

FRUITS AND VEGETABLES  
IN CERTAIN DISHES MAY  
CHANGE DUE TO  
SEASONALITY AND  
RECOMMENDATIONS FROM  
OUR PARTNER FARMS.



WE ARE PASSIONATE ABOUT THE FOOD WE SERVE, USING THE  
HIGHEST QUALITY INGREDIENTS FROM THE PACIFIC NORTHWEST  
TO BEST FUEL YOUR DAY.



we only use  
cage-free eggs  
and locally-  
sourced cheeses



our sauces and soups  
are made in house,  
from scratch



we source seasonal  
fruits and vegetables  
grown at local farms  
across the Northwest



as Monterey Bay  
Aquarium Seafood  
Watch Partners, our  
seafood is sourced  
sustainably





we only serve  
Carlton Farms pork,  
humanely-raised in  
Oregon and free of  
hormones

## SHAREABLE SNACKS

serves 3-4 people

 **HUMMUS AND VEGGIE PLATTER 7.25**   
chickpea, parsnip and tahini hummus served with house-made  
garlic naan, raw carrots, cauliflower, daikon radish, cucumber, broccoli  
calories per serving: 180, fat 10g, sat fat 1.5g, sodium 110mg, carbs 19g, sugar  
4g, protein 6g, fiber 4g contains: wheat, dairy, egg

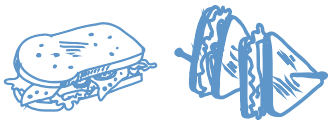
**BEEF AND APPLE BRUSCHETTA 8.00**   
house-made focaccia, herb and goat cheese spread, mixed beets, diced  
apples, wilted spinach  
calories per serving: 180, fat 10g, sat fat 6g, sodium 220mg, carbs 14g,  
sugar 3g, protein 6g, fiber 1g contains: wheat, dairy,

**PICNIC PLATTER 15.00**   
assorted pickled vegetables, a variety of house-made jams, house-made  
biscuits with whipped butter and brie cheese  
contains: wheat, dairy

**SOUP OF THE DAY 5.00**

## DELI FARE

+ choice of 1 side



**PASTRAMI REUBEN 9.50**  
house-made pastrami, thousand island dressing, Swiss cheese, house-made  
sauerkraut on a marble rye bread  
calories 770, fat 41g, sat fat 16g, sodium 1860mg, carbs 45g, sugar 4g,  
protein 52g, fiber 4g contains: wheat, dairy, egg

**SMOKED SALMON WRAP 11.00**  
house-smoked Oregon salmon, rosemary and goat cheese cream sauce,  
arugula, kombucha squash, poached apples  
calories 840, fat 41g, sat fat 12g, sodium 1680mg, carbs 75g, sugar 12g, protein  
44g, fiber 7g contains: wheat, dairy, fish

**FRENCH DIP 11.00**  
sliced prime rib, horseradish cream sauce, Swiss cheese on a hoagie bun  
and a side of au jus  
calories 860, fat 50g, sat fat 23g, sodium 1610mg, carbs 53g, sugar 5g,  
protein 48g, fiber 2g contains: wheat, dairy, soy

**TURKEY AND AVOCADO CLUB 9.50**  
sliced turkey breast, avocado, butter lettuce, mayo, tomato, house  
cured Carlton Farms bacon on house-baked sourdough  
calories 660, fat 23g, sat fat 6g, sodium 1130mg, carbs 72g, sugar 4g,  
protein 39g, fiber 5g contains: wheat, egg



indicates vegetarian  
item



indicates vegan  
item



LOOKING FOR MORE VEGAN OPTIONS?  
Ask your server about today's plant-based VEG  
OUT special. Many vegetarian items on this menu  
can also easily be made vegan upon request.






LOOK FOR THE  ICON FOR DIETITIAN-  
APPROVED EAT WELL DISHES.

