

# Salads

## ROASTED GARLIC CAESAR SALAD

Romaine lettuce, herb-marinated grilled chicken, Parmesan cheese, herb croutons, and house-made Roasted Garlic Caesar dressing.

CAL: 578 PROTEIN ✓ GRAIN ✓

WHOLE \$10.99

HALF \$8.99

HEARTY \$11.99

## CREATE YOUR SALAD

HALF \$9.99

WHOLE \$10.99

HEARTY \$11.99

One (1) greens selection: romaine, heritage blend, or spinach.

Four (4) toppings: cherry tomatoes, cucumber, carrots, celery, red onion, red pepper, zucchini, marinated chickpeas, sprouts, pineapple, artichoke hearts, bacon, mandarin oranges, Swiss cheese, provolone cheese, white cheddar cheese, smoked Gouda, hard-cooked egg, croutons, almonds, pecans, cabbage, and/or toasted quinoa.

One (1) dressing: Roasted garlic Caesar, NuRanch, Red Wine Vinaigrette, Sweet Mustard Vinaigrette, Many Islands, Blueberry Balsamic Vinaigrette, or Creamy Poppy Seed.

Add one (1) protein (\$2 extra): turkey, braised beef brisket, or grilled chicken.

Or one (1) premium protein (\$4 extra): chilled shrimp, grilled salmon, grilled cod, or Beyond Burger patty.

## SUGGESTED SALAD COMBINATIONS

### TUTTI FRUTTI

Spinach, pineapple, mandarin oranges, red pepper, red onion, Blueberry Balsamic Vinaigrette.

CAL: 326

### GODDESS

Spinach, carrots, tomatoes, zucchini, marinated chickpeas, artichoke hearts, NuRanch.

CAL: 318

### TUSCAN

Romaine, red onion, artichoke hearts, zucchini, provolone, Roasted Garlic Caesar.

CAL: 257

### NEW 1970

Romaine, cherry tomatoes, cucumber, bacon, hard-cooked eggs, Many Islands dressing.

CAL: 280

# None of the Above

## APRICOT-GLAZED SALMON

Sustainably farmed and served with wild quinoa pilaf and baby beans.

CAL: 522 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$11.99

## BACON WRAPPED TURKEY MEATLOAF

Topped with a light turkey jus and served with cauliflower half-mash and baby beans.

CAL: 540 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$10.99

## COD PROVENÇALE

In tomato-olive broth, with cauliflower half-mash and baby beans.

CAL: 527 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$11.99

# Build Your Own Bowl

Choose from the following:

WHOLE \$10.99 HALF \$8.99

## 1 BASE

Penne pasta, brown rice, wild quinoa pilaf, zoodles, and half-mash.

## 2 PROTEIN

Chicken, braised beef brisket, black beans, or one (1) premium protein (\$2 extra): shrimp, salmon, and Beyond Burger crumbles.

## 3 FILLINGS

Broccoli, snap peas, carrots, mushrooms, onions, cherry tomatoes, spinach, pineapple, chickpeas, cauliflower, cabbage, edamame, red pepper, and zucchini.

## 4 SAUCE

Mole (contains pumpkin seeds), vegan pesto, teriyaki, Indian curry, coconut-lime-ginger, marinara, and barbeque.

## 5 TOPPING

Parmesan, almonds, sunflower seeds, sprouts, vegan cheese, vegan Parmesan, queso fresco, and cilantro.

# We've Built It for You

## BETTER BOLOGNESE

Penne, veggie crumbles, mushrooms, onions, tomatoes, marinara, and vegan cheese.

CAL: 845 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$8.99/11.99

## TAJ MAHAL

Brown rice, chicken, cauliflower, carrots, mushrooms, tomatoes, Indian curry, and almonds.

CAL: 626 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$8.99/10.99

## BALI BLESSINGS

Brown rice, shrimp, snap peas, carrots, onions, cabbage, coconut-lime-ginger, and sprouts.

CAL: 589 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$10.99/12.99

## BURRITO BLISS

Brown rice, braised brisket, onions, tomatoes, black beans, mole, and Queso Fresco.

CAL: 825 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$8.99/10.99

## FUSION

Brown rice, braised brisket, onions, tomatoes, black beans, mole, and Queso Fresco.

CAL: 451 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$8.99/10.99

## MEDITERRANEAN

Zoodles, salmon, mushrooms, spinach, onions, vegan pesto, and Parmesan.

CAL: 500 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$10.99/12.99

## COUNTRY

Half-mash, braised beef brisket, mushrooms, onions, carrots, tomatoes, barbeque sauce, and sunflower seeds.

CAL: 600 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

\$8.99/10.99



Calorie counts reflect entrees without sides.

A ✓ next to protein, grain, or fruit/veggie indicates the meal contains a full serving.

 Dairy Free  Vegetarian  Gluten Free  Vegan  Available all day

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Our menu includes items that may contain gluten, soy, dairy, and nuts. Please work directly with a host/hostess to help you avoid these items if necessary.

75 W. CENTER STREET, PROVO, UT 84601

Contact us with questions, concerns, or catering orders.

