

Breakfast

Monday–Friday 7–11am; Saturday and Sunday 8–11am

entrees

Omelet of the Day	\$8.5
Chef's choice made with cage-free eggs & served with mixed fruit	
Breakfast Panini	\$8
Cage-free eggs, ham, cheddar & red pepper mayo in grilled focaccia, served with mixed fruit	
Acai Protein Bowl	\$9
Acai, organic banana & vanilla whey protein or vegan protein blended & topped with fresh fruit, coconut, almonds & cocoa nibs	
Power Breakfast Bowl	\$9.5
Grass-fed beef with cage-free eggs, roasted red onion, roasted red & yellow peppers, cilantro salsa & avocado	
Crisp Bacon & Egg Sandwich	\$8.5
Cage-free eggs, nitrate-free bacon, Swiss & red pepper mayo on toasted ciabatta, served with mixed fruit	
Eggs & Bacon	\$8
Two cage-free eggs (scrambled, sunny-side up, over easy, medium or hard) with three strips of bacon served with wheat toast	
Oatmeal	\$7
Oats cooked in almond milk, topped with seasonal fruit & served with sides of brown sugar & candied walnuts	

breakfast sides

Eggs – two cage-free eggs, any style	\$2.99
Bacon – four pieces	\$4
Fruit – bowl of mixed fruit	\$6.49
Muffin	\$1.5
Bagel with organic butter	\$3
English Muffin with organic butter	\$3
Toast – two slices whole wheat toast with organic butter	\$3
Peanut Butter, Cream Cheese or Jelly	50¢

Gluten-free options available upon request.

coffee & tea

	12oz	16oz	20oz
Bullseye Coffee	\$3.5	\$4.5	\$5
Lavazza coffee blended with coconut oil, cinnamon & organic butter			
Coffee	\$2	\$2.5	\$3
Latte	\$3.5	\$4	\$4.5
Cappuccino	\$3.5	\$4	\$4.5
Americano	\$3	\$3.5	\$4
Espresso	Single \$2	Double \$3.5	
Organic Hot Tea	\$2.5	\$3	\$3.5

Lunch & Dinner

Monday–Saturday 11am–9pm; Sunday 11am–2pm

appetizers

Calamari \$9
Sliced calamari, lightly fried in a milk batter & served with spicy aioli, pickled peppers & grilled lemon

Potstickers \$8
Chicken & cabbage in a wonton wrap, pan seared & served with ponzu

House-Made Hummus \$8
Two kinds of house-made hummus served with grilled tandoori bread, olives, tzatziki & fresh vegetables

Edamame \$6
Lightly blanched with a spoon of roasted sesame seed salt

Mini Burger Platter \$9
Three grass-fed beef sliders on egg-washed buns with lettuce, tomato & mayo

Add cheese or bacon \$1

Angel or Jerk Wings \$12
Ten chicken wings char buffed. Choice of glazed spicy & sweet angel sauce or dry jerk rub

Tuna Togarashi \$14
4oz seared togarashi-spiced tuna with nori, avocado, radish sprouts, ginger, carrot & lemon-soy dressing

flatbreads

Pesto Chicken \$11
Cage-free chicken breast with house-made pesto, tomato & three-cheese blend

BBQ Chicken \$11
Cage-free chicken breast, BBQ sauce & three-cheese blend garnished with cilantro

Smoked Brisket \$11
Smoked BBQ beef brisket, chimichurri, mozzarella cheese, pickled red onion, & red & yellow peppers

Four Cheese \$10
Pizza sauce & four-cheese blend with Italian seasoning
Add Pepperoni for \$1

Flatbread of the Day \$9

entrees

All entrees are served with roasted vegetable and potato.

Bone-In Half Jerk Chicken \$20

Half Rack of Pork Ribs \$22

Filet Mignon – 6oz/8oz \$24/\$28

NY Strip – 8oz \$26

sandwiches

All sandwiches served with Seasonal Side Salad.
Substitute French Fries or Sweet Potato Fries for \$1.

Grass-Fed Beef Burger \$11
Grass-fed beef burger, romaine, tomato, pickled red onion & house-made red pepper mayo on toasted egg-wash bun

Cajun-Spiced Turkey Burger \$11
Turkey burger, Cajun seasoning, romaine, tomato, pickled red onion & house-made red pepper mayo on toasted egg-wash bun

Brisket or Grilled Steak Panini \$12
Brisket or steak, roasted onion & mushrooms, Swiss cheese & creamy horseradish sauce

California Chicken \$9.5
Garlic-herbed chicken, Swiss, roasted red pepper, romaine, avocado & tomato with house-made black pepper mayo on toasted ciabatta

Turkey Avocado \$9.5
Turkey, romaine, avocado & tomato with house-made black pepper mayo on toasted ciabatta

Caprese Panini \$9
Tomato, mozzarella & house-made pesto in grilled focaccia

Chimichurri Chicken Panini \$10
BBQ chicken, chimichurri, red pepper, roasted red onion & cheddar in grilled focaccia

quesadillas, enchiladas & tacos

Served with romaine, pico de gallo & cilantro crema.