Always ≤ 600 calories, ≤ 6 grams saturated fat,  
and ≤ 800 mg sodium

## FIELD GREENS

### ADD-ON PERFECT PROTEINS



 **TOFU 4.50**   
calories 140, fat:9, sat fat:1g, sodium:70mg, carbs:2g, sugar:0g, protein:13g, fiber:0g  
contains: soy


 **CHICKEN 5.50**  
calories 190, fat:5g, sat fat:2g, sodium:65mg, carbs:0g, sugar:0g, protein:37g, fiber:0g



**SALMON 7.50**  
calories 250, fat:10g, sat fat:2g, sodium:470mg, carbs:8g, sugar:7g, protein:30g, fiber:0g  
contains: wheat, soy, fish


**SHRIMP 7.50**  
calories 140, fat:3g, sat fat:1g, sodium:810mg, carbs:7g, sugar:0g, protein:20g, fiber:2g  
contains: shellfish

**STEAK 6.50**  
calories 310, fat:19g, sat fat:5g, sodium:65mg, carbs:1g, sugar:0g, protein:32g, fiber:1g

 **KALE AND PERSIMMON SALAD 8.00**   
torn kale, assorted persimmons, pomegranate seeds, rice wine vinaigrette,  
feta cheese and oregon hazelnuts  
calories 280, fat 17g, sat fat 3g, sodium 560mg, carbs 30g, sugar 9g,  
protein 8g, fiber 5g contains: wheat, dairy, soy, tree nuts

**NORTH CAROLINA WINTER SALAD 8.00**   
mixed greens, rogue smokey bleu cheese, dried cherries, candied walnuts,  
apples, balsamic vinaigrette, toasted sour dough  
calories 890g, fat 56g, sat fat 14g, sodium 970mg, carbs 83g, sugar 57g,  
protein 22g, fiber 9g contains: wheat, dairy, tree nuts

 **COMPRESSED MELON SALAD 8.00**   
an assortment of late season melons, honey, thyme, sorrel, spinach,  
watercress greens, shaved radish, ricotta cheese  
calories 210, fat:4.5g, sat fat:2.5g, sodium:160mg, carbs:37g, sugar:27g,  
protein:12g, fiber:6g contains: dairy


 **CAESAR 8.50**  
romaine, parmesan, house-made croutons, Caesar dressing, grilled lemon  
white anchovies available upon request  
calories 270, fat 22g, sat fat 4g, sodium 430mg, carbs 11g, sugar 2g,  
protein 8g, fiber 2g contains: wheat, dairy, egg, soy, fish

# ENTREES


**MISO GLAZED SALMON 14.00**  
5 oz. local salmon filet, miso honey glaze, sautéed oyster mushrooms, fingerling potatoes, steamed broccoli  
calories 560, fat 24g, sat fat 3g, sodium 620mg, carbs 51g, sugar 12g, protein 40g, fiber 9g  
contains: wheat, dairy, soy, fish

**BISTRO FILET 15.00**  
5 oz. grilled and sliced Childer's Meats teres major, delicata squash, Brussel sprouts, leeks, topped with an Oregon fig demi-glaze  
calories 480, fat 23g, sat fat 6g, sodium 600mg, carbs 22g, sugar 9g, protein 47g, fiber 5g  
contains: wheat, dairy, soy

**BRAISED PORK SHOULDER 12.00**  
smoked and braised Carlton Farms pork shoulder, apple jalapeno BBQ Sauce, cornbread, collard greens  
calories 860, fat 35g, sat fat 9g, sodium 1630mg, carbs 100g, sugar 39g, protein 41g, fiber 10g  
contains: wheat, dairy, egg

**BUTTERNUT SQUASH RAVIOLI 9.00**   
herb and goat cheese filled raviolis, tossed in butternut squash puree, spinach, shaved fennel, bulls blood beets  
calories 700, fat 38g, sat fat 22g, sodium 940mg, carbs 60g, sugar 9g, protein 32g, fiber 7g  
contains: wheat, dairy, egg

**TOM YUM SCALLOP 14.00**  
thai coconut broth, seared scallops, spaghetti squash "noodles", mixed mushrooms, cauliflower, Brussels sprout leaves, watermelon radish  
calories 350, fat 18g, sat fat 14g, sodium 1110mg, carbs 26g, sugar 8g, protein 24g, fiber 10g  
contains: shellfish, coconut

**CHICKEN STREET TACOS 9.50**   
three scratch-made white corn tortillas, chicken, pico de gallo, fresh salsa, queso fresco and lime other protein options available (490-660 cal).  
calories 570, fat 11g, sat fat 3g, sodium 350mg, carbs 66g, sugar 2g, protein 55g, fiber 7g  
contains: dairy



## WOOD-FIRED FLATBREADS


MADE WITH HOUSE NAAN. SUBSTITUTE NO-WHEAT CRUST\* FOR 2.00.

