



## DINNER.

hours are from 4 to 8, monday through thursday

'til 9 friday and saturday

wellspring heart items are represented with a ♥

## STARTERS

PACIFIC NORTHWEST CRAB CAKE. lemon-infused oil, greens, creole mustard, mango salsa 6.5

CHIPOTLE BUFFALO WINGS. bleu cheese crumbles, celery 9.5

PICO DE GALLO. house baked chile lime corn tortillas 4.5 ♥

CAPRESE. fresh mozzarella and tomato, basil pesto, spring greens, strawberry balsamic 6.5

KETTLE CHIPS. baked 100 calories ♥, sea salt and vinegar, jalapeño or backyard bbq 1.5

MUSSELS. curried ginger lemongrass broth, cilantro, vitality crostini 9 ♥

## SOUP AND SALAD

BLACK AND BLEU. caramelized onion, bleu cheese crumbles, house dressing, blackened flat iron steak 13.5

CRANBERRY CHICKEN SALAD. bleu cheese, candied hazelnuts, house dressing 10.5/6.5

CLASSIC CAESAR. garlic herb croutons, parmesan, lemon, cracked black pepper 9/5.5

*add buffalo chicken or salmon 3*

ASIAN CALAMARI SALAD. chilled buckwheat soba noodles, rice sticks, sesame soy 8

SPINACH SALAD. chevre, candied hazelnuts, dried cherries, strawberry balsamic 10/6

VITALITY GREENS. grape tomato, mushroom, red onion, cucumber, choice of dressing 7/4 ♥

SOUP OF THE DAY. 7/4 ♥

SOUP AND SALAD. 6.5 ♥

*dressings: ranch ♥, strawberry balsamic ♥, asian vinaigrette ♥, house dressing ♥, russian ♥, honey dijon ♥, caesar, bleu cheese*

## ENTREES

all entrees are served with choice of two sides

DUNGENESS CRAB LEGS. chile drawn butter, lemon, baguette MARKET PRICE

CARAWAY SEARED PORK LOIN. sauerkraut, fennel seed, honey dijon 16.5

GRILLED COLUMBIA RIVER KING SALMON. dill cucumber yogurt sauce 17.5

FENNEL POLLEN SEARED HALIBUT. mango salsa 18.5 ♥

MEDITERRANEAN ROASTED RACK OF LAMB. olives, capers, bell peppers, feta, olive oil 19

GRILLED FLAT IRON STEAK. rojo marinade, caramelized lime 17.5

HERB CRUSTED CHICKEN BREAST. dijon, fresh herbs 15.5 ♥

GRILLED RIBEYE. caramelized onions 18

## HOUSE SPECIALTIES

add cup of soup or side salad for 3.5

add kettle chips 1.5

1/2 LB ANGUS CHEESEBURGER. lettuce, tomato, red onion, cornmeal kaiser bun 11.5

*choose cheddar, swiss, provolone or pepper jack*

*add mushrooms, caramelized onions or parmesan artichoke spread 1.5*

*add bleu cheese crumbles, avocado or bacon 2*

NORTHWEST SALMON BURGER. lettuce, tomato, red onion, russian dressing, kaiser bun 12

SOY MARINATED TEMPEH STIR FRY. quinoa, vegetables, cilantro, asian sauce 9.5 ♥

BLACK BEAN VEGAN BURGER. lettuce, tomato, red onion, whole wheat cascade bakery bun 11 ♥

*choose fat-free swiss or fat-free american*

ROASTED VEGETABLE RAVIOLI. basil pesto, tomato, spinach, parmesan, baguette 11.5

GREEK CHICKEN GYRO. romaine, tomato, red onion, feta, tatziki, naan bread 10.5

SZECHUAN SEARED AHI. buckwheat soba noodles, vegetables, asian black bean sauce 10.5 ♥



## DESSERTS

ask your server for today's sweet treats 4 ♥

## BEVERAGES

pepsi, diet pepsi, lemonade, dr. pepper, sierra mist 1.5

iced tea, numi tea, coffee, milk 1.5

jones soda, izee soda, juice 2.5

voss water 3

naked juice 4

smoothies 5

## BEER

COORS LIGHT. golden, colorado 3

PYRAMID HEFEWEIZEN. portland, oregon 3

PYRAMID IPA. portland, oregon 3

CORONA. mexico 3.5

SIERRA NEVADA PALE ALE. chico, california 3.5

PINKUS ORGANIC UNFILTERED PILSNER. germany, 25oz bottle "sharing is caring!" 6

## WINE

larger selection of wines by the bottle available

white and rose

FIRESTEED REISLING. willamette valley, 2008 6

WILLAMETTE VALLEY VINEYARDS PINOT GRIS. willamette valley, 2005 6

WILLAMETTE VALLEY VINEYARDS REISLING. willamette valley, 2007 6

RASCAL PINOT GRIS. willamette valley, 2009 5

WILLAMETTE VALLEY VINEYARDS CHARDONNAY. willamette valley, 2005 6

NATURA CHARDONNAY. chile, 2008 (organic) 6

NATURA SAUVIGNON BLANC. chile, 2008 (organic) 6

SAN ANGELO PINOT GRIGIO. tuscan, 2009 9

red

WILLAMETTE VALLEY VINEYARDS PINOT NOIR. willamette valley, 2007 (founder's reserve) 8

NATURA CABERNET SAUVIGNON. chile, 2008 (organic) 6

WATERBROOK CABERNET/MERLOT. walla walla valley, 2007 6

NATURA MERLOT. chile, 2007 (organic) 6

DANCING BULL ZINFANDEL. zinfandel, california, 2007 (wine maker's reserve) 6

CUBANISIMO PINOT NOIR. willamette valley, 2008 7

NATURA SYRAH. chile, 2005 (organic) 6

BLUE PIRATE PINOT NOIR. willamette valley, 2008 7

sparkling and dessert

ANDREW RICH VITNER LATE HARVEST GEWURZTRAMINER. willamette valley, 2006 9

UNO MOSCATEL Y ALBILLO. italy, 2006 7

ST. JOSEPH LATE HARVEST PINOT GRIS. willamette valley, 2002 6

DOM PIERRE "CHAMPAGNE". california 187ml bottle "ask for two straws!" 6

## SPIRITS

ask your server for available drinks and cocktail specials

18% gratuity will be added to parties of 6 or more

\$1 will be added to each split plate

thank you for not splitting checks on parties of 6 or more

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