

LUNCH MENU

SALADS & SOUPS

soup d'jour

fresh daily | inquire with your server | MP

avocado toast

protein bread | smashed avocado | sprouts | 11

(add house cured sustainable nordic salmon | 5)

heirloom beet & carrot tartar

dijon vinaigrette | mango "yolk" | ancient grain toast | 12

panzanella

artisan bread croutons | garden vegetables | parmigiana | evoo | 14

watermelon & kale salad

lacinato kale | persian cucumbers | bulgarian feta | balsamic | 15

heirloom tomatoes

tomato gel | meredith dairy sheep milk cheese | basil oil | sea salt | 14

quinoa & lentil 'tabbouleh'

cucumbers | tomatoes | sesame | lemon | mint | 13

in addition to any plate

5 oz nordic salmon | 9 - OR - chopped sous vide heritage chicken | 7 - OR - clean plant protein | 7

A BIT MORE

the burger

grass fed brisket-short rib beef patty | onion fondue | muenster | 18

not a burger

house made vegan 'patty' | tomato | greens | 'veganaise' | onion straws | vegan bun | 15

grilled cheese

house baked bread | gloucester | cress | fruit leather | 12

grilled zucchini 'toast'

heirloom tomatoes | sheep milk cheese | organic herbs | 14

warm savory strudel

choose: cup of soup OR petite salad | 15

fresh tartine special

fresh daily | inquire with your server | MP

entree and fresh catch specials

fresh daily | inquire with your server | MP

quiz the service team about desserts & daily specials!

**vegan, raw, vegetarian, & gluten free options always available*



HARVEST & WISDOM

Wednesday - Saturday 11am - 2pm | 239.949.0749 | ShangriLaSprings.com | Historic Bonita Springs, FL

Due to State Regulation the Following Statement Must Be Noted: "Consuming Raw or Uncooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food Borne Illness"