



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

Orange, Fennel, Avocado, Pistachio 10
340 | 28 | 5 | 23 | 7 | gf | v

Squash, Warm Ricotta,
Fresno, Walnuts 10
150 | 8 | 4 | 19 | 5 | 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 Tenderloin 14
300 | 18 | 31 | 0 | 0 | gf

FLATBREADS

Artichoke and Olive 12
530 | 28 | 18 | 52 | 5

Slow Roasted Tomato,
Oregano, Mozzarella 10
420 | 13 | 19 | 57 | 5

Ham, Fig, Blue cheese 13
580 | 18 | 33 | 74 | 7

Smoked Chicken 14
490 | 18 | 22 | 59 | 5

Sausage and Onion 12
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, Brie 14
510 | 18 | 60 | 55 | 3

ENTREES

Daily Frittata 14

Roasted Salmon,
Beets, Squash, Bacon Jam 28
490 | 28 | 41 | 23 | 4 | gf

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

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

SIDES

Sesame Carrots 7
70 | 2 | 13 | 2 | 3 | gf | v

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

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

Chermoula Brussel Sprouts,
Pine Nuts 7
240 | 16 | 8 | 21 | 9 | 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.