



## Starters

- Soup of the Day.....\$6 Cal Vary  
*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 <sup>GF</sup> ..... \$6 Cal 40-432  
*Crisp Mixed Greens, Black Beans, Cherry Tomatoes, Roasted Corn*
- Strawberry & Walnut <sup>GF</sup> ..... \$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*

<sup>GF</sup> Items are gluten free

*\*Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.*

*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.*



## Entrées

Braised Short Rib* <sup>GF</sup> .....	\$28 Cal 1100
<i>Natural Au Jus, Smashed Gold Potatoes, Herb Boursin Cheese, Kale</i>	
Seared Salmon* <sup>GF</sup> .....	\$29 Cal 1030
<i>Creamy Green Chili Rice, Tomato Salad, Charred Corn Coulis, Cilantro Oil</i>	
Pan Seared Trout* <sup>GF</sup> .....	\$25 Cal 790
<i>Rainbow Trout, Sautéed Green Beans, Smashed Gold Potatoes, Bacon Jam, Brown Butter, Charred Lemon</i>	
Cider Brined Pork Chop* <sup>GF</sup> .....	\$29 Cal 930
<i>Grilled Pork Chop, Smashed Gold Potatoes, Kale, Candied Pancetta, Apple-Brussel-Onion Slaw w/ Grain Mustard Vinaigrette</i>	
Ancient Grain Bowl.....	\$21 Cal 990
<i>Asparagus, Mushrooms, Kale, Fire Roasted Tomatoes, Truffle Cream, Herb Parmesan Breadcrumbs</i>	

## 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
<i>Vanilla Custard, Berry Jam</i>	
Chocolate Truffle Torte .....	\$8 Cal 750
<i>Coconut Marshmallow Fluff, Fresh Berries</i>	
Spiced Carrot Cake .....	\$7 Cal 560
<i>Lemon Icing, Walnut Crunch</i>	
Vanilla Ice Cream Scoop <sup>GF</sup> .....	\$3.5 Cal 235

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