

SLOW Food FAST

1

SELECT A PLATE

3 ITEM PLATE

BASE + PROTEIN + 1 VEGGIE

11.95

SANDWICH PLATE

BUN + PROTEIN + 1 VEGGIE

11.95

ROTISSERIE CHICKEN PLATE

BASE + 1/4 OR 1/2 CHICKEN + 1 VEGGIE

9.95 (1/4)

13.95 (1/2)

KID'S PLATE

A MINI VERSION
OF OUR 3 ITEM OR
SANDWICH PLATES

7.95

2

PICK YOUR BASE

CHOOSE 1

MASHED POTATOES

MIXED FIELD GREENS (GF)

PENNE PASTA

PARMESAN BLACK PEPPER BUN (SANDWICH PLATE ONLY)



3

PICK YOUR PROTEIN

CHOOSE 1

SLOW COOKED

🌱 MONTANA BEEF BOLOGNESE

🌱 LOCAL LAMB RAGOUT

BRAISED BEEF

SEASONED PULLED PORK

GARDEIN™ MEATLESS MEATBALLS (V)

TURKEY POT ROAST

VEGGIE CHILI (V)

(V) vegan / (VG) vegetarian / (GF) gluten-free

🌱 Menu items made with sustainable and/or organic ingredients

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4

ADD SOME VEGGIES CHOOSE 1

SAUTÉED SPINACH

LEMON GARLIC GREEN BEANS

 ROASTED LOCAL SEASONAL VEGGIES



5

SAUCE IT UP

COMPLETE YOUR FRESH DISH WITH A DASH(OR TWO)
OF BOLDLY FLAVORED SAUCES!

6

TOP IT OFF

CHOOSE UP TO 2



CHOPPED PEANUTS

CRISPY JALAPEÑOS

DICED BELL PEPPER

GREEN ONION

SHREDDED PARMESAN

SLIVERED ALMONDS

PICKLED VEGETABLES



DESSERTS

DESSERT BAR OF THE DAY 4.50

POKE CAKE 3.95

HOUSE BAKED COOKIE 2.25

CHOCOLATE CHUNK PRETZEL

LEMON BLUEBERRY

CRISP OF THE DAY 5.95

(V) vegan / (VG) vegetarian / (GF) gluten-free

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