



PALM HEALTH

REACH WELL-BEING

Menu

9160 CLAYTON ROAD, ST. LOUIS, MO 63124
314.801.8898 • PALMHEALTH.COM

Eggs

Farm Fresh Eggs *df gf* | 9

two eggs cooked your way with house-made sourdough and mixed greens

Farm Fresh 3-Egg Omelet | 12

omelet with white cheddar cheese, house-made sourdough, mixed greens, and your choice of toppings: bell pepper, jalapeño, mushroom, onion, spinach, tomato, goat cheese (+2), ham (+2), chicken (+2), avocado (+4)

Fruit & Fiber

Old-Fashioned Rolled Oats with Berries *df ed gf lf* | 10

oatmeal with almond milk, maple syrup, cinnamon, and berries

Fresh Fruit Salad *df ed gf* | 9

seasonal fresh fruit, raw local honey, shaved coconut, and pecans

Greek Yogurt Parfait *gf* | 8

Greek vanilla yogurt, raw local honey, mixed berries, granola, and toasted nuts

Toasts & Sandwiches

Toast with House-Made Honey Butter | 5

two slices of our house-made sourdough toasted and served with house-made honey butter and mixed greens

Toast with Avocado Spread | 8

two slices of our house-made sourdough toasted with avocado spread, lemon, pepper, pink Himalayan salt, and cilantro, served with mixed greens

Lauren's Toast | 14

two slices of our house-made sourdough toasted with a smear of goat cheese and fresh avocado spread, topped with grilled asparagus, lime, feta cheese, cilantro, cracked pepper, pink Himalayan salt, two scrambled farm fresh eggs, and served with mixed greens

Heartland Toast | 14

two slices of our house-made sourdough toasted and served with goat cheese, Dijon mustard, local ham, aged Gruyère, an over-easy farm fresh egg, and mixed greens

Gluten-free toast is available upon request (+1) gf.

Open-Faced Chicken Sandwich / 16

sliced chicken breast served on our toasted house-made sourdough with avocado spread, white cheddar cheese, lettuce, and tomato

Open-Faced Veggie Sandwich / 14

grilled vegetables served on our toasted house-made sourdough with tomato basil sauce and mozzarella

Soup & Salads

Vegetable Bone Broth *df ed gf*

cup / bowl / quart (*to-go*) / 8 / 11 / 21

house-made oxtail bone broth and puréed vegetables
(*based on availability*)

PALM Harvest Salad *gf* | 13

spring mix, tomatoes, avocado, red onion, mixed nuts, Kalamata olives, cucumber, and feta cheese served with house-made balsamic vinaigrette

Kale and Beet Salad *gf* | 13

kale with basil pesto, smashed avocado, and house-made balsamic vinaigrette with beets, pine nuts, and feta cheese

Blue Note Salad *gf* | 13

spring mix, red onions, button mushrooms, avocado, tomato, served with our house-made balsamic vinaigrette and blue cheese crumbles
(*recommended with sliced strip steak (+14)*)

Salad Niçoise *df gf* | 15

spring mix, hard-boiled egg, fingerling potatoes, green beans, bell peppers, tomato, Kalamata olives, and red onions with our house-made balsamic vinaigrette (*recommended with seared ahi tuna (+13)*)

Add to Any Salad

== grilled chicken (+9)

== strip steak (+14)

== grilled salmon (+12)

== seared ahi tuna (+13)

== grilled seasonal vegetables (+7)

== avocado (+4)

df dairy free

ed elimination diet friendly

gf gluten free

lf lactose free

v vegetarian

Proteins & Pastas

Grilled Seasonal Vegetable Platter *df ed gf lf* | 12

platter of seasonal vegetables

Risotto with Grilled Vegetables *gf* | 15

your choice of tomato basil or mushroom risotto, made with chicken broth, onions, and Parmesan cheese
(recommended with grilled salmon (+12) or grilled chicken (+9))

Pre-Game Pasta *gf* | 18

gluten-free red lentil penne with a homemade tomato vodka cream sauce, Parmesan cheese, and sautéed broccoli

Basil Pesto Penne | 18

basil pesto penne with Parmesan cheese and sautéed tomato, onion, and spinach

— gluten-free red lentil penne (+2) *gf*

Pasta Bolognese | 20

penne pasta with grass-fed ground beef tomato sauce and Parmesan cheese

— gluten-free red lentil penne (+2) *gf*

Seared Ahi Tuna and Vegetable Platter *df ed gf lf* | 28

seared ahi tuna (recommended rare) served with a platter of seasonal vegetables

Grilled Salmon and Vegetable Platter *df ed gf lf* | 27

farm-raised Chilean grilled salmon served with a platter of seasonal vegetables

Grilled Chicken Breast and Vegetable Platter *df ed gf lf* | 25

locally raised free-range chicken breast served with a platter of seasonal vegetables

8 oz. New York Strip Steak and Vegetable Platter | 30

grass-fed strip steak served with a platter of seasonal vegetables

Grass-Fed Burger | 20

half-pound grass-fed ground beef burger on a brioche bun with lettuce, tomato, aged Gruyère, Dijon mustard, and jalapeño bacon jam, served with roasted fingerling potatoes

All service fees and gratuities are included in pricing. We use only organic ingredients to provide you with the best in quality and taste.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

Lite Menu | Breakfast

Strawberry Fit Greens Smoothie 16oz *gf df ed v* | 12

315 cal, 14g fat, 28g carbs (net 13g), 15g fiber, 20g protein

spinach, strawberries, avocado, PALM Vegan Complete Vanilla protein powder, almond milk

