



PALM HEALTH

REACH WELL-BEING

# Menu

9160 CLAYTON ROAD, ST. LOUIS, MO 63124  
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## Eggs & Toasts

### **Farm Fresh 3-Egg Omelet** | 12

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

### **Lite Spinach Goat Cheese 2-Egg Omelet** *gf v* | 14

*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

### **Farm Fresh Eggs** *df gf* | 10

two eggs cooked your way with two slices of house-made sourdough, honey butter, and mixed greens

### **2 Eggs Your Way with Gluten-Free Toast** *gf v* | 10

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

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

### **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

### **Lauren's Toast** | 16

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

### **Croque Madame** | 16

house-made sourdough toasted and served with béchamel, Dijon mustard, ham, aged Gruyère, topped with an over-easy farm fresh egg, and served with mixed greens

### **Lite Sourdough Avocado Toast with Berries** *gf v* | 12

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

house-made sourdough bread toasted with avocado spread, lemon, pepper, pink Himalayan salt, cilantro, and a scrambled egg, served with a cup of berries 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

### **Toast with House-Made Honey Butter** | 5

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

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

## Fruit & Fiber

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

430 cal, 11g fat, 70g carbs (net 56g), 14g fiber, 11.5g protein

oatmeal with almond milk, maple syrup, cinnamon, and berries (add a side of berries (+4))

### 🍷 **Fresh Fruit Salad** *df ed gf* | 9

339 cal, 16g fat, 51g carbs (net 41g), 10g fiber, 3g protein

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

### 🍷 **Greek Yogurt Parfait** *gf* | 9

320 cal, 4g fat, 47g carbs (net 43g), 4g fiber, 26g protein

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

## Sandwiches & Burgers

### **Open-Faced Chicken Sandwich** | 18

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

### **Open-Faced Veggie Sandwich** | 15

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

### **Grass-Fed Burger** | 22

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

### **Salmon Burger** | 22

house-made salmon burger served on a brioche bun with lettuce, tomato, and Cajun aioli, served with a side salad

## Soups

### 🍷 **Vegetable Bone Broth** *df ed gf* cup / bowl / quart (to-go) | 8 / 11 / 21

8oz: 75 cal, 2g fat, 8g carbs (net 5g), 3g fiber, 10g protein

house-made oxtail bone broth and puréed vegetables

(based on availability)

### Add to Any Salad

== grilled chicken (+11)

== strip steak (+16)

== grilled salmon (+14)

== seared ahi tuna (+15)

== grilled seasonal vegetables (+7)

== avocado (+4)

== grilled shrimp skewer (+14)

## Salads

### **PALM Harvest Salad** *gf* | 14

396 cal, 36g fat, 13g carbs (net 8g), 5g fiber, 6g protein  
spring mix, tomatoes, avocado, red onion, mixed nuts, Kalamata olives, cucumber, and feta cheese served with house-made balsamic vinaigrette (*recommended with chicken or salmon*)

### **PALM Signature Salad with Grilled Chicken** *gf* | 25

387 cal, 12g fat, 34g carbs (net 24g), 10g fiber, 43g protein  
grilled chicken, 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** *gf* | 26

344 cal, 18g fat, 11g carbs (net 4g), 7g fiber, 44g protein  
grilled chicken, arugula, cherry tomatoes, grilled zucchini, Parmesan, lemon olive oil vinaigrette

### **Lite Salad Niçoise with Ahi Tuna and Carrot Ginger Dressing** *gf* | 30

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, served with PALM Lite Carrot Ginger Dressing

### **Traditional Salad Niçoise** *df gf* | 15

336 cal, 27g fat, 16g carbs (net 14g), 2g fiber, 8g protein  
spring mix, hard-boiled egg, fingerling potatoes, green beans, bell peppers, tomato, Kalamata olives, and red onions with house-made balsamic vinaigrette (*recommended with ahi tuna*)

### **Kale and Beet Salad** *gf* | 14

452 cal, 42g fat, 18g carbs (net 8g), 10g fiber, 7g protein  
kale with basil pesto, smashed avocado, and house-made balsamic vinaigrette with beets, pine nuts, and feta cheese (*recommended with salmon*)

### **Blue Note Salad** *gf* | 14

303 cal, 28g fat, 9g carbs (net 6g), 3g fiber, 6g protein  
spring mix, red onions, button mushrooms, avocado, tomato, served with our house-made balsamic vinaigrette and blue cheese crumbles (*recommended with sliced strip steak*)

### **Chopped Greek Salad with Chicken** *gf* | 25

431 cal, 15g fat, 6g carbs (net 3g), 3g fiber, 64g protein  
chopped romaine, chicken, cucumbers, tomatoes, onions, olives and feta cheese with lemon olive oil vinaigrette dressing

*The PALM Lite Carrot Ginger Dressing or the Lemon Olive Oil Vinaigrette can be substituted onto any salad.*

## Proteins & Veggies

### **Seared Ahi Tuna and Vegetable Platter** *df ed gf lf* | 31

408 cal, 17g fat, 22g carbs (net 17g), 5g fiber, 47g protein

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

### **Grilled Salmon and Vegetable Platter** *df ed gf lf* | 30

540 cal, 32g fat, 15g carbs (net 11g), 4g fiber, 48g protein

grilled Atlantic salmon served with a platter of seasonal vegetables

### **Grilled Chicken Breast and Vegetable Platter** *df ed gf lf* | 27

389 cal, 14g fat, 11g carbs (net 7g), 4g fiber, 55g protein

cage-free chicken breast served with a platter of seasonal vegetables

### **Dijon Salmon** *gf df ed* | 30

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

salmon and Dijon mustard sauce with green beans, onions, and brown rice

*(Substitute chicken instead of salmon for \$3 less. Macronutrient counts will change.)*

### **Duchess Chicken** *gf df ed* | 27

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

chicken with mushrooms, carrots, white wine reduction, and Herbes de Provence, served with brown rice

*(Substitute salmon instead of chicken for \$3 more. Macronutrient counts will change.)*

### **Ginger Chicken** *gf df ed* | 27

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

chicken with broccoli, carrots, onions, and brown rice, sautéed in ginger soy sauce

*(Substitute salmon instead of chicken for \$3 more. Macronutrient counts will change.)*

### **New York Strip Steak and Vegetable Platter** | 32

629 cal, 34g fat, 15g carbs (net 11g), 9g fiber, 46g protein

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

### **Grilled Seasonal Vegetable Platter** *df ed gf lf* | 16

platter of seasonal vegetables

*df* dairy free

*ed* elimination diet friendly

*gf* gluten free

*lf* lactose free

*v* vegetarian

## Risotto & Pastas

### **Risotto with Grilled Vegetables** *gf* | 16

your choice of tomato basil or mushroom risotto, made with chicken broth, onions, and Parmesan cheese

*(recommended with grilled salmon or grilled chicken)*

### **Pre-Game Pasta** *gf* | 18

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

*(recommended with grilled chicken)*

### **Basil Pesto Penne** | 18

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

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

*(recommended with grilled chicken)*

### **Pasta Bolognese** | 22

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

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

### **Red Lentil Pasta Primavera** *gf df ed v* | 18

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


gluten-free red lentil penne with onions, mushrooms, spinach, bell peppers, asparagus, zucchini, and a garnish of Parmesan cheese (omit cheese for *df* option)



*All menu items include gratuity. We use only local and 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.*

*Macronutrient counts may change with substitutions and additions.*

 *Our Lite Menu items feature a variety of meals under 530 calories, each with a low-carb or moderate-carb option. Each menu item is listed with macronutrient and calorie counts to help you reach and sustain your health goals.*