



LUNCH.

hours are from 11 to 4, monday through saturday
wellspring heart items are represented with a ♥

STARTERS

PARMESAN ARTICHOKE DIP. french baguette, vegetables 5
CHIPOTLE BUFFALO WINGS. bleu cheese, celery 9.5
PICO DE GALLO. house baked chile lime corn tortillas 4.5 ♥
MUSSELS. curried ginger lemongrass broth, cilantro, vitality crostini 9 ♥
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

SOUP AND SALAD

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

HOUSE SPECIALTIES

add cup of soup or side salad 3.5

BLACKENED AHI TACOS. red cabbage, harissa, mango salsa, lime, corn tortillas 12 ♥
SOY MARINATED TEMPEH STIR FRY. quinoa, vegetables, cilantro, asian sauce 8.5 ♥
MEDITERRANEAN CHICKEN PASTA. whole wheat penne, olives, feta, lemon-infused oil 8.5
ROASTED VEGETABLE RAVIOLI. basil pesto, tomato, spinach, parmesan, baguette 10.5
PACIFIC NORTHWEST CRAB CAKES. lemon-infused oil, greens, creole mustard, mango salsa 11.5

SANDWICHES

all sandwiches are served with coleslaw and pickle

add cup of soup or side salad 3.5

add kettle chips 1.5

1/2 LB ANGUS CHEESEBURGER. lettuce, tomato, onion, cornmeal kaiser bun 9
choose cheddar, swiss, provolone or pepper jack
add mushrooms, caramelized onions or artichoke parmesan spread 1.5
add bleu cheese crumbles, avocado or bacon 2
NORTHWEST SALMON BURGER. lettuce, tomato, onion, russian dressing, kaiser bun 9.5
BUFFALO CHICKEN BURGER. house wing sauce, bleu cheese, lettuce, tomato, onion, kaiser bun 9
TEXAS CLUB. smoked turkey, avocado, bacon, swiss, lettuce, tomato, onion, thick cut bread 9.5
CLASSIC REUBEN. turkey pastrami, swiss, sauerkraut, russian dressing, marble rye 8
BLACK BEAN VEGAN BURGER. lettuce, tomato, onion, whole wheat cascade bakery bun 8.5 ♥
choose fat-free swiss or fat-free american
TUNA MELT. fat-free american cheese, lettuce, tomato, red onion, whole wheat bread 7 ♥
PORTABELLO BURGER. fire-roasted bell peppers and onions, swiss, whole wheat cascade bakery bun 9.5 ♥
GRILLED THREE-CHEESE. swiss, cheddar, provolone, texas toast 6.5
GREEK CHICKEN GYRO. romaine, tomato, red onion, feta, tatziki, naan bread 8.5
QUESADILLA OF THE DAY. ask your server for today's creation 8.5



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

WINES BY THE GLASS

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. tuscany, 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
please visit iamvitality.com for discounts, recipes, upcoming events, chef blogs and more