Chipotle Chicken Quesadilla \$9
Garlic-herbed chicken, three-cheese blend, pico de gallo, green onion & chipotle ranch in a wheat tortilla

BBQ Beef Brisket Quesadilla \$9
Smoked beef brisket, BBQ sauce, Monterey Jack, cheddar, mozzarella & red onion in a wheat tortilla

Enchiladas \$9
Chicken or spinach & mushroom with three-cheese blend & green onion in corn tortillas

LifeCafe® Chicken or Beef Tacos \$10
Chicken or beef brisket with avocado, pickled red onion & cilantro-ginger slaw in corn tortillas

LifeCafe Salmon Tacos \$13
Salmon with avocado, pickled red onion & cilantro-ginger slaw in corn tortillas

Gluten-free options available upon request.

lunch & dinner sides

Seasonal Side Salad \$4
Sweet Potato Fries Sm \$4 Lg \$7
French Fries Sm \$4 Lg \$7
Mashed Potato \$4
Grilled Vegetables \$7
Steamed Broccoli \$4

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STEAK & SUSHI

Lunch & Dinner

Monday–Saturday 11am–9pm; Sunday 11am–2pm

hand-tossed salads

Humboldt **\$11**
Romaine, spinach, bleu cheese, bacon, carrots, candied walnuts & avocado tossed with red wine vinaigrette
Chef recommends adding Grass-Fed Steak

Greek Olive **\$9**
Romaine, feta, kalamata olive, cucumber, red onion, red pepper & tomato with house-made Greek dressing

Harvest Greens **\$9.5**
Spinach, apple, craisins, pumpkin seeds & sweet potato with apple cider vinaigrette

Remix **\$11**
Spinach, tomato, jalapeño, avocado, sunflower seeds, cucumber & carrot with citrus-cilantro vinaigrette

ultimate bowls

Chef Dodge Bowl **\$6.5**
Grilled artichoke, roasted yellow tomato, squash, zucchini, red & yellow peppers, red onion, broccoli & cauliflower rice with citrus-garlic aioli

Couscous Bowl **\$6.5**
Couscous, grilled artichoke, roasted yellow tomato, zucchini, squash, red & yellow peppers, & harissa yogurt, garnished with cilantro

Simply EP Bowl **\$5.5**
Sushi rice, broccoli & carrot drizzled with garlic chili oil

Coconut Curry Bowl **\$6.5**
Sushi rice, carrot, roasted sweet potato, broccoli, red & yellow peppers, coconut curry broth, garnished with cilantro & green onion

ADD PROTEIN TO YOUR SALAD OR BOWL

Kale Veggie Burger **\$3**
Garlic-Herbed Chicken Breast **\$4**
Shrimp **\$6**
Cajun-Spiced Turkey Burger **\$6**
Grass-Fed Beef Burger **\$7**
Skuna Bay Salmon **\$7**
Smoked Beef Brisket **\$7**
Grass-Fed Flank Steak **\$7**

soups

Miso served with tofu, scallions & wakame **Cup \$5**

Soup of the Day **Cup \$5**
Bowl \$7

kids menu

(ages 12 & under)

Served with kids chips, seasonal side & organic milk or juice.
Substitute French Fries or Sweet Potato Fries for 50¢.

Cheese Pizza Bites on Naan Bread **\$6.5**

Chicken Tenders **\$6.5**

Macaroni & Cheese **\$6.5**

Cheese Quesadilla **\$6.5**

Sandwiches Served on Wheat Bread **\$6**

Choose from:

Grilled Cheese

Peanut Butter & Jelly

Turkey & Swiss

Gluten-free options available upon request.

