

INTERLUDE



A P P E T I Z E R S

SOUP

*Choice of Tomato or Ham and Navy Bean Soup **Cup 3/Bowl 5***

SOUTHWEST CHICKEN ROLLS

*Hand-rolled with corn, peppers, black beans, cheese, and chicken, served with chipotle aioli **8***

PORTOBELLO FRIES

*Sliced portobello mushrooms breaded in panko and served with chipotle aioli **8***

PORK BELLY SKEWERS

*Asian-cured pork belly, glazed with Asian bbq sauce, served over a citrus Brussels sprout slaw **9***

WINGS *gf*

*Choice of traditional buffalo, chipotle bbq, golden bbq, or garlic parmesan (10), served with crudités **12***

TUNA TATAKI *gf*

*Seared tuna served with an edamame aioli and ginger soy sauce **12***

TEMPURA SHRIMP

*Six shrimp, served with a sweet chili sauce **9***

PHILLY CHEESE DIP

*Ground chuck with roasted peppers + onions mixed with melted cheese, served with pretzel crostinis **9***

SALMON TACOS

*Shredded green apple, cucumber, radish, and yogurt cream topped with queso fresco crumbles **12***

LOCAL CHARCUTERIE BOARD

*Artisanal Virginia cheeses, cured meats, and house-made jams **28***

S A L A D S

Served with ranch, blue cheese, balsamic vinaigrette, or oil + vinegar

CHICKEN COBB SALAD *gf*

*Spring greens, avocado, bacon, red onions, cheddar cheese, sundried tomatoes + hardboiled egg **14***

CAPRESE SALAD *gf*

*Chunks of tomato and mozzarella tossed with arugula, olive oil, pesto + lemon juice **9***

LOADED STEAK + POTATO SALAD

*Marinated steak, roasted red bliss potatoes, mixed greens, roasted tomatoes, cheddar cheese, and sour cream bacon dressing **14***


WESTIN "FRESH BY THE JUICERY"

Banana, almond butter, dates, cinnamon, sea salt + almond milk **8**

Strawberries, banana, goji berries + coconut milk **8**

Kale, spinach, banana, mango, cinnamon + almond milk **8**

Raspberries, strawberries, mint, lavender tea, dates, + almond milk **8**

 "These nutritional powerhouse foods can help extend your health span the extent of time you have to be healthy, vigorous and vital."

Dr. Steven Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life

gf We pride ourselves in providing gluten friendly menu choices. While we strive to ensure those meals are safe for your diet, please be aware that they are being prepared in an environment where gluten is present.

DRINKS

Soft drinks **3**

Coke, Diet Coke, Sprite, Ginger Ale, Mello Yellow,

Pink Lemonade

Iced Tea **3**

Unsweetened, Sweetened, Sweetened Green Tea

Starbucks Coffee **3**

Tazo Tea **3**

Awake, Earl Grey, Zen, Chai, Decaf: Lotus Blossom Green,

Calm Chamomile, Wild Sweet Orange, Refresh-Mint

Café Latte **3.55**

Cappuccino **3.55**

Still in the mood for breakfast? Omelets available by request.
**Food Allergies -Before placing your order, please inform us if anyone in your party has a food allergy. While we will attempt to accommodate your specific needs, there is still a risk of cross-contact during preparation and cooking of food items. Each guest must ultimately decide whether a certain menu item will meet their dietary needs.



SANDWICHES

All sandwiches are served with fries or house-made chips

SHORT RIB GRILLED CHEESE

Molasses braised short ribs on sourdough with port caramelized onions, smoked gouda cheese **12**

HOT PASTRAMI

Served on a toasted ambrosia roll with Swiss cheese, onion curls **10**

MEATLOAF SANDWICH

Homemade meatloaf with a sriracha ketchup, pepper jack cheese, served on rye **10**

CHICKEN BISCUIT SLIDERS

Hand-breaded chicken cutlets on cheddar garlic biscuits with pepper jam **8**

TURKEY BLT

Turkey, smoked bacon, beefsteak tomato, lettuce + lemon mustard aioli, served on whole wheat toast **10**

MARKET VEGETABLE WRAP

Mushrooms, roasted red peppers, roma tomatoes, asparagus, arugula, spinach + mozzarella tossed in balsamic vinegar, wrapped in a whole wheat tortilla. Served with a fruit cup **8**

BURGERS

Lettuce, tomato + onion, served on a Kaiser roll

Ground Chuck 11

Turkey 10

Garden 10

ENTRÉES

CHICKEN CHIMICHANGA

Corn, peppers, black beans, cheese, and chicken, topped with a red mole sauce, lime sour cream, queso fresco, and fresh jalapeños and cilantro **14**

STEAK FRITES ^{gf}

8oz marinated skirt steak served with carrot + parsnip fries **19**

MOLASSES BRAISED SHORT RIB

Slow braised beef short rib with molasses, served on mashed potatoes and asparagus **18**

SOY-CURED SALMON

Soy-marinated salmon topped with pickled cucumber and daikon slaw, over sticky rice and ginger fennel broth **19**

CAJUN SHRIMP PASTA

Cavatappi pasta with peppers, onions, shrimp + Andouille sausage in a rich, creamy sauce **18**

VEGGIE PRIMAVERA

Orecchiette primavera tossed with mushrooms, asparagus, broccoli, carrots, spinach + alfredo sauce **12**
Add chicken **3**, Add Shrimp **4**, Add Salmon **7**, Add Steak **9**

ADDITIONS

HOUSE-MADE CHIPS 4 ^{gf}

CARROT + PARSNIP FRIES 4 ^{gf}


MASHED POTATOES 4 ^{gf}

CHEF'S VEGETABLE OF THE DAY 4 ^{gf}

DESSERTS

HOMEMADE GERMAN CHOCOLATE CAKE layers of rich cake, chocolate buttercream, coconut, and German chocolate frosting **9**

SPICED PUMPKIN WHOOPEE PIES with brown butter + maple cinnamon frosting **9**

STRAWBERRY ROMANOFF with frozen vanilla yogurt + dark chocolate shavings **9** 

BOWL OF ASSORTED FRUIT + BERRIES 9  ^{gf}