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# Our Food Philosophy

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1. Never using artificial trans-fats for any items prepared in house.
2. Never using MSG.
3. Serving produce that is fresh, fresh frozen or packed in 100% juice or water.
4. Sourcing milk that is local and free of added growth hormones.
5. Serving 100% cage-free eggs.
6. Offering 100% produced at origin, hand harvested, mountain grown, custom-blended coffees to support partnerships with the Colombia Coffee Growers Association, Rainforest Trust, and numerous charities through Fundraising 365.
7. Serving proteins that are USDA certified.
8. Purchasing sustainable seafood that follows the Marine Stewardship Council's guidelines and recommendations.
9. Writing menus that feature seasonal and regional products we source from local farmers and small producers.
10. Accommodating nutritional and dietary requests.
11. Offering a wide variety of vegetarian, vegan and gluten-free options.
12. Serving an array of whole grain breads, pastas and cereals.