Chef's Office: (801) 345-2156

Restaurant Line: (801) 345-2110

Fax: (801) 345-2596

Website: thespoon.nuskin.com

Facebook: www.facebook.com/TheSpoonProvo

Twitter @TheSpoonNSE

Instagram @TheSpoonatNSE

# THE SPOON CAFÉ

We select the finest ingredients, using locally grown and naturally raised foods whenever possible. Our made-from-scratch sauces and dressings are bursting with flavor, yet still limit unhealthy fats. We prepare your order fresh, so please let us know of any food allergies you may have, and we will do our best to meet your needs.

# Breakfast (available until 10:30)

## TR90 SHAKE

Build your TR90 shake from a wide variety of fruits, greens, and proteins. Skim, rice\*\* and almond\*\* milks available.

\*\*Contains less protein per serving than skim milk option.

\$4.50

## APPLE-PECAN OATMEAL

Rolled oats, cinnamon, gala apples, and toasted pecans, with house-made apple syrup.

CAL: 244 GRAIN ✓ FRUIT/VEGGIE ✓

WHOLE \$4.50

HALF \$3.50

HEARTY \$5.50

## BASIC BREAKFAST

Two eggs-to-order, house-made turkey sausage, leek and red potato hash, with toast or tortilla-wrapped.

CAL: 660 PROTEIN ✓ FRUIT/VEGGIE ✓

WHOLE \$6.50

HALF \$5.50

HEARTY \$7.50

## AVOCADO TOAST

Wheat toast, chunky avocado spread, two eggs any style, chives, your choice of side.

CAL: 445 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

WHOLE \$6.50

HALF \$5.50

HEARTY \$7.50

SUBSTITUTE SAUTÉED MUSHROOMS FOR VEGAN

## BISKIES 'N GRAVY

House-made turkey sausage gravy over non-fat (trust us!) biscuits.

CAL: 429 PROTEIN ✓

WHOLE \$5.99

HALF \$3.99

HEARTY \$7.99

## BREAKFAST BAGEL

Toasted whole wheat bagel with garden veggie schmear, scrambled egg, spinach, and tomatoes.

CAL: 366 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

WHOLE \$5.50

ADD BACON \$6.99

## OMELET

Build your omelet with up to four items and your choice of cheese.

Side of leek and red potato hash or wrapped in a spinach tortilla.

PROTEIN ✓

TWO-EGG \$6.50

THREE-EGG \$7.50

# Breakfast (cont.)

## PEACH STREUSEL FRENCH TOAST 🌿

Whole wheat bread stuffed with brown sugar-cinnamon Neufchâtel, topped with peach compote and crunchy cinnamon-quinoa streusel topping.  
CAL: 436 PROTEIN ✓ GRAIN ✓

WHOLE \$6.99  
HALF \$5.99  
HEARTY \$7.99

## VEGAN BREAKFAST BURRITO 🌿

Leek & red potato hash, peppers, onions, black beans, mushrooms, spinach, avocado paste, and vegan cheese in a chipotle tortilla. Side of salsa.  
CAL: 615 PROTEIN ✓ FRUIT/VEGGIE ✓

\$7.50

## HERO HASH

Braised beef brisket, onions, peppers, mushrooms, and red potatoes topped with smoked Gouda and two eggs any style.  
CAL: 692 PROTEIN ✓ FRUIT/VEGGIE ✓

WHOLE \$7.99  
HALF \$6.99  
HEARTY \$8.99

# Just a Little Something

Around 400 calories each.

Just a little something to tide you over.

## QUESADILLA 🌿

Heber Valley white cheddar and Queso Fresco, black beans, red peppers, green chiles onion, and green chiles in a chipotle tortilla. Side of salsa.  
WITH CHICKEN \$6.50 WITH BEEF \$6.50 WITH SHRIMP \$7.50  
CAL: 410 PROTEIN ✓ FRUIT/VEGGIE ✓

\$5.50

## BRUSCHETTA BITES 🌿

Garlic-olive oil crostini, sliced fresh mozzarella, and basil-balsamic bruschetta topping.  
CAL: 460 PROTEIN ✓

\$5.99

## EDAMAME 🌿 gf

With Utah REAL SALT.®  
CAL: 250 PROTEIN ✓

\$5.50

## SPRING ROLLS gf 🌿

Rice paper rolls with cucumber, carrots, celery, green onion, cabbage, black sesame seeds, and Groviv sprouts served with coconut-lime-ginger dipping sauce.  
CAL: 196 FRUIT/VEGGIE ✓

\$5.99

## SOUTHWEST BLACK BEAN HUMMUS gf 🌿

House-made and topped with roasted corn salsa and queso fresco. Served with carrot sticks and multigrain tortilla chips.  
CAL: 504 PROTEIN ✓ GRAIN ✓

\$6.50

# Spoonfuls

A cup (8oz)

\$3.50

A bowl (16oz)

\$5.50

## TOMATO BASIL 🌿

CAL: 152 PER CUP

## TWO DAILY CHEF'S SOUPS

PLEASE SEE OUR SPECIALS BOARD

All Cold, Burger-ish, and Grilled sandwiches are served with your choice of soup, salad, fruit, or potato wedges.

