



Our Blue Zone Story

THE RUNNING Y RESORT HAS BEEN A PART OF THE BLUE ZONES INITIATIVE SINCE 2018. BLUE ZONES IS A COMMUNITY WELL-BEING IMPROVEMENT INITIATIVE DESIGNED TO CHANGE THE WAY PEOPLE EXPERIENCE THE WORLD AROUND THEM. OUR CHEF HAS HAND SELECTED THE FRESHEST, ORGANIC INGREDIENTS TO BRING YOU THE HEALTHIEST DINING EXPERIENCE POSSIBLE. FROM OUR LOCALLY SOURCED CREMINI MUSHROOMS, TO OUR WILD ALASKAN SALMON, WE CONTINUE TO PROVIDE A UNIQUE SELECTION FOR OUR GUESTS, WITH HEALTH IN MIND,



THIS IS THE MINDSET THAT WE WOULD LIKE TO SHARE
WITH YOU, OUR VALUED GUESTS.

"CREATE A LIFESTYLE AND ENVIRONMENT THAT MAKES THE
HEALTHY CHOICE THE EASY CHOICE."

-DAN BUETTNER
AUTHOR OF THE BLUE ZONES SOLUTIONS



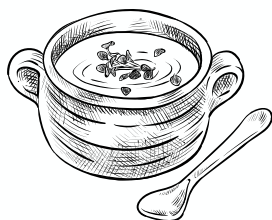
-BLUE ZONE APPROVED



-VEGAN



RUNNING Y RESORT



SOUPS & SALADS

AVAILABLE LUNCH AND DINNER

SOUP DU JOUR

CUP \$5

BOWL \$7

INQUIRE WITH SERVER FOR DAILY SELECTION- SERVED WITH OYSTER CRACKERS

HOUSE MADE NEW ENGLAND CLAM CHOWDER

AVAILABLE FRIDAY-SUNDAY

CUP \$7

BOWL \$10

HOUSE SALAD

\$10

ORGANIC SPRING MIX WITH SHALLOTS, CHERRY TOMATOES, CUCUMBER, PARMESAN CHEESE AND CROUTONS
ADD CHICKEN+ \$6

CAESAR SALAD

\$10

CHOPPED ROMAINE TOSSED WITH CAESAR DRESSING, PARMESAN CHEESE AND CROUTONS
ADD CHICKEN+ \$6

SOUTHWEST SALAD

\$12

FRESH GREENS WITH A ROASTED CORN, BELL PEPPER, BLACK BEAN, ONION AND AVOCADO SALSA. TOPPED WITH FRIED TORTILLA STRIPS. SERVED WITH CHIPOTLE RANCH
ADD CHICKEN+ \$6

CAJUN SHRIMP SALAD*

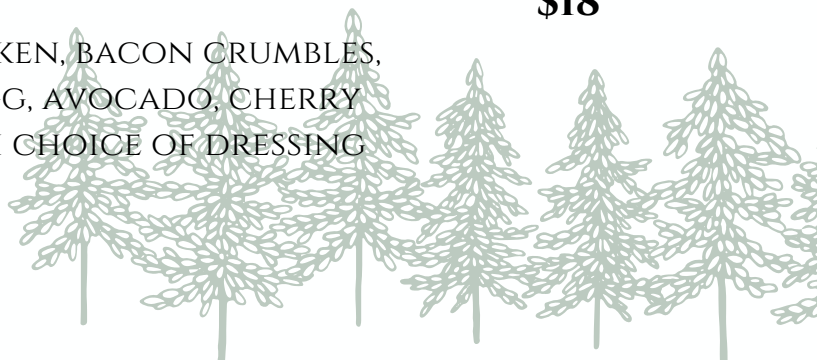
\$18

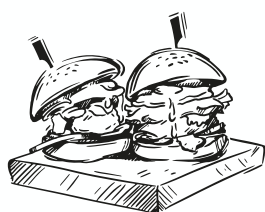
MESCLUN GREENS AND CHOPPED ROMAINE TOPPED WITH CAJUN SHRIMP, CUCUMBER, AND GRAPE TOMATOES. TOPPED WITH YOUR CHOICE OF DRESSING

COBB SALAD*

\$18

FRESH GREENS, GRILLED CHICKEN, BACON CRUMBLES, BLUE CHEESE, HARDBOILED EGG, AVOCADO, CHERRY TOMATO AND SHALLOTS WITH CHOICE OF DRESSING
ON SIDE