Berry Good Smoothie 16oz *gf df ed v* | 12

286 cal, 12g fat, 32g carbs (net 20g), 12g fiber, 18g protein

blueberries, spinach, PALM Vegan Complete Vanilla or Chocolate protein powder, unsweetened macadamia milk or almond milk

Balance Smoothie 16oz *gf df ed v* | 12

297 cal, 12g fat, 41g carbs (net 32g), 9g fiber, 12g protein

maca root powder, PALM Vegan Complete Chocolate protein powder, banana, avocado, cayenne, cinnamon, nutmeg, cacao, L-glutamine, dates, almond milk

Clarify Protein Smoothie 16oz *gf df ed v* | 12

294 cal, 8g fat, 46g carbs (net 36g), 10g fiber, 11g protein

PALM Vegan Complete Vanilla protein powder, banana, mango, strawberries, avocado, cinnamon, carrot juice, almond milk, bee pollen as garnish

Lite Spinach Goat Cheese 2-Egg Omelet *gf v* | 13

240 cal, 17g fat, 3g carbs (net 2g), 1g fiber, 19g protein

two-egg omelet with goat cheese, spinach, mixed greens, and your choice of toppings: bell pepper, jalapeño, mushroom, onion, tomato

2 Eggs Your Way with Gluten-Free Toast *gf v* | 8

282 cal, 17g fat, 15g carbs (net 13g), 2g fiber, 16g protein

two eggs cooked your way with a slice of our house-made gluten-free toast and a side of arugula

Lite Gluten-Free Avocado Toast with Berries *gf v* | 12

234 cal, 16g fat, 14g carbs (net 10g), 4g fiber, 9g protein

a slice of our house-made gluten-free toast with avocado and one scrambled egg, served with one cup of berries

Avocado with Ham, Egg, and Asparagus *gf* | 12

265 cal, 16g fat, 6g carbs (net 3g), 3g fiber, 28g protein

avocado, ham, one scrambled egg, and asparagus

Lite Menu | Lunch

Lite Grilled Salmon (3oz) *gf df ed* | 22

334 cal, 23g fat, 10g carbs (net 7g), 3g fiber, 24g protein

grilled salmon (3oz) served with grilled seasonal vegetables and greens

Lite Harvest Salad with Chicken (6oz) *gf* | 21

or Salmon (3oz) *gf* | 23

356 cal, 20g fat, 12g carbs (net 7g), 5g fiber, 7g protein

spring mix, tomatoes, avocado, red onion, mixed nuts, Kalamata olives, cucumber, and feta cheese, served with PALM Lite Carrot Ginger Dressing and your choice of chicken (6oz) or salmon (3oz)

Lite Salad Niçoise with Ahi Tuna (6oz) *gf* | 27

450 cal, 30g fat, 15g carbs (net 11g), 4g fiber, 25g protein

spring mix, hard-boiled egg, green beans, bell peppers, tomato, Kalamata olives, red onions, seared ahi tuna (6oz), served with PALM Lite Carrot Ginger Dressing

PALM Health Signature Salad with Grilled Chicken (6oz) *gf* | 22

387 cal, 12g fat, 34g carbs (net 24g), 10g fiber, 43g protein

chopped grilled chicken (6oz), romaine lettuce, red cabbage, carrots, radish, cucumber, chickpeas, sunflower seeds, cilantro, served with PALM Lite Carrot Ginger Dressing (vegetarian option: substitute chickpeas for chicken)

Chicken Arugula Salad (6oz) *gf* | 22

344 cal, 18g fat, 11g carbs (net 4g), 7g fiber, 44g protein

grilled chicken (6oz), arugula, cherry tomatoes, grilled zucchini, Parmesan cheese, lemon, and olive oil

Lite Menu | Dinner

Grilled Chicken Breast (6oz) with Veggies *gf df ed* | 23

334 cal, 13g fat, 11g carbs (net 7g), 4g fiber, 46g protein

grilled chicken breast (6oz) served with grilled seasonal vegetables and greens

Grilled Salmon (6oz) with Veggies *gf df ed* | 25

492 cal, 32g fat, 10g carbs (net 7g), 3g fiber, 42g protein

grilled salmon (6oz) served with grilled seasonal vegetables and greens

Grilled Salmon (6oz) with Broccoli and Mushrooms *gf df ed* | 25

481 cal, 32g fat, 6g carbs (net 4g), 2g fiber, 42g protein

grilled salmon (6oz) with broccoli and mushrooms

Dijon Salmon (6oz) *gf df ed* | 25

530 cal, 26g fat, 22g carbs (net 17g), 5g fiber, 36g protein

Dijon salmon (6oz) with green beans and brown rice

Duchess Chicken (6oz) *gf df ed* | 25

426 cal, 12g fat, 31g carbs (net 26g), 5g fiber, 46g protein

Duchess chicken (6oz) with mushrooms, carrots, and Herbs de Provence, served with brown rice

Ginger Chicken (6oz) *gf df ed* | 25

480 cal, 12g fat, 56g carbs (net 47g), 9g fiber, 46g protein

Ginger chicken (6oz) with broccoli, carrots, and brown rice

Red Lentil Pasta *gf ed v* | 16

485 cal, 14g fat, 58g carb (net 53g), 5g fiber, 30g protein

gluten-free red lentil penne with marinara, broccoli, mushrooms, and a garnish of Parmesan cheese (omit cheese for *df* option)

