



Welcome to Lotus, a wellness center in the form of a restaurant, where organic & 'something for everyone' is the foundation. We believe in knowing where food comes from & that it's free of hormones, chemicals & other additives. We support responsible & sustainable farming to ensure that future generations can share in the same bounty you find before you. We are committed to all organic ingredients down to spices & condiments. Our meats are organic & humanely raised in pastures. We use Paleo friendly oils. We cater to all eating styles including Paleo, vegan, vegetarian & raw. We prepare all our offerings from scratch & understand allergy related concerns & food restrictions. Our knowledgeable staff will be happy to answer questions about our offerings & ingredients.

DINNER 5:30 pm

{ SHAREABLES }

House Cut Truffle Fries 8 *gluten free | vegan*
Fried in organic, sustainable palm oil.

Chips, Salsa & Guacamole 11 *gluten free | vegan*
Blue corn chips, salsa fresca & guacamole.

Samosas 10 *gluten free | vegan*
Indian spiced potato & pea dumplings prepared with gluten-free pastry. Tamarind & coriander-mint chutney.

Mango Spring Rolls 9 *with organic chicken +\$3 | gluten free | available vegan*
Fresh mango, basil, mint, cilantro, carrot, purple cabbage & vermicelli rice noodles rolled in rice paper. Black & tan sesame seeds, basil-lemongrass & almond-chili sauce.

Plantain Torte 12 *gluten free | vegan*
Layers of plantain mousse & cilantro-cashew 'cheese' between teff tortillas. Topped with mango salsa & romesco sauce.

Dos Elk Tacos 14 *gluten free | dairy free*
Seasoned ground elk, lime-red cabbage slaw, carrot, scallions & ancho chili sauce. Served with guacamole.

{ SOUP DU JOUR } *Always gluten free & vegan*

Served with toast. *Cup 6 | Bowl 9*

{ SALADS }

Paleo Patience 14 *gluten free | available vegan*
Watercress, Vertical Harvest sunflower sprouts, Maya Organics locally grown clover sprouts, Beeler's applewood smoked bacon or shiitake cashew cakes, avocado, fresh squeezed lemon, sea salt & cracked pepper.

Purple Haze 12 *gluten free | available vegan*
Roasted beets, arugula, toasted pistachios, citrus-coconut oil, lavender infused goat cheese & basil.

{ SANDWICHES }

Bread options: wheat focaccia, gluten free bread, 460 sourdough +\$1
Side choices: baby kale | blue corn chips | sweet potato puree | truffle fries +\$2

Lotus Veggie Burger 14 *available gluten free | vegan*
Quinoa, brown rice, sunflower seed & legume burger. Topped with tomato, lettuce, sautéed onion & roasted garlic aioli. Kimchi +\$2.

Bánh Mì 15 *available gluten free | available vegan*
Choice of marinated Lockhart Cattle Co. 100% grass fed sirloin or cashew-shiitake cakes on 460 sourdough. Topped with pickled red onion, carrot, cucumber, jalapeno, cilantro & tikka sauce.

{ ENTREES }

Black Tea Halibut 32 *gluten free | dairy free*
Pan seared black tea Alaskan halibut, blistered cabbage blossom, black radish slaw & candied orange zest.

Tenderloin Medallions 32 *gluten free | dairy free*
Lockhart Cattle Co. grass fed & finished tenderloin medallions, yam puree, grilled broccolini & fig-port wine reduction.

Elk Lasagna 26 *gluten free*
Seasoned ground elk, marinara, Italian herbs, organic mozzarella & Organic Valley ricotta. Served with 460 sourdough or Lotus gluten free bread.

Truffle Brick Chicken 26 *gluten free | dairy free*
Brick seared organic airline chicken breast, herb roasted fingerling potatoes, French pepper piperadé, truffle oil & microgreens.

Vietnamese Beef Phở 17 | *Cup of broth 6 | gluten free | dairy free*
Lockhart Cattle Co. grass fed & finished beef bone broth, thin sliced Lockhart sirloin & rice stick noodles. Served with basil, mint, cilantro, Maya Organics locally grown mung bean sprouts, green onion, lime, chili & hoisin sauce.

Vietnamese Vegan Phở 14 | *Cup of broth 5 | gluten free | vegan*
Asian vegetable broth with rice stick noodles, broccoli & baby kale. Served with basil, mint, cilantro, Maya Organics locally grown mung bean sprouts, green onion, lime, chili & hoisin sauce.

Asian Glass 25 *gluten free | vegan*
Sautéed sweet potato glass noodles, roasted shiitake mushroom, watermelon radish, carrot, shaved broccoli, sugar snap peas & sesame seeds tossed with basil-lemongrass sauce.

Pad Thai 15 *gluten free | vegan*
Rice stick noodles, lime slaw, carrot, basil, Maya Organics locally grown mung bean sprouts, cashews, almond pad Thai sauce & fresh lime.

Thai Curry 15 *gluten free | vegan*
Rice stick noodles, organic coconut milk-lemongrass-basil curry with broccoli, red pepper, zucchini, red onion, spinach, carrot & scallions.

Green Bowl 18 *gluten free | vegan*
Quinoa, arugula, avocado, steamed broccoli, Maya Organics locally grown clover sprouts, raw pistachios & basil-tahini sauce.

Bombay Bowl 18 *gluten free | vegan*
Quinoa, sautéed broccoli, red pepper, zucchini & red onion. Topped with fresh spinach, mango, carrot, toasted coconut & tikka sauce.

{ ACCOMPANIMENTS } *gluten free | vegan*

Sautéed broccolini 8
Yam puree 6
Radish slaw 6
Kimchi 4

{ PROTEIN }

Beeler's applewood smoked bacon **4** | tofu **5** | cashew-shiitake cakes **5** | marinated tempeh **5** | Pacific cod **6** | seasoned ground elk **7** | Lockhart Cattle Co. 100% grass fed sirloin **7** | organic Smart Chicken **7**

{ EXTRAS }

organic mozzarella or cheddar **1** | vegan mozzarella **1** | avocado **2**

20% gratuity may be applied to parties of 1 or more, before discounts & to all separate checks.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. We limit cross contamination of food allergens as much as possible, however all food preparation takes place within this single facility where gluten, eggs, soy, dairy, tree nuts & meats are present. 8-17-17