

# LUNCH SAMPLE ONLY

## APPETIZERS

- Heirloom Popcorn & Smoked Paprika 6
- Seasonal Vegetable Pickle Jar 7
- Hen of the Woods Mushrooms w/ Black Garlic & Bacon 12
- Curried Butternut Squash w/ Cabbage Soup 10
- Chicken Liver Mousse w/ Onion Jam & Grilled Bread 16
- Maryland Crab Cakes w/ Slaw & House Made Spicy Aioli 18

## SALADS

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

## Additions

- Grass Fed Steak 14/ Bacon 6/ Scallops 10/ Shrimp 10/ Poached Egg 3

## ENTREES

- Pasture Raised Bacon Grilled Cheese on 21 Grain Bread 17
- Black Eyed Pea Falafel Wrap w/ Hummus & Preserved Lemon 16
- Winter Cobb Salad- Chicken, Butternut Squash, Cranberries, Hard Boiled Egg, Blue Cheese & Bacon w/ Mixed Greens 19
- Pasture Raised Pulled Pork Sandwich on Ancient Grains Sprouted Wheat Bun w/ Slaw 18
- Quinoa & Lentil Burger on Ancient Grains Sprouted Wheat Bun w/ Slaw 17

## 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 we sometimes finish with 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

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

LOCAL. SEASONAL. ORGANIC.