



Our Food Philosophy

1. Writing menus that feature seasonal and regionally available ingredients
2. Offering a variety of whole grain breads, pastas, and cereals
3. Sourcing from local farmers and small producers, and by participating in year-round, community sourced agriculture (CSA) programs
4. Never using artificial trans-fats for any items prepared in house
5. Only serve proteins that are USDA certified
6. Serving produce that is fresh, fresh frozen or packed in 100% juice or water
7. Offering a variety of vegetarian, vegan, and gluten-free options
8. Purchasing sustainable seafood that follows the Marine Stewardship Council's guidelines and recommendations
9. Sourcing milk that is local and free of added growth hormones
10. Never using MSG
11. Offering organic, shade grown, fair trade, and rainforest alliance coffees and teas
12. Accommodating nutritional and dietary requests