



# 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

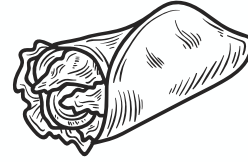
 -VEGAN



RUNNING Y RESORT

# LUNCH

11:15 A.M.-3:00 P.M.



## FLATBREADS

### CALIFORNIA

**\$14**

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

### MARGHERITA

**\$12**

PESTO, MOZZARELLA, AND CHERRY TOMATO

## OFFERINGS FROM THE SEA

### FISH TACOS

**\$16**

GRILLED WILD ALASKAN COD WITH LETTUCE, ROASTED RED PEPPER, COTIJA CHEESE AND SALSA VERDE. SERVED WITH A ROASTED CORN, BELL PEPPER, BLACK BEAN AND AVOCADO SALAD

### FISH AND CHIPS

**\$19**

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

## WRAPS AND SANDWICHES

SERVED WITH CHOICE OF:

HOUSE SALAD, POTATO SALAD, PASTA SALAD, FRIES OR TOTS

### CAESAR WRAP

**\$14**

GRILLED CHICKEN BREAST, ROMAINE, PARMESAN CHEESE AND DRESSING

### THAI CHICKEN WRAP

**\$15**

GRILLED TERIYAKI CHICKEN WITH SPINACH, COLESLAW, CUCUMBERS, CARROTS AND CILANTRO PEANUT SAUCE

## LUNCH CONTINUED

**SOUTHWEST CHICKEN WRAP**  **\$15**

GRILLED CHICKEN BREAST WITH FRESH GREENS,  
ROASTED CORN, BELL PEPPER, BLACK BEANS, ONION, AND  
AVOCADO SALSA WITH CHIPOTLE RANCH

**RUNNING Y BURGER\***  **\$18**

HALF POUND CNB BEEF PATTY WITH TILLAMOOK CHEDDAR,  
PICKLE, LETTUCE, RED ONION, TOMATO AND A-1 AIOLI ON  
PRETZEL BUN  
ADD BACON + **\$3**

**BBQ TRI TIP** **\$16**

SLICED THIN TOSSED IN HOUSE MADE BBQ SAUCE, ON CHOICE  
OF PRETZEL OR BRIOCHE BUN, WITH COLESLAW

**IMPOSSIBLE BURGER\***   **\$18**

PLANT BASED PATTY ON PRETZEL BUN WITH MIXED GREENS AND  
SUNDRIED TOMATO CHUTNEY

**ROASTED TURKEY PANINI**  **\$15**

SLICED TURKEY BREAST WITH PROVOLONE CHEESE,  
ROASTED RED PEPPERS AND PESTO SAUCE ON SOURDOUGH

**HAM AND GOUDA PANINI** **\$14**

HILLS MEAT CO. HAM WITH GOUDA CHEESE,  
BRAISED APPLES AND HONEY MUSTARD ON SOURDOUGH

**DELI SANDWICH**  **\$12**

CHOICE HAM OR TURKEY, CHEDDAR, PROVOLONE,  
OR GOUDA CHEESE WITH LETTUCE TOMATO AND MAYO  
SOURDOUGH, WHEAT, WHITE OR RYE BREAD



## 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

