



starters & salads

- THP **hummus** - house recipe | tzatziki | flatbread | vegetables | 14
button mushrooms - beer batter | parmesan | remoulade | 13
1 lb jumbo chicken wings - buffalo | thai dye | dry rub | 16
seafood gumbo - cod | andouille | shrimp | crostini | cup 8 / bowl 12
shrimp ceviche - tostada trio | avocado | poblano crema | pico de gallo | 17
oysters on 1/2 shell - cocktail sauce | cucumber mignonette | MKT
crab dip - lump crab | flatbread | 17

- smoked salmon power bowl** - mixed greens | sweet potatoes | tzatziki | corn relish | tomato | beans and rice | 18
THP **ahi poke bowl*** - sriracha aioli | cucumber | edamame | white rice | arugula | carrots | cabbage | wonton | 25
THP **mediterranean bowl** - quinoa | spinach | red onion | tomato | olive | goat cheese | cucumber | 15
wedge - tomato | bacon | red onion | blue cheese dressing & crumbles | balsamic reduction | 11
caesar - kale | napa cabbage | parmesan | crostini | 8

add - bacon 3 | chicken 8 | salmon 14 | ahi 15 | filet* 33*

dressings: creamy caesar, cilantro honey vinaigrette, ranch, blue cheese, honey dijon, basil vinaigrette

house specialties

- THP **vegetable curry** - vegetarian medley | savory curry | white rice | flatbread | 19
jerk chicken tacos - purple cabbage slaw | mango salsa | jalapenos | poblano crema | fries | 20
chicken piccata - angel hair pasta | tomato | capers | artichokes | lemon wine | 21
sautéed lavender chicken - summer squash noodles | garlic | cherry tomato | spinach | onion | goat cheese | 19
rustic pork chops - cajun spices | barbeque glaze | pimento cheese grits | habanero honey | slaw | 19
chimichurri pork tenderloin - sous vide & chargrilled | arugula | brussels | 23

- THP **salmon*** - scottish salmon | broccoli crowns | 29
fish and chips - fanatic red ale beer batter | fries | tartar | 22
trout - grilled carolina trout | lemon cream sauce | quinoa | slaw | 28
blackened fish tacos - seared fish | kale | tzatziki | pickled onion | cucumber salad | 19
shrimp and grits - andouille sausage | mushrooms | onion | tomato | sherry cream sauce | pimento cheese grits | 21
bison burger - tillamook cheddar | sautéed onions | garlic aioli | tomato | arugula | broccoli crowns | 19
filet* - prime aged center cut | sautéed brussels | 40

sides

- broccoli crowns | pimento cheese grits | fries | cucumber salad | brussels
sweet potato fries | beans and rice | mac-n-cheese | corn succotash

homemade desserts

- panna cotta** - winter berries | blueberry reduction | whipped cream | milk crumble | pistachios
dark chocolate ganache cake - triple layer | rum caramel sauce | vanilla ice cream

THP Healthier choices recommended by the professionals at the Temple of Human Performance

We take pride in preparing our food from scratch everyday. We are concerned for your well being, if you have allergies please alert us as not all ingredients are listed. We hope you enjoy your time with us, bon appétit!

Out of consideration for other guests who are waiting, we may ask for your table if a significant amount of time has passed subject to your seating. We typically will not make this request until at least 90 minutes after your party is seated.

*We are obliged to tell you that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



sandwiches & small plates

fish sandwich - beer batter | slaw | remoulade | spicy pickles | fries | 16

grilled chicken - tillamook cheddar | sauteéd onions | garlic aioli | tomato | arugula | fries | 17

thai dye chicken sandwich - fried chicken | cilantro | carrots | pickled onion | poblano aioli | fries | 17

spicy smashburger* - two 4oz patties | pepperjack | sautéed onions and jalapenos | poblano aioli | fries | 17

sliders* - 2 hand pattied burgers | sautéed onion | american cheese | mustard | fries | 17

club - chicken | ham | bacon | tomato | swiss | lettuce | honey dijon | honey wheat bread | fries | 15

cuban sliders - beer braised pork | ham | swiss | mustard | spicy pickles | fries | 14

black bean burger - garlic aioli | arugula | avocado | pickled onion | fries | 16

trout - grilled carolina trout | lemon cream sauce | quinoa | slaw | 17

chicken piccata - angel hair pasta | tomato | capers | artichokes | lemon wine | 14

blackened fish tacos - seared fish | kale | tzatziki | pickled onion | cucumber salad | 15

jerk chicken tacos - purple cabbage slaw | mango salsa | jalapenos | poblano crema | fries | 16

wine by the glass

see our drink menu for full wine list

chardonnay
kendall jackson 13
sonoma-cutrer 15
rombauer 28

riesling
dr. loosen 10

pinot grigio
ecco domani 9
king estate 13
santa margherita 18

sauvignon blanc
nobile 10
kim crawford 13

rose'
prophecy 10

sparkling
banfi prosecco 9
la marca prosecco 12

pinot noir
667 11
meiomi 15

red blend
bell scoundrel 12
caymus suisan 20

malbec
catena 12

red zinfandel
mcprice myers 12

merlot
firestone 11

cabernet
grayson 10
bonanza 12