












Soups & Salads

		Cal	Fat	Pro	Carb
 Lightly Spicy Chicken and Hominy Soup	\$7	200	7	16	21
 Blue Crab and Mango Gazpacho	\$12	52	2	3	7
 Roasted Red Pepper Hummus With Baked Whole Wheat Flaxseed Chips (serves 2)	\$8	235	6	10	39 (per serving)
 Apple, Pomegranate and Orange Salad Roasted Shallot Balsamic Dressing	\$10	124	2	2	28
 Soba Noodle Salad Organic Mixed Greens, Napa Cabbage, Carrots, Bean Sprouts, Scallions, Lime-Miso Dressing	\$10	219	1	11	48
 Organic Mixed Green Salad Goat Cheese, Candied Walnuts tossed in a Strawberry/Thyme Champagne Vinaigrette	\$8	165	6	6	6
Salad Enhancements		177	4	35	0
Add 4oz Chicken	\$5	193	9	28	0
Add 5oz Salmon	\$7	180	11	14	5
Add 4oz Tofu	\$4	118	24	0	1
Add 4oz Shrimp	\$7				

Lunch Entrees

		Cal	Fat	Pro	Carb
 Ahi Tuna Nicoise Salad Lemon-Caper Vinaigrette	\$17	373	14	36	25
Chicken Tostada Baked Whole Wheat Tortilla, Honey-Chipotle Chicken Breast, Roasted Onions, Bell Peppers, Corn, Low-Fat Pepper Jack Cheese, Scallions, Cilantro, Organic Mixed Greens Salad with Anaheim Pepper Vinaigrette	\$15	332	8	27	40
Turkey Sandwich Roasted Turkey Breast served on a Multi-Grain Bagel, Agave-Mustard Spread, Spinach, Red Onion, Tomato. Served with Asparagus Salad	\$14	441	25	37	25
 Pinto Bean and Vegetable Chili Tostada Salsa Fresca and Avocado-Cilantro Cream	\$13	260	5	11	47
 Pan Roasted Halibut Roasted Pepper Crab Quinoa, Spinach and Gazpacho Vinaigrette	\$23	310	9	34	25
 Sesame Crusted King Salmon Asian Slaw, Creamy Miso Dressing	\$17	375	12	35	26
 Adobo Marinated Grass-Fed Flank Steak Spinach Salad, Roasted Poblano Dressing	\$21	402	15	33	40

 **Gluten Free Preparation**



Golden Door Classics from "The Golden Door Cooks Light & Easy" cookbook by Chef Michel Stroot

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions
Please note that 19% gratuity will be added to parties of 6 or more.