

## who we are:

After years of framing the Peter Lowell's Story through the eyes of the owner, we feel it's time to change it up. We are a business built of people who believe in many things and hold all these dear throughout. Some common beliefs are: farming by hand, eating in amity with the weather, creating a work environment that fosters happiness and creates value (for you and us).

The search for this last principle, that of value, has brought about a new phase for our business. We feel strongly that tipping creates an impossible barrier between our vision and our achievement of that vision. We do believe customers should give us feedback, just not in the form 15 to 20 percent. You are the heartbeat and we feel your every move. We're excited to engage your feedback by way of conversation moving forward.

A 20% "Service Charge" is added to all bills, 100% of which goes to all our staff. This is not to say that we are perfect. Please let your server know any ways in which we could have improved your experience. With this service charge our entire staff are fairly compensated! An additional tip can be left in cash, but is not necessary.



Peter Lowell's Crew

**macro bowl** One of our signature dishes, we offer it from morning till night for all who desire that perfect piping hot bowl of food created in the Macrobiotic Tradition.

### 13. includes

- daily beans, seasonal greens, brown rice, roasted root vegetables
- one protein of your choice: tofu, tempeh, seitan, local egg
- sausage 3.5. rock cod 7.
- one sauce of your choice: miso ginger or lemon tahini

**antipasti** a true representation of time and place, our sampler plate is built from seasonal vegetables marinated and roasted, caramelized garlic, local cheeses and Italian olives 17

Pacific Sun Olive Oil/Organic Butter & MH Country Loaf 3.5

## greens

**Solo 8. Family 13.**

**CAESAR SALAD** romaine, torn croutons, parmigiano reggiano and our near classic caesar dressing

**GEMISCHTER SALAT** our signature blend of spicy and hearty greens with root veggies, toasted pepitas and roasted beet vinaigrette  
Add goat cheese ∞ two bucks

**MIXED LETTUCES** citronette, almond, mandarin, radish and pecorino romano

**BRAISED RUSTIC GREENS** garlic, chile flakes and anchovy finished with parmigiano reggiano and bread crumbs

**BEANS AND GREENS** daily bean and rotating braised green with garlic, chile flakes, parmigiano reggiano and bread crumbs

## winter minestrone

**Cup 6. Bowl 8.**

with soffrito, beans, seasonal greens, tomato and parmigiano reggiano  
add bread ∞ two bucks

**SEASONAL SOUP OF THE DAY: Cup 7. Bowl 9.**

## pizza

arugula ∞ two bucks sausage ∞ three fifty  
organic egg ∞ two bucks prosciutto ∞ three fifty

**CIPOLLA marinara**, shaved red onion, parmigiano reggiano and arugula 16.

**PIZZA FUNGHI** mixed mushrooms, red onion, calabrian chile, caciocavallo, arugula and parmigiano reggiano 18.

**NEAPOLITAN** fresh marinara, fresh mozzarella, fresh basil 15.

**PIZZA SALSICCIA** marinara, our pork sausage, roasted fennel, red onion, fontina 17.

PETER  
*Lowell's*  
RESTAURANT

