



# LUNCH

## STARTERS

Chilled Spring Bisque  
peas, carrots, mint oil 8 V

Smoked Trout Rillettes  
buckwheat crackers, house-made pickles 10

Ojo Farm Mixed Green Salad  
sprouts, radishes, prosecco vinaigrette 8 V

Sourdough Flat Bread  
pesto, prosciutto, goat cheese 15

Spinach Caesar Salad  
parmesan crisps, garlic chips, pepita powder 10

## ENTRÉES

Petit Filet of Ribeye  
French beans, mashed potatoes, demi-glace 15

Grilled Salmon  
spring vegetable salad, cashews 16

Corn Maiden Tamale  
English peas, white beans, mild red chile sauce 15 V

The Green Chile Cheeseburger  
vintage cheddar, apple slaw, brined fries 18

Pan-Roasted Chicken Breast  
spicy posole verde, sautéed greens 16

Vegetable Tacos  
guacamole, roasted salsa, sprouted tortillas 15 V

Mediterranean Salad Wrap  
mixed green salad, quinoa tabbouleh, English pea hummus 15

## EXECUTIVE CHEF ROCKY DURHAM

V Indicates vegan option.

Sunrise Springs endeavors to use local, organic and sustainable ingredients whenever possible.  
Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food-borne illness.



## DESSERTS

Mexican Chocolate Decadence  
vanilla crème anglaise, bizcochito 10

Coffee and Donuts  
cappuccino flan, miniature churros 10

Mélange of Fresh Fruit  
coconut cream, salted caramel walnuts V 10

Cookies  
assorted, house-made 5

## TO DRINK

House-made ginger soda 5

San Pellegrino assorted naturally flavored sodas 3.5

San Pellegrino sparkling natural mineral water 500 ml 5

## DINING HOURS

Breakfast Lite Fare	7:00 – 7:30 am	Sages Café
Breakfast	7:30 – 9:30 am	Sages Café
Sunday Brunch	11:00 – 2:00 pm	Blue Heron
Lunch	12:00 – 2:00 pm	Blue Heron
Dinner (Sun-Thurs)	6:00 – 8:00 pm	Blue Heron
Dinner (Fri & Sat)	6:00 – 9:00 pm	Blue Heron

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