

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, bell pepper and tahini hummus served with house-made
garlic naan, raw carrots, celery, baby bok choy, cucumber, broccoli
calories per serving: 200, fat 6g, sat fat 1g, sodium 140mg, carbs 29g,
sugar 6g, protein 8g, fiber 6g contains: wheat, dairy, egg

FIG AND MUSHROOM PUFFS 8.00 
sweet and savory maitake mushroom and local fig filling piped into
Pâte à Choux dough, bleu cheese, micro arugula, micro radish
calories per serving: 350, fat 21g, sat fat 12g, sodium 290mg, carbs 34g,
sugar 8g, protein 10g, fiber 3g contains: wheat, dairy, egg

CHARCUTERIE PLATTER 15.00
assorted cured meats and local cheeses with bacon apple chutney,
whole grain mustard, pickled vegetables, house-baked baguette
contains: wheat, dairy, fish

SOUP OF THE DAY 5.00

DELI FARE

+ choice of 1 side



B.L.T. 9.50
house-cured Carlton Farms bacon, house-baked sourdough, roasted garlic
aioli, heirloom tomatoes with herb salt, butter lettuce
calories 720, fat 40g, sat fat 12g, sodium 1970mg, carbs 49g, sugar 3g,
protein 38g, fiber 3g contains: wheat, egg

SMOKED SALMON WRAP 11.00
house-smoked Oregon salmon, dill cream sauce, pickled cucumber and
onion salad, arugula, fingerling potato, local chèvre cheese
calories 860, fat 42g, sat fat 10g, sodium 1830mg, carbs 79g, sugar 12g,
protein 41g, fiber 5g contains: wheat, dairy, fish

CUBAN SANDWICH 10.00
roasted pork loin, thinly shaved prosciutto, Swiss, pickle, mustard on
toasted hoagie roll
calories 700, fat 35g, sat fat 12g, sodium 1860mg, carbs 51g, sugar 5g,
protein 44g, fiber 2g contains: wheat, dairy

TURKEY AND AVOCADO CLUB 9.50
confit turkey breast, avocado, lettuce, mayo, heirloom tomato, house
cured Carlton Farms bacon on house-baked sourdough
calories 820, fat 36g, sat fat 9g, sodium 2250mg, carbs 74g, sugar 3g,
protein 51g, fiber 5g contains: wheat, dairy, 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 OREGON BERRIES 8.00 
torn kale, assorted Oregon berries, rice wine vinaigrette, feta, Oregon
hazelnuts
calories 430, fat 29g, sat fat 7g, sodium 1430mg, carbs 35g, sugar 25g,
protein 13g, fiber 6g contains: wheat, dairy, soy, tree nuts

 **TOMATO AND CUCUMBER SALAD 8.00** 
local heirloom tomatoes and cucumbers marinated in balsamic vinegar,
olive oil, sea salt and black pepper, fresh basil, mint, pulled mozzarella,
semolina crouton
calories 360g, fat 24g, sat fat 4.5g, sodium 290mg, carbs 24g, sugar 14g,
protein 10g, fiber 2g contains: wheat, dairy

 **SWEET BEETS AND SPICY GREENS 8.00** 
local seasonal beets in honey-mint vinaigrette tossed with arugula, mizuna,
mustard frill, fresh seasonal herbs, Oregon cherries, local chèvre cheese
calories 340, fat:21g, sat fat:6g, sodium:420mg, carbs:32g, sugar:21g,
protein:12g, fiber:9g contains: dairy

CAESAR 8.50
Romaine, parmesan, house-made croutons, Caesar dressing, grilled lemon
white anchovies available upon request
calories 600, fat 40g, sat fat 9g, sodium 1080mg, carbs 40g, sugar 6g,
protein 21g, fiber 6g 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 600, fat 28g, sat fat 3g, sodium 620mg, carbs 51g, sugar 12g, protein 40g, fiber 9g
contains: wheat, dairy, soy, fish

