkake spiced macadamia nuts.



Pan Roasted Native Haddock 19

Finished in fresh basil and sweet lemon zest.
Served with a ragout of green cabbage, mild smoked tomatoes and petite legumes.



Organic Free-Range Chicken 18

Grilled semi-boneless statler breast brushed with raw avocado honey.
Accompanied by sun-dried mango and cashew pesto, whole grain wheat berry pilaf and vegetable of the day.



**Barnstable County
BestBites**

identifies options that meet the American Heart Association guidelines to be low in sodium, calories, saturated and trans fats. The above entrées meet the requirements as described by: total calories <650, saturated fat ≤ 5 grams, trans-fat 0, sodium < 750mg.

Before placing your order, please inform the server if a person in your party has a food allergy.