MARIN

LUNCH

STARTERS

Daily Soup 6

Baby Mixed Greens, Pecorino, Cracker 7
110 | 7 | 4 | 10 | 2

Baby Kale, Manchego, Pine Nuts, Garlic, Lemon-Chili Vinaigrette 8
300 | 24 | 17 | 7 | 3 | gf

Asparagus, Bacon, Buttermilk, Egg 10
250 | 19 | 10 | 8 | 3 | gf

PROTEIN ADDITIONS

Amish Chicken Breast 7
290 | 7 | 52 | 0 | 0 | gf

Farm Raised Atlantic Salmon 9
320 | 22 | 29 | 0 | 0 | gf

Beef Tri Tip 9
300 | 18 | 31 | 0 | 0 | gf

FLATBREADS

Artichoke and Olive 10
530 | 28 | 18 | 52 | 5

Slow Roasted Tomato, Oregano, Mozzarella 9
420 | 13 | 19 | 57 | 5

Ham, Fig, Blue cheese 12
580 | 18 | 33 | 74 | 7

Smoked Chicken 13
490 | 18 | 22 | 59 | 5

Sausage and Onion 10
490 | 16 | 25 | 59 | 4

Spiced Cauliflower Hummus and Pita 9
490 | 33 | 10 | 39 | 7 | v

SANDWICHES

(Accompanied by side salad)

Bison Burger 14
360 | 13 | 34 | 29 | 5

Turkey Avocado 13
500 | 25 | 33 | 42 | 10

Smoked Chicken, Prosciutto, Fig, White Cheddar 14
510 | 18 | 60 | 55 | 3

Tri-Tip, Lemon Yogurt, Pita 15
550 | 35 | 37 | 21 | 4

ENTREES

Daily Fritata 14

Salmon, Potato, Tomato, Olive, Mimosa Vinaigrette 21
500 | 26 | 35 | 32 | 4

Mahi Tacos, Pineapple, Avocado, Baked Black Beans 16
700 | 23 |67 | 55 | 12

Brick Chicken, Tabbouleh, Cucumber Lime Yogurt 19
640 | 31 | 68 | 9 | 3

Moroccan Spiced Vegetables, Quinoa, Fine Herb Sauce 15
350 | 14 | 8 | 50 | 8

SIDES

Sesame Carrots 7
240 | 18 | 7 | 17 | 5 | gf

Roasted Edamame,Sriracha Salt 7
240 | 13 | 18 | 15 | 9 | gf

Szechuan Broccoli 9
140 | 8 | 4 | 15 | 4 | gf | v

Green Beans 7
180 | 6 | 4 | 29 | 6 | gf | v

All items at MARIN have been assessed for nutritional value. The numbers and letters by each menu item from left to right:
calories | fat | protein | carbs | fiber | gluten free | vegan

** items are served raw or undercooked, or contain(or may contain)raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

4.15.15

MARIN

LUNCH

STARTERS

Daily Soup 6

Baby Mixed Greens, Pecorino, Cracker 7
110 | 7 | 4 | 10 | 2

Baby Kale, Manchego, Pine Nuts, Garlic, Lemon-Chili Vinaigrette 8
300 | 24 | 17 | 7 | 3 | gf

Farmer's Market Salad 9
300 | 24 | 17 | 7 | 3 | gf

PROTEIN ADDITIONS

Amish Chicken Breast 7
290 | 7 | 52 | 0 | 0 | gf

Farm Raised Atlantic Salmon 9
320 | 22 | 29 | 0 | 0 | gf

Beef Tri Tip 9
320 | 22 | 29 | 0 | 0 | gf

FLATBREADS

Artichoke and Olive 10
530 | 28 | 18 | 52 | 5

Slow Roasted Tomato, Oregano, Mozzarella 9
420 | 13 | 19 | 57 | 5

Ham, Fig, Blue cheese 12
580 | 18 | 33 | 74 | 7

Smoked Chicken 13
490 | 18 | 22 | 59 | 5

Sausage and Onion 10
490 | 16 | 25 | 59 | 4

Spiced Cauliflower Hummus and Pita 9
490 | 33 | 10 | 39 | 7 | v

SANDWICHES

(Accompanied by side salad)

Bison Burger 14
360 | 13 | 34 | 29 | 5

Turkey Avocado 13
500 | 25 | 33 | 42 | 10

Chicken, Brie, Fig 15
670 | 35 | 42 | 47 | 4

ENTREES

Daily Fritata 14

Salmon, Warm Potato Salad 24
550 | 21 | 36 | 52 | 6

Mahi Tacos, Pineapple Salsa, Avocado, Baked Black Beans 19
700 | 23 |67 | 55 | 12

Brick Chicken, Arugula Panznanella 21
700 | 23 |67 | 55 | 12

Roasted Vegetables, Green Goddess 15
700 | 23 |67 | 55 | 12

SIDES

Sesame Carrots
240 | 18 | 7 | 17 | 5 | gf

Roasted Edamame, Sriracha Salt 7
240 | 13 | 18 | 15 | 9 | gf

Szechuan Broccoli 9
140 | 8 | 4 | 15 | 4 | gf | v

Roasted Brussels Sprouts, Pickled Mushrooms 7

All items at MARIN have been assessed for nutritional value. The numbers and letters by each menu item from left to right:
calories | fat | protein | carbs | fiber | gluten free | vegan

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3.25.15