

Jake's Spoon HEALTH

OPTIONS UNDER 600 CALORIES

BRICK OVEN SALMON* GF

32

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

STEAK STACK* GF

25

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

17

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 8 | 11 | 32
Meiomo | Sonoma Coast, California 13 | 19 | 50
Mer Soleil Reserve | Monterey County, Ca 16 | 24 | 70

Interesting Reds & Blends

The Show, Malbec | Mendoza, Argentina 8 | 11 | 32
Conundrum, Red Blend | Rutherford, Ca 9 | 14 | 32
Rombauer, Zinfandel | Napa, Ca 13 | 19 | 50
Pessimist, Red Blend | St. Helena, Ca 13 | 19 | 50

Chardonnay

Simi | Sonoma, California 8 | 11 | 32
Butter | Napa, California 10 | 15 | 38
Wente | Livermore Valley, Ca 14 | 20 | 54
La Crema, Sonoma | Sonoma, Ca 14 | 20 | 54
Hess | Napa Valley, California 20 | 30 | 85

Pinot Grigio

A to Z | Newberg, Oregon 7 | 10 | 28
Ruffino IL Ducale | Italy 13 | 19 | 50
Sokol Blosser | Dundee, Oregon 16 | 24 | 70

Cabernet

Purple Cowboy | Paso Robles, California 8 | 11 | 32
Liberty School | Paso Robles, California 10 | 15 | 38
Tribute | San Benito County, California 11 | 16 | 40
Austin Hope | Napa Valley, Ca 20 | 30 | 85
Paul Hobbs | Napa Valley, Ca 22 | 32 | 95

Merlot

J. Lohr | Paso Robles, California 10 | 15 | 36
Markham | Napa, California 13 | 19 | 56

Sauvignon Blanc

Matanza's Creek | Sonoma, California 9 | 13 | 33
Napa Cellars | Napa, California 10 | 15 | 36
Kim Crawford | New Zealand 14 | 20 | 55

Interesting Whites

Joel Gott, Grenache Rose | Monterey, Ca 10 | 15 | 36
Fess Parker, Riesling | Santa Maria, Ca 8 | 11 | 32
Caposaldo, Moscato | Italy 10 | 15 | 36

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