Sushi*

Monday–Saturday 11am–2pm; 4–9pm

8-piece rolls

Angry Emily \$16

Inside-out with shrimp tempura, asparagus, avocado, topped with salmon, tuna, crunchy flakes, green onion, unagi sauce, spicy mayo, sesame seeds & chili oil

California \$9

Inside with snow crab, cucumber & avocado, sprinkled with sesame seeds

Caterpillar \$14

Inside with unagi, cucumber, topped with avocado then drizzled with unagi sauce & sesame seeds

Cherry Blossom \$15

Inside-out with salmon, avocado, cucumber, wrapped with tuna, served with unagi sauce & spicy mayo, garnished with cucumber, tobiko & sesame seeds

Crunchy \$12

Inside-out with shrimp tempura, cucumber, avocado, spicy mayo, rolled in masago, crunchy flakes & drizzled with unagi sauce & sesame seeds

Crunchy Spicy Salmon \$14

Inside-out with spicy salmon mix, sprouts, avocado, carrot, topped with salmon, avocado & crunchy flakes

Crunchy Spicy Tuna \$16

Inside-out with spicy tuna mix, sprouts, carrot, topped with tuna, avocado & crunchy flakes

Crunchy Unagi \$12

Inside-out with unagi, cucumber & avocado, topped with crunchy flakes, unagi sauce & sprinkled with sesame seeds

Kerry \$16

Mix of half crunchy spicy tuna & half crunchy spicy salmon, topped with avocado, tuna, salmon & crunchy flakes

Mojo \$13

Inside with tuna, salmon, asparagus, cream cheese, rolled in tempura batter & panko then lightly fried

9½ \$15

Inside-out with tempura shrimp, cucumber, spicy mayo, wrapped with salmon, avocado & unagi, drizzled with unagi sauce & sesame seeds

Philly \$9

Inside-out with salmon, avocado, cream cheese, green onion & sprinkled with sesame seeds

Rainbow \$15

Inside-out with ebi, cucumber, avocado, carrot, topped with avocado & four types of fish (Chef's choice)

Vegetarian \$10

Inside-out with asparagus, cucumber, carrot, sprouts, topped with avocado & sprinkled with sesame seeds

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

6-piece rolls

Dynamite \$8

Inside with a mixture of white fish, homemade sriracha, green onion, sprouts & jalapeño

Mexican \$11

Inside with salmon, tuna, white fish, cilantro, cucumber, jalapeño, avocado, spicy mayo, drizzled with chili oil & lime juice

Shrimp Tempura \$9

Inside-out with shrimp tempura, cucumber, avocado, sprouts, spicy mayo, drizzled with unagi sauce & sesame seeds

Spicy Salmon \$8

Inside with spicy salmon mix, sprouts, avocado, cucumber & jalapeño

Spicy Tuna \$8

Inside with spicy tuna mix, sprouts, avocado & carrot

Spider \$13

Inside with soft-shell crab, sprouts, cucumber, carrot, avocado & drizzled with unagi sauce & sesame seeds

maki rolls–6 pieces

Avocado \$5

Inside with avocado

Cucumber – Kappa Maki \$5

Inside with cucumber

Salmon – Sake Maki \$6

Inside with salmon

Tuna – Tekka Maki \$7

Inside with tuna

sashimi–3 pieces/nigiri–2 pieces

Flying Fish Roe – Tobiko \$6

Smelt Roe – Masago \$6

Salmon Roe – Ikura \$7

Fresh Water Eel – Unagi \$7

Snow Crab – Kani \$6

Octopus – Tako \$6

Salmon – Sake \$6

Shrimp – Ebi \$6

Escolar – Mutsu \$6

Big Eye Tuna – Maguro \$7

Yellow Tail – Hamachi \$7

Sushi Combo – Chef's Choice Queen \$15 King \$25

Served with miso soup & seaweed salad

Queen – 5 pieces of nigiri & one roll

King – 9 pieces of nigiri & one roll

Sashimi Combo – Chef's Choice Queen \$15 King \$25

Served with miso soup, seaweed salad & white rice

Queen – 11 pieces

King – 15 pieces

Fried Rice – Serves one \$7

Rice, egg, green onion, carrot, peas, garlic & tamari

Add Chicken \$4, Shrimp \$6

White Rice \$3

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STEAK & SUSHI

Happy Hour

Monday–Friday 3–6pm | In-house dining only

appetizers

Edamame \$4
Lightly blanched with a spoon of roasted sesame seed salt

Chicken Potstickers \$6
Pan seared & served with ponzu

Crispy Calamari \$7
With spicy aioli & grilled lemon

Mini Burger Platter \$7
Three grass-fed beef sliders on egg-washed buns with lettuce, tomato & mayo

Add cheese or bacon \$1

Angel or Jerk Wings \$10
Ten chicken wings char buffed. Choice of glazed spicy & sweet angel sauce or dry jerk rub

drink specials

House wines \$5

Rail cocktails \$5

Draft beers \$4.5

12oz. domestic bottled beers \$5

sushi rolls*

California \$7
Inside with snow crab, cucumber & avocado, sprinkled with sesame seeds

Mexican \$9
Inside with salmon, tuna, white fish, cilantro, cucumber, jalapeño, avocado, spicy mayo, drizzled with chili oil & lime juice