OVERNIGHT RIBS 12.00
smoked St. Louis Carlton Farms ribs glazed with a house-made cherry BBQ sauce. served with Napa cabbage, carrot and summer squash slaw, scallions, wet naps
calories 960, fat 75g, sat fat 22g, sodium 2210mg, carbs 22g, sugar 14g, protein 48g, fiber 4g
contains: wheat, dairy, egg, soy

THREE SISTERS TROUT 12.00
potato puree, corn, squash and green bean succotash, pan seared trout filet, red pepper romesco, pine nuts
calories 870, fat 57g, sat fat 16g, sodium 760mg, carbs 59g, sugar 12g, protein 40g, fiber 10g
contains: dairy, fish, tree nuts

TERES MAJOR 15.00
5 oz. grilled and sliced Childer's Meats bistro filet, chimichurri, confit shallots, grilled summer squash, roasted heirloom cherry tomatoes, crushed Oregon hazelnuts
calories 840, fat 72g, sat fat 12g, sodium 490mg, carbs 16g, sugar 7g, protein 34g, fiber 5g
contains: tree nuts

EGGPLANT + TOMATO RAGOUT 9.50
house-made egg yolk pasta, roasted eggplant, Roma tomato with onion, garlic and basil topped with shaved parmesan, served with garlic bread
calories 470, fat 22g, sat fat 4g, sodium 550mg, carbs 57g, sugar 10g, protein 15g, fiber 6g
contains: wheat, dairy, egg

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.

ASPARAGUS AND PROSCIUTTO 9.50
julienned asparagus, thin sliced prosciutto, marinara, sprinkle of parmesan
naan crust: calories 380, fat 14g, sat fat 6g, sodium 1420mg, carbs 43g, sugar 7g, protein 21g, fiber 3g
contains: wheat, dairy, egg
no-wheat crust: calories 430g, fat 12g, sat fat 4g, sodium 2000mg, carbs 63g, sugar 5g, protein 20g, fiber 2g
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

FRUIT AND WALNUT 9.00
seasonal stone fruit, taleggio cheese, toasted walnuts, balsamic drizzle
naan crust: calories 490, fat 26g, sat fat 9g, sodium 340mg, carbs 49g, sugar 10g, protein 16g, fiber 3g
contains: wheat, dairy, egg, tree nuts
no-wheat crust: calories 550, fat 25g, sat fat 7g, sodium 920mg, carbs 70g, sugar 9g, protein 15g, fiber 2g
contains: dairy, tree nuts

SIDES 3.00

ROASTED HEIRLOOM CARROTS WITH GOAT CHEESE TZATZIKI
calories 80, fat 2.5g, sat fat 0g, sodium 270mg, carbs 15g, sugar 7g, protein 2g, fiber 3g
contains: dairy

SAUTÉED MISO GREEN BEANS
calories 110, fat 6g, sat fat 0.5g, sodium 125mg, carbs 15g, sugar 10g, protein 2g, fiber 3g
contains: wheat, soy

CABBAGE, SQUASH + CARROT SLAW
calories 140, fat:12g, sat fat:3g, sodium:210mg, carbs:5g, sugar:3g, protein:3g, fiber:1g
contains: dairy

GERMAN POTATO SALAD
calories 330, fat 15g, sat fat 5g, sodium 610mg, carbs 42g, sugar 5g, protein 9g, fiber 4g

BROWN SUGAR SWEET POTATO
calories 110, fat 2.5g, sat fat 0g, sodium 85mg, carbs 23g, sugar 8g, protein 1g, fiber 4g

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
Pepsi	250 cal
Diet Pepsi	0 cal
Sprite	260 cal
Mountain Dew	280 cal
Lemonade	300 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.

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.

DESSERTS

SALT & STRAW ICE CREAM
4.75 230-310 cal

FRESHLY BAKED HOPE'S COOKIES
1.70 170-260 cal

SEASONAL DESSERT
4.00