

# Jake's Spoon HEALTH

OPTIONS UNDER 600 CALORIES

## **BRICK OVEN SALMON\*** GF

30

Cast Iron Lemon Herb Baked 8oz Salmon, Wild Rice Pilaf,  
Grilled Asparagus

## **STEAK STACK\*** GF

24

Mesquite Grilled Bistro Steak, Chopped Romaine, Roasted  
Asparagus, Crumbled Gorgonzola, Heirloom Tomato,  
Green Onion

## **TRIPLE "B"** GF (with gluten free bun)

14

Seared Black Bean Burger, Wheat Bun, Spinach, Avocado,  
Roasted Tomato Spread, Side Salad, Lemon Basil Vinaigrette

## **GARDEN LINGUINE**

16

Sofrito, Spinach, Roasted Mushroom, Artichoke Hearts,  
Red Onion, Crumbled Goat Cheese, EVOO, Linguine

## **CHICKEN FLATBREAD** GF

14

Cauliflower Flatbread, EVOO, Basil, Mesquite Grilled Chicken,  
Crumbled Goat Cheese, Red Pepper, Balsamic Reduction

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

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**Three Pour Sizes To Choose From:**  
**Standard 6 oz, Member Pour 10oz, By the Bottle**

*Pinot Noir*

**Angeline** | North Coast, California 7 | 10 | 28  
**Meiomo** | Sonoma Coast, California 12 | 18 | 46  
**Paul Hobbs** | Napa Valley, Ca 18 | 27 | 80

*Interesting Reds & Blends*

**The Show, Malbec** | Mendoza, Argentina 7 | 10 | 28  
**Conundrum, Red Blend** | Rutherford, Ca 9 | 14 | 32  
**Rombauer, Zinfandel** | Napa, Ca 12 | 18 | 46  
**Pessimist, Red Blend** | St. Helena, Ca 12 | 18 | 56

*Chardonnay*

**Simi** | Sonoma, California 7 | 10 | 28  
**Butter** | Napa, California 9 | 14 | 34  
**Wente** | Livermore Valley, Ca 12 | 18 | 56  
**La Crema, Sonoma** | Sonoma, Ca 13 | 19 | 50  
**Rombauer** | Napa, California 16 | 24 | 70

*Pinot Grigio*

**Esperto** | Italy 7 | 10 | 28  
**Ruffino IL Ducale** | Italy 12 | 18 | 46  
**Sokol Blosser** | Dundee, Oregon 15 | 23 | 65

*Cabernet*

**Purple Cowboy** | Paso Robles, California 7 | 10 | 28  
**Liberty School** | Paso Robles, California 9 | 14 | 34  
**Bonanza** | Napa Valley, California 10 | 15 | 35  
**Austin Hope** | Napa Valley, Ca 20 | 30 | 85  
**Paul Hobbs** | Napa Valley, Ca 20 | 30 | 85

*Merlot*

**J. Lohr** | Paso Robles, California 9 | 14 | 32  
**Markham** | Napa, California 12 | 18 | 52

*Sauvignon Blanc*

**Matanza's Creek** | Sonoma, California 8 | 12 | 29  
**Napa Cellars** | Napa, California 9 | 14 | 32  
**Kim Crawford** | New Zealand 13 | 19 | 50

*Interesting Whites*

**Joel Gott, Grenache Rose** | Monterey, Ca 9 | 14 | 32  
**Fess Parker, Riesling** | Santa Maria, Ca 7 | 10 | 28  
**Conundrum White Blend** | Fairfield, Ca 9 | 14 | 32

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