

Dairy-Free Choices

Seared Rare Ahi Tuna Appetizer Sliced thin, served with chervil-chive oil tomatillo salsa	and mango-	14-
Mesquite-Grilled Wild Salmon Fillet basted with olive oil, served with fresh steamed vegetables and coconut rice		28-
Mesquite-Grilled Wild Salmon spicy roasted tomato-jalapeno sauce, coconut rice, fresh salsa		28-
Macadamia-Nut Crusted Swordfish pan-seared with cilantro pesto, grilled tomatoes and sherry glaze		27-

Vegetarian Options

please inform your server if you are
vegan

Vegetable Quesadilla - flour tortillas with jack cheese, corn and peppers with dried tomato salsa		8-
Roasted Butternut Squash Enchiladas with creamy toasted walnut sauce	and quinoa salad	18-
Mesquite-Grilled Fresh Vegetable Platter seasonal grilled vegetables, fresh fruit, red beans, coconut rice		16-
Grilled Vegetable and Tomato Tacos rolled in white corn tortillas with chipotle crema, cabbage, and pico de gallo. Served with coconut rice and red beans		10-

Wheat-Free Items

Spanish Cheese Plate spanish blue, aged manchego,	two chef's selections with fresh fruits	13-
Seared Rare Ahi Tuna Appetizer Sliced thin, served with chervil-chive oil (tuna is coated with prepared spices)	and mango-tomatillo salsa	14-
Mesquite-Grilled Fresh Vegetable Platter seasonal grilled vegetables, fresh fruit, (red beans contain prepared spices)	red beans, coconut rice	16-
Cuban Pulled Flank Steak traditional dish of braised flank steak pulled and formed into a patty. Seared in olive oil and served with boniato mash and corn salsa (braised in prepared spices)		19-
Mesquite-Grilled Wild Salmon Fillet basted with olive oil, served with fresh steamed vegetables and coconut rice		28-
Ask the Chef chef scott neuman will prepare a special meal based on your needs. please let your server know if there is anything you can't have, or would love to have!	market-	

Colin's Menu

Colin Hoobler,
chief physical therapist and per-
sonal trainer at CH Physical Therapy
and Personal Training in Northwest
Portland, recommends eating from
this list of nutritious, low fat meals to
complement your exercise program.
Colin is also a former champion
natural bodybuilder, author, and
consults personal trainers nation-
wide on the application of science to
exercise. Contact Colin and his team
of physical therapists & trainers at
(971) 244-9000 or go to www.chpt.
org Mention this menu and receive
a cool gift!

Mesquite-Grilled Wild Salmon with Jalapeño-Tomato Sauce Salmon fillet grilled over mesquite and served with spicy roasted vegetables and salsa fresca	tomato-blackened jalapeno sauce, coconut rice, steamed	28-
Spinach Salad with Grilled Breast of Chicken tender chicken fanned over baby spinach leaves ginger vinaigrette	tossed with berry-	14-
Grilled Chicken Caesar Salad oba's spicy caesar topped with grilled chicken breast		15-
Grilled Chicken Breast Tacos breast of chicken grilled over hardwood, sliced and wrapped in corn tortillas with salsa cruda and cabbage served with rice and red beans		15-
Simply-Grilled Wild Salmon with lemon and Garlic with steamed vegetables and jasmine rice		28-
Mesquite-Grilled Fresh Vegetable Platter zucchini, squash, onion, tropical fruit, red beans, steamed rice		16-
Grilled Breast of Chicken with Mango Salsa 8 oz. chicken breast mesquite-grilled and served with jasmine rice, fresh vegetables, red beans and mango-tomatillo salsa		19-