MAINS

Sacred Yak Chili

yak from Sacred Wyld, pumpkin base
organic root vegetables, slow cooked broth
ghee, fresh spices, cast iron cooked

GF/DF/EF | ask for V option

Bison Barley Beet

organic ground bison, barley
slow cooked broth, beet greens, mirepoix
fresh spices, ghee, cast iron cooked

DF/EF | ask for GF option

Golden Shakshuka

organic butternut squash, sweet potato
yellow beets, slow cooked broth, ghee
whipped eggs from our Hens, soft cheese
fresh herbs & spices, cast iron cooked

GF/V | ask for EF or DF option

Smoked Pumpkin Curry

organic root vegetables, pumpkin base
slow cooked broth, authentic curry blend
coconut milk, fresh herbs & spices, ghee
+ option to add protein

GF/DF/EF/V

Chicken Congee

organic chicken thighs, mirepoix
red or basmati rice, slow cooked broth
ghee, fresh herbs & spices

GF/DF/EF

Beef & Wild Rice Stew

grass fed+finished beef from West Cattle Co
mirepoix, slow cooked broth, red wine
reduction, ground Hazel Dell mushrooms
wild rice, ghee, fresh spices, cast iron cooked

GF/DF/EF

Roasted Chicken+ Roots

organic chicken thighs, signature spice
blend, ghee, organic roasted root vegetables
with balsamic glaze & soft cheese

GF/EF ask for DF option

Yak and Grits

slow cooked yak from Sacred Wyld
creamy garlic & ghee grits with soft cheese
topped with fresh herbs

GF/EF | ask for DF option

Coconut Lentil Soup

mixed mung beans, organic greens
coconut milk, slow cooked broth, fresh spices
served with cumin & ghee basmati rice

GF/DF/EF/V

Golden Hour Soup

roasted and pureed butternut squash
sweet potato, golden beets, coconut milk
signature postpartum spice blend
slow cooked broth, fresh spices, ghee

GF/DF/EF/V

Sausage Fennel Squash Hash

sausage from West Cattle Co
butternut squash, sweet potato, yellow beet
roasted fennel bulb, wilted organic greens
ghee, fresh herbs & spices

GF/DF/EF | ask V option

Creamy Cashew Stew

organic vegetables & greens, cashew butter
slow cooked broth, coconut milk, ghee
fresh herbs & spices
+ option to add protein

GF/EF/V