**APPLE, BLEU AND PROSCIUTTO 9.50**  
garlic puree, mozzarella, smoked prosciutto, maple apples, rogue smoky bleu cheese, toasted Oregon hazelnuts  
naan crust: calories 870, fat 41g, sat fat 14g, sodium 1600mg, carbs 90g, sugar 12g, protein 41g, fiber 6g  
contains: wheat, dairy, egg, tree nuts

no-wheat crust: calories 930g, fat 40g, sat fat 12g, sodium 2190mg, carbs 111g, sugar 10g, protein 39g, fiber 5g  
contains: dairy, tree nuts


**BACON FIG AND BRIE 9.50**  
house bacon lardons, Oregon fig puree, creamy brie, topped with arugula and minced rosemary  
naan crust: calories 770, fat 42g, sat fat 15g, sodium 1210mg, carbs 67g, sugar 9g, protein 33g, fiber 3g  
contains: wheat, dairy


no-wheat crust: calories 830, fat 41g, sat fat 12g, sodium 1790mg, carbs 88g, sugar 8g, protein 31g, fiber 2g  
contains: dairy


**DELICATA AND CHEVRE 9.00**   
caramelized onion, pine nuts, delicata squash, spinach, goat cheese  
naan crust: calories 390, fat 15g, sat fat 9g, sodium 530mg, carbs 49g, sugar 7g, protein 17g, fiber 4g  
contains: wheat, dairy, egg


no-wheat crust: calories 450, fat 13g, sat fat 7g, sodium 1110mg, carbs 70g, sugar 5g, protein 15g, fiber 4g  
contains: dairy


## SIDES 3.00

**ROOT VEGETABLE MIX**   
calories 100, fat 3.5g, sat fat 0g, sodium 320mg, carbs 16g, sugar 5g, protein 2g, fiber 4g

**SPAGHETTI SQUASH + MARINARA**   
calories 110, fat 5g, sat fat 0g, sodium 210mg, carbs 14g, sugar 5g, protein 2g, fiber 4g

**BRAISED COLLARD GREENS**   
calories 70, fat:2g, sat fat:0g, sodium:190mg, carbs:10g, sugar:1g, protein:5g, fiber:7g

**GERMAN POTATO SALAD**   
calories 190, fat 2.5g, sat fat 0g, sodium 270mg, carbs 42g, sugar 4g, protein 4g, fiber 4g

**BRUSSEL SPROUTS + BACON**   
calories 70, fat 4g, sat fat 0.5g, sodium 170mg, carbs 7g, sugar 2g, protein 3g, fiber 3g

## BEVERAGES

PERRIER	1.75
OREGON RAIN BOTTLED WATER	1.75
DRY SODA	2.25
Lavender, Vanilla Bean, Cucumber	
LA CROIX	1.20
SNAPPLE	2.10
Lemon, Diet Lemon	
STEWART'S ROOT BEER	2.25
COCK'N BULL GINGER BEER	2.25
FOUNTAIN DRINKS	1.95
Coke 230 cal Diet Coke 0 cal	
Sprite 260 cal Lemonade 300 cal	
Rocky Mountain Root Beer 230 cal	
CANNED SODA	1.35
Coke, Diet Coke, Sprite	
PURE LEAF TEA	2.00
ARNOLD PALMER	2.10
HOT TEA	1.35 / 0 cal
ICED TEA	1.80 / 0 cal
COFFEE	1.65 / 0 cal



**WINE** 120 cal per 5 oz serving  
Ask your server for seasonal wine information

OREGON PINOT GRIS	5.50 / 27.00 bottle
OREGON PINOT NOIR	7.50 / 37.00 bottle
SEASONAL WHITE	7.50 / 27.00 bottle
SEASONAL RED	7.50 / 37.00 bottle

**BEER** 190-240 cal per serving  
Ask your server for seasonal beer information

SEATTLE CIDER CO. DRY 16 OZ	5.30
CRUX: GIMME MO IPA	4.75
WORTHY: EASY DAY KOLSCH	4.20
PABST TALL BOY	1.25

\*While our no-wheat flatbread crust is free from gluten, Tarheel is not a gluten-free restaurant. Cross contamination could still occur.

## DESSERTS

**SALT & STRAW ICE CREAM**  
4.75 230-310 cal

**FRESHLY BAKED HOPE'S COOKIES**  
1.70 170-260 cal

**SEASONAL DESSERT**  
4.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available upon request.

### CONSUMER ADVISORY

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.