

# THE SPOKE CLUB

## CHEF'S DAILY CREATIONS

<b>Daily Seasonal Soup</b>	<b>6/10</b>	<b>Daily Sandwich</b>	<b>18</b>	<b>Omelet</b>	<b>14</b>
		Served with Soup and Salad		3 egg Omelet your way Served with a Mix Greens Salad	

## SALADS

**Arugula Salad** **6/10**  
Lemon | Olive Oil | Shaved Pecorino

**Classic Caesar Salad** **12**  
Romaine Lettuce | Hickory Smoked Bacon | Brioche Croutons | Parmesan Creamy Anchovy Dressing  
*+ Chicken 6 | + Shrimp 10*

**Seasonal Salad Bowl** **14**   
Mixed Greens | Quinoa  
Roasted Beets | Shaved Cauliflower  
Dried Cranberries | Sunflower Seeds  
Honey Thyme Vinaigrette  
*Chicken + 6 | Shrimp + 10 | NY Strip Steak (6oz) + 12*

**Kale Salad (vg)** **14**   
Red and Green Kale | Grapefruit  
Red cabbage | Roasted Squash  
Sesame Seeds | Coconut Shavings  
Pomegranate Vinaigrette

**Warm Carrot & Beet Salad (vg)** **18**   
Roasted Carrots & Beets  
Chia & Ginger Beet Sauce  
Cilantro | Carrot Chips

**Brick Chicken Cobb Salad** **24**  
Iceberg Lettuce | Roasted Tomatoes  
Toasted Walnuts | Cucumber  
Avocado | Egg | Smoked Bacon  
French Beans | Goat Cheese  
Marinated Artichoke | Sherry Vinaigrette



## MAINS

**Roasted Broccoli (v)** **19**   
Garlic & Cayenne Marinated Broccoli | Grilled Red Onions  
Turmeric & Yogurt Sauce | Cashews | Flax Seeds

**Organic Beluga Lentils and Winter Vegetable Stew (vg)** **12/20**   
Braised Lentils | Celery | Carrots | Salsify | Kale | Mint | Sourdough Bread Crisp

**Black Truffle Tagliatelle (v)** **21**  
Hand-Cut Pasta | Mixed Mushrooms | Grana Padano | Black Truffles

**Avocado Tartine (vg)** **10**  
Grilled Sour Dough | Avocado | Cherry Tomatoes | Radish | Cilantro

**Vegetarian Burger (v)** **15**  
Soy Protein Patty | Lettuce | Onion | Roasted Peppers Chutney  
Goat Cheese | House Made Potato Bun  
*Your choice of salad or frites*

**The Spoke Burger** **16**  
Half Pound Prime Sirloin | Herb Remoulade | Lettuce | Tomato | Pickle  
House Made Potato Bun  
*Your choice of salad or frites*  
*5yrs Old White Cheddar +2 | Cherry Smoked Bacon +2 | Wild Mushrooms +4*

**The Spoke Club Sandwich** **18**  
Grilled Chicken | Lettuce | Tomato | Avocado | Crispy Bacon  
Roasted Garlic Aioli | Fried Egg | Multigrain Sourdough Bread  
*Your choice of salad or frites*

**Poke Bowl** **22**  
Ahi Tuna | Organic Salmon | Ginger & Scallions | Fennel | Tempura Bits  
Shoots | Iceberg Lettuce | Chili Oil | Sesame

**Blackened Red Snapper 4oz** **19**  
Mojo Rice | Sweet Corn salsa | Grilled Tomato Sauce  
Scallions | Avocado | Corn Tortilla Strings  
*Chicken Option Available*

**Pan-Seared Arctic Char** **28**   
Maca | Fennel | Spinach | Green Tea & Quinoa Medley  
Lemongrass & Green Tea Sauce

**Steak Frites** **27**  
8oz. Grass-Fed NY Strip | Pailles d'Oignon | Hand-Cut Frites  
Classic Peppercorn Veal Jus

**Nutrient and superfood-packed dishes designed to make you feel great from the inside out.**

**Village Juicery** *Organic · Cold Pressed · Unpasteurized*

<b>Immunity Shot</b>	<b>5.25</b>	<b>Be Nourished</b>	<b>7.5</b>
Ginger, Raw Honey, Oil of Oregano, Echinacea, Lemon		Granny Smith Apple, Cucumber, Gala Apple, Kale, Swiss Chard	