

Mains

	individual	family of 6
Chicken Pot Pie	\$22	\$130
pulled chicken, celery, carrots + peas with puff pastry		
Beef Borguignon	\$24	\$140
beef tips with carrots, onions + mushrooms in beef gravy		
BEX Mac + Cheese	\$20	\$115
3 cheese house-made sauce with elbow noodles		
Chicken Paillard (gf) (nf)	\$22	\$130
thinly sauteed chicken breast sauteed with fennel + clementines		
Crab Cake	\$25	\$145
lump crab meat with scallions, lemon + panko served with aioli		

Sides

Asparagus + Carrots (gf) (v)	\$12	\$70
roasted asparagus + carrots with sauteed leeks, garlic + herb gremolata		
Haricot Vert + Snow Peas (gf) (v)	\$12	\$70
sauteed haricot vert + snow pea with sauteed shallots, garlic, orange zest + almonds		
Roasted Baby Potatoes (gf) (v)	\$11	\$65
roasted baby potatoes with garlic, fresh herbs salt + pepper		
Whipped Parsnip + Potato (gf)	\$11	\$65
yukon potato + parsnip pureed together with butter and milk		

Mains^{2.0} gluten free + vegan

Ratatouille (gf) (v) (nf)	\$24	\$140
eggplant, tomato, zucchini, pepper, herbs over spaghetti squash		
Oaxaca Bowl (gf) (v) (nf)	\$22	\$130
spicy sweet potato, black beans, red pepper + cabbage		
Greek Souvlaki Bowl (gf) (v) (nf)	\$24	\$140
roasted portobello mushroom, cauliflower rice, cucumber, tomato		
Bali Bowl (gf) (v) (nf)	\$24	\$140
peanut roasted cauliflower, sweet potato, black rice, snow peas		
Tofu Poke Bowl (gf) (v) (nf)	\$22	\$130
tuna, scallion, jalapeno, soy, ginger with black rice + cucumber		
Tuna (sub for Tofu) (gf) (nf)	\$25	\$150



gluten free



dairy free



nut free



vegan

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Side Salads

individual

family of 6

Lentil Celery Salad

\$12

\$70

black lentils, celery, red onion, pistachios, parmesan + lemon vinaigrette

Cauliflower + Pea Salad

\$12

\$70

shaved cauliflower, peas, cucumber, radish, mint, scallions + coconut yogurt dressing

Thai Noodle Salad

\$14

\$80

rice noodles, snow peas, carrots, bell peppers, cabbage, cilantro + thai peanut sauce

Green Salads

Garden Salad

\$12

\$70

mixed greens, tomato, carrot, celery, cucumber, seeds + lemon vinaigrette

Simple Arugula Salad

\$12

\$70

arugula, toasted pine nuts, parmesan cheese + lemon vinaigrette

Spinach + Beet Salad

\$14

\$80

baby spinach, pickled beets, toasted pistachios, red onion + goat cheese

DON'T FORGET TO ADD A PROTEIN OR GOOD FAT TO YOUR SALADS, SIDES OR MAINS 2.0

Add ons proteins + good fats.

Chicken Breast

\$12

\$70

Braised Tofu

\$9

\$50

Seared Salmon

\$15

\$85

Grilled Shrimp

\$14

\$80

Avocado

\$5

\$30

Food for Thought

Cheese + Charcuterie

\$20

\$120

assortment of cheeses, sausage sec, fruit, dried fruit,

Crudite with Hummus

\$14

\$80

assortment of seasonal raw vegetable sticks with seasonal dip

BEX Quiche


\$12


\$75


your choice of spinach + gruyere, bacon + cheddar or de jour


Sweet Endings + Beginnings

PLEASE INQUIRE ABOUT OUR DAILY PASTRY + DESSERT OFFERINGS

 gluten free

 dairy free

 nut free

 vegan

March
April
2024