

# Jake's Spoon HEALTH

OPTIONS UNDER 600 CALORIES

## *BRICK OVEN SALMON\** GF

32

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

## *STEAK STACK\** GF

25

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

## *BUDDHA BOWL* GF V

14

Harissa Hummus, Quinoa, Asparagus, Spinach,  
Avocado, Shred Carrot, Green Onion

## *GARDEN LINGUINE*

17

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

## *CHICKEN PESTO FLATBREAD* GF

14

Cauliflower Flatbread, Basil Pesto, Mesquite Grilled  
Chicken, Crumbled Goat Cheese, Red Pepper,  
Shaved Parmesan, 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    **Boen** | Tri-Appellation, California 15 | 20 | 56

**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

**La Crema, Sonoma** | Sonoma, Ca 14 | 20 | 54

**Russian River** | Sonoma, Ca. 16 | 24 | 60

**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

**Starling Castle, Riesling** | Mosel, Germany 8 | 11 | 32

**Caposaldo, Moscato** | Italy 10 | 15 | 36

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