# Cold Sandwiches

WHOLE \$8.99

HALF \$6.99

HEARTY \$9.99

## SMOKEHOUSE CLUB WRAP

Roast turkey, Black Forest ham, bacon, lite mayo, lettuce, tomato, and Swiss cheese in a spinach-herb wrap.

CAL: 621 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## GREEN CHILE CHEDDAR BRISKET

Braised beef brisket, roasted green chile cheddar spread, lettuce, tomatoes, and grilled onion on toasted sourdough.

CAL: 559 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## NAPA VALLEY CHICKEN SALAD WRAP 🌿

Chicken breast, red grapes, apples, celery, and pecans in Creamy Poppy Seed dressing with lettuce and red onion in a spinach wrap.

CAL: 737 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## SWEET CHIPOTLE TURKEY

Roast turkey breast, chipotle-cranberry jam, smoked Gouda, and heritage lettuce on whole wheat toast.

CAL: 425 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## GREEN GODDESS WRAP 🌿

Marinated chickpea salad, spinach, artichoke hearts, tomatoes, carrots, and avocado paste in a spinach wrap.

CAL: 596 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓✓

## BBQ BRISKET WRAP

Braised brisket, house-made barbeque sauce, red potato salad, and lettuce in a chipotle wrap.

CAL: 782 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

# Burger-ish Sandwiches

Sub red potato salad or snap pea slaw (\$2 extra).

\$9.99

Select our 1/4-lb beef patty, a grilled chicken breast, a grilled portobello mushroom OR a Beyond Burger patty (\$2 extra), served on a spent-grain bun.

## TEX-MEX

Roasted corn salsa, pickled jalapenos, lettuce, and Queso Fresco.

CAL: 575 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## HAWAIIAN STYLE

Sweet chile tamari sauce, pineapple relish, lettuce, and onion.

CAL: 527 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## BRUSCHETTA STYLE

Tomato-basil-balsamic bruschetta, Provolone cheese, heritage lettuce, and onion.

CAL: 499 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## WASATCH STYLE 🌿

Housemade roasted-tomato ketchup, whole-grain mustard sauce, lettuce, tomatoes, and housemade pickles.

CAL: 896 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

ADD CHEDDAR: \$10.99

ADD BACON: \$11.50

## PORTOBELLO PATTY MELT 🌿

Grilled portobello mushroom, grilled onions, vegan cheese & Many Islands dressing on grilled marbled rye bread.

\$8.99

CAL: 386 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## SWEET-SPICY SLOPPY SALMON 🌿

\$10.50

"Pulled" salmon in a slightly sweet sriracha-tamari sauce, topped with gingered snap pea slaw and Groviv sprouts on a spent-grain bun.

CAL: 544 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

# Grilled Sandwiches

WHOLE \$8.99

HALF \$6.99

HEARTY \$9.99

## TURKEY CORDON BLEU

Roast turkey breast, Black Forest ham, apricot mustard, and Swiss cheese on panini-pressed sourdough.

CAL: 503 PROTEIN ✓ GRAIN ✓

## TURKEY DIP

Roast turkey breast and smoked Gouda on grilled sourdough with turkey jus for dipping.

CAL: 434 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

ADD GRILLED ONIONS \$1.00 ADD CHIPOTLE-CRANBERRY JAM: \$1.00

## ARTICHOKE PESTO GRILLER 🌿

Golden-grilled sourdough bread with artichoke, white bean pesto, and Mozzarella and Provolone cheeses.

CAL: 337 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

ADD BRUSCHETTA \$1.00 ADD BACON \$1.99

# Flatbread Pizzas

On our whole grain flatbread crust.

\$9.99

OR sub cauliflower crust (\$2 extra). Sub vegan cheese (\$2 extra).

## MARGHERITA 🌿

Marinara sauce, fresh tomatoes, fresh mozzarella, and fresh basil.

CAL: 480 GRAIN ✓ FRUIT/VEGGIE ✓

## SOUTH OF THE BORDER

Black bean hummus, peppers, onions, chicken, and Cheddar cheese, finished with Mole sauce and fresh cilantro.

CAL: 609 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## GO GREEN 🌿

House-made pesto sauce, chicken, spinach, broccoli, artichoke hearts, portobello mushroom, mozzarella, and Parmesan cheese.

CAL: 515 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## GARDEN COMBO 🌿

Marinara sauce, broccoli, red pepper, zucchini, onions, mushrooms, and vegan cheese, finished with sliced almonds.

CAL: 642 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## CHICKEN BLT

Chicken, bacon, tomatoes, and Mozzarella cheese, finished with heritage lettuce and NuRanch dressing.

CAL: 512 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓

## CHICKEN CURRY

Indian curry sauce, chicken, onion, peppers, tomatoes, mozzarella, and finished with fresh cilantro.

CAL: 452 PROTEIN ✓ GRAIN ✓ FRUIT/VEGGIE ✓