Starters

Soup of the Day ......................................................................................................................... $6 Cal Vary  
*Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.

Chefs Daily Creation

Salsa Trio ................................................................................................................................. $8 Cal 720  
Roasted Tomatillo Salsa, Smoked Red Salsa, Black bean & Corn Salsa, Tortilla Chips

Hummus Tehina ......................................................................................................................... $12 Cal 490  
Cherry Tomatoes, Carrots, Flatbread, Olive Oil, Za’atar Spice

Crispy Chicken Wing ................................................................................................................ $12 Cal 1180  
Signature Wing Sauce, Celery, Carrots, Blue Cheese Dip

Salads

Add Chicken Breast...$5.5 Cal310 | Add Salmon...$8 Cal370 | Add Carne Asada...$9 Cal260

Metate House Salad ................................................................. $6 Cal 40-432  
Crisp Mixed Greens, Black Beans, Cherry Tomatoes, Roasted Corn

Strawberry & Walnut ............................................................... $11 Cal 450  
Baby Spinach, Mixed Greens, Goat Cheese, Red Onions, Carrots, Balsamic Reduction, Sherry Vinaigrette

Ancient Grain Salad ................................................................................................................ $9 Cal 870  
Mixed Greens, Spinach, Ancient Grain Blend, Cranberries, Roasted Peppers, Carrots, Parmesan, Sunflower Seeds, Sun-dried Tomato Vinaigrette

Hand Held

Sandwiches Served With Fries | Add Bacon $3

Metate Burger .......................................................................................................................... $12 Cal 1170  
1/3 lb. Beef Patty, American Cheese, Lettuce, Tomato, Onion, Signature Sauce  
*Substitute Black Bean Burger Cal 990

Far View Chicken Sandwich .................................................................................................. $11 Cal 900  
Grilled Tequila Chicken Breast, Lettuce, Tomato, Onion, Roasted Poblano Ranch

Short Rib Grilled Cheese ..................................................................................................... $13 Cal 1380  
Parmesan Crusted Texas Toast, Swiss Cheese, Herb Boursin Cheese, Caramelized Onions

Items are gluten free

*A gratuity of 18% will be added to tables of 6 or more.

Additional nutrition information available upon request. 2000 Calories a day is used for general nutrition advice, but calorie needs vary.
Entries

Braised Short Rib* ................................................................. $28 Cal 1100

Natural Au Jus, Smashed Gold Potatoes, Herb Boursin Cheese, Kale

Seared Salmon* ........................................................................ $29 Cal 1030

Creamy Green Chili Rice, Tomato Salad, Charred Corn Coulis, Cilantro Oil

Pan Seared Trout* ................................................................. $25 Cal 790

Rainbow Trout, Sautéed Green Beans, Smashed Gold Potatoes, Bacon Jam, Brown Butter, Charred Lemon

Cider Brined Pork Chop* ........................................................ $29 Cal 930

Grilled Pork Chop, Smashed Gold Potatoes, Kale, Candied Pancetta, Apple-Brussel-Onion Slaw w/ Grain Mustard Vinaigrette

Ancient Grain Bowl .................................................................. $21 Cal 990

Asparagus, Mushrooms, Kale, Fire Roasted Tomatoes, Truffle Cream, Herb Parmesan Breadcrumbs

Kids Selection

Served With Fries or Carrot & Celery Sticks

Grilled Cheese ........................................................................... $6.50

Chicken Tenders ........................................................................ $6.50

Desserts

Cinnamon Sugar Donut Holes .................................................. $8 Cal 850

Vanilla Custard, Berry Jam

Chocolate Truffle Torte ........................................................... $8 Cal 750

Coconut Marshmallow Fluff, Fresh Berries

Spiced Carrot Cake .................................................................... $7 Cal 560

Lemon Icing, Walnut Crunch

Vanilla Ice Cream Scoop .......................................................... $3.5 Cal 235

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