

We're Known For OUR GREAT-TASTING SEASONAL DISHES.

These are for the cold & flu season.

ANDY'S IMMUNE POWER MENU

Available 5 pm – Close; Daily
\$18 per person
(Three Courses)

Immunity Soup

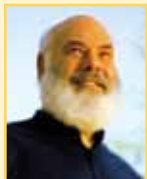
Astragalus Root, Shiitake Mushrooms, Broccoli,
Tamari, Ginger & Garlic Broth

Roasted Arctic Char

Braised Kale, Salsify, Maitake & Cranberry Dashi

Pomegranate Yuzu Sorbet

Olivello-Citrus Salad



True Food
kitchen

Why It's Good For You...

IMMUNITY SOUP

- ▲ Astragalus is a plant root used in traditional Chinese medicine to increase natural resistance to colds and other respiratory infections.
- ▲ Shiitake mushrooms have antiviral and immune enhancing properties.
- ▲ Garlic is a tonic herb with significant antibiotic properties.
- ▲ Ginger is a natural anti-inflammatory agent that warms the body.
- ▲ Broccoli contains health-promoting phytonutrients.

ROASTED ARCTIC CHAR

- ▲ Arctic is a clean, sustainable source of anti-inflammatory Omega-3 fatty acid.
- ▲ Kale is loaded with vitamins, minerals, and protective phytonutrients.
- ▲ Maitake are Japanese mushrooms that enhance immune function.
- ▲ Cranberries are rich in antioxidants pigments.

POMEGRANATE YUZU SORBET

- ▲ Olivello Juice is an extract from sea buckthorn berries. Olivello is full of powerful natural antioxidants and other protective phytonutrients.
- ▲ Citrus is a natural source of vitamin C.
- ▲ Pomegranate is rich in phytonutrients that protect immunity.

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