



## oil-free options

the following menu items contain no added oil in preparation; however, inherent fats are present:

### snacks

fruit & cheese platter – no focaccia/no gluten-free bread, sub extra fruit or cucumber slices (upcharge applies)

pickled things

### plates

buddha bowl – no ginger garlic tamari dressing. no marinated kale, sub steamed kale. tofu will be steamed without oil on grill. avocado puree add-on does not contain added oil.

### salads

harvest – no squash. no maple mustard vinaigrette, sub balsamic vinegar or lemon wedges for dressing.

simple green – no balsamic vinaigrette, sub balsamic vinegar or lemon wedges for dressing.

add-ons –

- lentil burger (request steamed – no oil on grill)

- lemon maple tofu (request steamed – no oil on grill)

- cashew-macadamia cheese

- avocado

### dessert

side of fresh fruit

we usually offer one oil-free sweet, a “natural ball” with dried fruit, nuts and/or seeds; please inquire if any of today’s selections are oil-free!

### drinks

all beverages are oil-free except peanut butter smoothies