Mojo \$11
Inside with tuna, salmon, asparagus, cream cheese, rolled in tempura batter & panko lightly fried

Shrimp Tempura \$7
Inside-out with shrimp tempura, cucumber, avocado, sprouts, spicy mayo, drizzled with unagi sauce & sesame seeds

Spicy Salmon \$6
Inside with spicy salmon mix, sprouts, avocado, cucumber & jalapeño

Spicy Tuna \$6
Inside with spicy tuna mix, sprouts, avocado & carrot

maki rolls*–6 pieces

Avocado \$3

Cucumber \$3

Salmon \$4

Tuna \$5

All You Can Eat Sushi

Tuesday 4–9pm | \$29.95 per person | In-house dining only

appetizers

Edamame
Lightly blanched with a spoon of roasted sesame seed salt

Miso Soup
Tofu, green onion & seaweed

nigiri sushi*

Shrimp – Ebi

Yellow Tail – Hamachi

Salmon – Sake

Escolar

Tilapia – Izumi-Dai

Octopus – Tako

Tuna – Maguro

maki sushi rolls*

Negihama – Yellow Tail

Tekka Maki – Tuna

Sake Maki – Salmon

specialty rolls*

California
Inside with snow crab, cucumber & avocado, sprinkled with sesame seeds

Crunchy Unagi
Inside-out with unagi, cucumber & avocado, topped with crunchy flakes, unagi sauce & sprinkled with sesame seeds

Dynamite
Inside with a mixture of white fish, homemade sriracha, green onion, sprouts & jalapeño

Mexican
Inside with salmon, tuna, white fish, cilantro, cucumber, jalapeño, avocado, spicy mayo, drizzled with chili oil & lime juice

Philly
Inside-out with salmon, avocado, cream cheese, green onion & sprinkled with sesame seeds

Shrimp Tempura
Inside-out with shrimp tempura, cucumber, avocado, sprouts, spicy mayo, drizzled with unagi sauce & sesame seeds

Spicy Salmon
Inside with spicy salmon mix, sprouts, avocado, cucumber & jalapeño

Vegetarian
Inside-out with asparagus, cucumber, carrot, sprouts, topped with avocado & sprinkled with sesame seeds

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Wine, Beer & Spirits

red wines

	glass/bottle
House Red	\$6/\$22
Mark West, Pinot Noir, CA	\$8/\$28
Meiomi, Pinot Noir, CA	\$11/\$40
McManis, Merlot, CA	\$8/\$28
Cline, "Old Vine" Zinfandel, Lodi	\$7/\$26
Elsa Bianchi, Malbec, Argentina	\$7/\$26
Layer Cake, Shiraz, Australia	\$10/\$36
Louis M Martini, Cabernet Sauvignon, CA	\$10/\$36
Substance, Cabernet Sauvignon, WA	\$12/\$44
Decoy, Cabernet Sauvignon, CA	\$15/\$56

white wines

	glass/bottle
House White	\$6/\$22
Ruffino, Pinot Grigio, Italy	\$8/\$28
Kim Crawford, Sauvignon Blanc, NZ	\$12/\$44
Dr. L., Reisling, Germany	\$8/\$28
Chamisal, Chardonnay, CA	\$9/\$32
Pedroncelli, Chardonnay, Sonoma County	\$9/\$32
Arsonist, Chardonnay, CA	\$12/\$44
La Vieille Ferme, Rose, France	\$7/\$26

sparkling

	glass/bottle
La Marca, Prosecco, Italy (split)	\$9 per bottle

draughts + bottled beers

Draughts	\$5.5-\$6
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Domestic Bottles	\$5-\$7.5
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Budweiser
Bud Light
Michelob Ultra
Crispin
Summit
O'Doul's (N/A)

Imported Bottle/Micro-Brew Bottles	\$5
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Corona
Heineken
Kirin Ichiban

whiskey, bourbon + rye

Jack Daniels	\$7
Jim Beam	\$7
Seagram's	\$7
Southern Comfort	\$7
Jameson	\$7
Bulleit Bourbon	\$7
Maker's Mark	\$8
Basil Hayden	\$8

tequila

Jose Cuervo	\$7
1800 Silver	\$8
Patron Silver	\$9

scotch

Chivas	\$8
Johnnie Walker Black	\$9

vodka

Tito's	\$7
Absolut	\$7
Absolut Citron	\$7
Grey Goose	\$8
Ketel One	\$8

rum

Bacardi	\$7
Captain Morgan	\$7

gin

Tanqueray	\$7
Hendrick's	\$8
Bombay Sapphire	\$9

rare

STEAK & SUSHI