

# DINNER SAMPLE ONLY

## APPETIZERS

- Heirloom Popcorn & Smoked Paprika 6
- Seasonal Vegetable Pickle Jar 8
- Black Eyed Pea Falafel w/ Hummus & Preserved Lemon 14
- Chicken Liver Mousse w/ Onion Jam & Grilled Bread 16
- Maryland Crab Cakes w/ Slaw & House Made Spicy Aioli 18
- Grilled Carolina Shrimp w/ Shaved Fennel, Avocado & Grapefruit 16
- Curried Butternut Squash w/ Cabbage Soup 10

## SALAD

- Mixed Greens, Radishes w/ Lemon Herb Vinaigrette 12
- Beets, Blue Cheese & Pistachio Butter w/ Fig Balsamic Vinaigrette 14
- Anjou Pear Salad w/ Greens, Alpine Cheese, Pecans & Cranberry Dressing 15
- Vegan Caesar Salad w/ Kale, Crispy Chickpeas & Hemp Caesar Dressing 13

## ENTREES

- Roasted Pasture-Raised Chicken w/ Parsnip Puree, Sautéed Kale & Meyer Lemon 32
- Grass-Fed Hangar Steak w/ Potatoes, Onions & Black Garlic 37
- Roasted Wild Hake w/ Stewed White Beans & Citrus Brown Butter 35
- Pasture-Raised Pork Chop w/ Honey Glazed Rutabaga, Roasted Apples & Cider Sauce 36
- Pan Seared Sea Scallops w/ Roasted Parsnips, Celery Root, Cabbage & Mustard 38
- Red Quinoa & Roasted Vegetables w/ Coconut Milk Curry 28

### Back 40 Kitchen Facts:

- \* We receive pasture raised whole animals from practicing organic or Certified Organic local farms and butcher them ourselves.
- \* We only source fish from wild, sustainable docks — in season only.
- \* We only buy in season organic produce from local farms.
- \* We only use organic spices, dried herbs & teas from Mountain Rose Herbs in Eugene, Oregon.
- \* We use only Himalayan Pink Salt and Pure Sea Salt.
- \* We use only organic coconut oil & organic extra virgin olive oil — no vegetable oils ever.
- \* Everything is made from scratch using only organic non-GMO ingredients.
- \* Our sauces and stocks are bone broth reductions. We never use bouillon or artificial flavors.
- \* We never thicken sauces or dredge meats with flour keeping our menu mostly gluten free.
- \* We are considerate of all allergies and are vegan and vegetarian friendly. ASK!!
- \* We clean your tables with organic vinegar & water

## SIDES

- Roasted Cauliflower w/ Bread Crumbs & Parmesan 12
- Hen of the Woods Mushrooms w/ Black Garlic 12
- Roasted Brussels Sprouts w/ Toasted Sesame 12

Thoroughly cooked meat, seafood, poultry, shellfish and eggs reduces the risk of foodborne illness. Please inform your server of any and all allergies.