



PALM HEALTH

REACH WELL-BEING

Menu

9160 CLAYTON ROAD, ST. LOUIS, MO 63124
314.801.8898 • PALMHEALTH.COM

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

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 (based on availability)
8oz: 75 cal, 2g fat, 8g carbs (net 5g), 3g fiber, 10g protein
house-made oxtail bone broth and puréed vegetables

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)

Smoothies

PALM Greens Smoothie 16oz *gf df ed v* | 12

for general well-being
spinach, kale, avocado, mango, strawberries, orange, goji berries, cucumber, ginger, turmeric, Vital Proteins Collagen, almond milk

Alpha Smoothie 16oz *gf df ed v* | 10

for brain health
blueberries, cinnamon, coconut oil, kale, almond butter, almond milk

Balance Smoothie 16oz *gf df ed v* | 10

for hormonal health
297 cal, 12g fat, 41g carb (net 32g), 9g fiber, 12g protein
cacao, avocado, dates, maca root powder, PALM Vegan Complete Chocolate protein powder, banana, cinnamon, nutmeg, L-glutamine, almond milk

Clarify Smoothie 16oz *gf df ed v* | 10

for eye and vision health

banana, mango, strawberries, avocado, cinnamon, carrot juice, almond milk, bee pollen as garnish

Cleanse Smoothie 16oz *gf df ed v* | 11

for gastrointestinal health

spinach, green grapes, green apple, banana, Greek yogurt, psyllium husks, pink Himalayan salt

Detox Smoothie 16oz *gf df ed v* | 11

for lymphatic health

cranberries, mango, green apple, ashwagandha powder, cranberry pomegranate juice, cinnamon, mixed berries, avocado, lemon, pink Himalayan salt, almond milk

Fortify Smoothie 16oz *gf df ed v* | 12

for immune health

ginger juice, turmeric root, golden berries, mango, mulberries, pineapple, orange, almond milk

Glow Smoothie 16oz *gf df ed v* | 12

for hair, skin, and nails health

Vital Proteins collagen, banana, mango, goji berries, cucumber, spinach, ginger, cilantro leaves, turmeric, lemon, coconut butter, almond milk, bee pollen as garnish

Omega Smoothie 16oz *gf df ed v* | 11

for heart health

walnuts, flaxseed oil, cacao nibs, spinach, banana, avocado, peaches, strawberries, almond milk (*recommended with PALM Vegan Complete Chocolate protein powder*)

Purify Smoothie 16oz *gf df ed v* | 12

for liver health

beet juice, mango, mixed berries, banana, lemon, açai berry powder, spinach, turmeric, pink Himalayan salt, almond milk

Recharge Smoothie 16oz *gf df ed v* | 13

for muscle and joint health

banana, mango, pineapple, mixed berries, flaxseed oil, PALM Vegan Complete Vanilla protein powder, L-glutamine, filtered water

 **Strawberry Fit Greens Smoothie** 16oz *gf df ed v* | 12

315 cal, 14g fat, 28g carbs (net 13g), 15g fiber, 20g protein

spinach, strawberries, avocado, PALM Vegan Complete Vanilla protein powder, almond milk

 **Berry Good Smoothie** 16oz *gf df ed v* | 12

286 cal, 12g fat, 32g carbs (net 20g), 12g fiber, 18g protein
blueberries, spinach, PALM Vegan Complete Vanilla or
Chocolate protein powder, unsweetened macadamia milk or
almond milk

Smoothie Add-Ons

Proteins | +2 each

avocado, almond butter, collagen protein, hemp hearts, PALM
Vegan Complete protein powder in Chocolate or Vanilla

Superfoods | +1 each

bee pollen, chia seeds, maca root powder, raw cacao, moringa
powder, lucuma powder, matcha powder, coconut butter, blue
majik spirulina powder, açai berry powder, ashwagandha powder

Boosts | +0.50 each

coconut oil, ginger, flaxseed oil, turmeric, L-glutamine, nut
blend, raw apple cider vinegar, vegetable blend, ginseng

df dairy free

ed elimination diet friendly

gf gluten free

lf lactose free

v vegetarian




*All menu items include gratuity. We use only local and organic
ingredients to provide you with the best in quality and taste.*

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

*Consuming raw or undercooked meats, poultry, seafood, shell-
fish, or eggs may increase your risk of foodborne illness, espe-
cially 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.*