DINNER

4:00 P.M. UNTIL CLOSING

APPETIZERS

FRIED BRUSSEL SPROUTS

\$13

SERVED ATOP BLUE CHEESE DRESSING AND TOPPED WITH BACON AND BLUE CHEESE CRUMBLES

SAUTÉED BEEF TIPS AND MUSHROOMS*

\$14

TENDER BEEF TIPS AND CREMINI MUSHROOMS SAUTÉED AND TOSSED IN A RICH DEMI-GLACE
SERVED WITH ARTISAN BREAD

MANGO SHRIMP



\$16

CHILLED CAJUN SHRIMP SERVED WITH MANGO CHUTNEY

MARGHERITA FLATBREAD

\$12

PESTO, MOZZARELLA, CHERRY TOMATO

PEPPERONI & SALAMI FLATBREAD

\$13

PEPPERONI, SALAMI, MARINARA, MOZZARELLA AND PARMESAN CHEESES

CALIFORNIA CHICKEN FLATBREAD

\$14

GRILLED CHICKEN, BACON, ROASTED RED PEPPERS.
TOPPED WITH AVOCADO AND CHIPOTLE RANCH

CHARCUTERIE BOARD

\$24

ASSORTED MEATS, CHEESES AND SEASONAL FRUITS
WITH MARINATED OLIVES, DIJON MUSTARD, VARIETAL JAM AND ARTISAN BREAD



SIGNATURE ENTREES

SERVED WITH HOUSE BAKED RUSTIC ROLL

MEATLOAF

\$23

CLASSIC GROUND BEEF AND PORK MEATLOAF SERVED WITH ROASTED GARLIC MASHED POTATOES, BLUE LAKE GREEN BEANS, AND A RICH BROWN GRAVY

PINEAPPLE PORK CHOP*



\$24

TWO CARLTON FARMS BONELESS PORKCHOPS, GRILLED AND TOPPED WITH A PINEAPPLE-ANCHO CHILI CHUTNEY. SERVED WITH SAUTEED BABY CARROTS AND RICE PILAF

HONEY BOURBON GLAZED SALMON*



\$27

WILD CAUGHT SALMON, PAN SEARED AND TOPPED WITH A HONEY BOURBON GLAZE. SERVED WITH RICE PILAF AND BLUE LAKE GREEN BEANS

BRAISED BEEF AND CREMINI PASTA

\$24

TENDER BRAISED BEEF TOSSED WITH FETTUCCHINI PASTA, DICED TOMATO, CREMINI MUSHROOMS, FRESH HERBS AND DEMI GLAZE

FETTUCCHINE ALFREDO

\$18

HOUSE MADE ALFREDO SAUCE WITH FETTUCCHINE NOODLES
ADD CHICKEN +6

SHRIMP SCAMPI*

\$26

SHRIMP SAUTEED IN GARLIC, SHALLOTS AND HERBS WITH LINGUINI TOSSED IN BUTTER AND WHITE WINE SAUCE

VEGAN BOLOGNESE



\$22

IMPOSSIBLE MEAT AND MARINARA TOSSED WITH LINGUINI

12OZ NEW YORK*



\$32

CNB BEEF, CUT IN HOUSE, TOPPED WITH RICH DEMI-GLACE.
SERVED ATOP GARLIC MASHED POTATOES AND BLUE LAKE GREEN BEANS

14 OZ. RIBEYE*



\$42

CNB BEEF, CUT IN HOUSE, TOPPED WITH BLUE CHEESE BUTTER.
SERVED ATOP GARLIC MASHED POTATOES AND BLUE LAKE GREEN BEANS

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

BURGERS AND MORE..

RUNNING Y BURGER*

\$18

HALF POUND GRILLED CNB BEEF PATTY WITH TILLAMOOK CHEDDAR, PICKLE, LETTUCE, RED ONION, TOMATO AND A-1 AIOLI ON A PRETZEL BUN. SERVED WITH SIDE HOUSE SALAD, FRIES OR TOTS
ADD BACON + \$3

IMPOSSIBLE BURGER

\$18

PLANT BASED PATTY ON PRETZEL BUN WITH MIXED GREENS AND SUNDRIED TOMATO CHUTNEY. SERVED WITH SIDE HOUSE SALAD, FRIES OR TOTS

FISH AND CHIPS

\$19

BEER BATTERED WILD CAUGHT ALASKAN COD WITH CHARRED LEMON, COLESLAW, AND TARTAR SAUCE. SERVED WITH FRIES OR TOTS

CHICKEN ENCHILADA STACK

\$18

TENDER CHICKEN LAYERED WITH HOUSE MADE RED CHILI SAUCE, CORN TORTILLAS AND COTIJA CHEESE. SERVED WITH SPANISH RICE AND A BLACK BEAN, CORN, AND AVOCADO SALSA

DESSERTS



CRÈME BRULEE CHEESECAKE

\$9

CLASSIC VANILLA CHEESECAKE WITH A CARAMEL TORCHED TOPPING

LEMON BERRY MASCARPONE CAKE

\$9

LEMON BERRY CAKE WITH A MASCARPONE FILLING

CHOCOLATE DECADENT CAKE

\$10

RICH DARK CHOCOLATE CAKE LAYERED WITH CHOCOLATE FROSTING

TRIPLE CHOCOLATE CHEESECAKE

\$10

MILK CHOCOLATE CHEESECAKE WITH A DARK CHOCOLATE CRUST, FINISHED WITH DARK CHOCOLATE GANACHE AND MILK CHOCOLATE DRIZZLE