

Breakfast

Two Fried Eggs Bowl (E, GF)

two pasture-raised fried eggs*, applewood bacon, harissa home fries, caramelized onions, roasted red peppers, wilted farm greens & chermoula aioli on the side
10.95

Sunrise Bowl (Vg, D, E, GF)

two pasture-raised fried eggs*, avocado, roasted tomatoes, feta, cilantro, warm ancient grains, wilted farm greens & carrot lime habanero hot sauce on the side
9.95

Bacon, Egg & Cheese Sandwich (D, E, GF*)

applewood bacon, pasture-raised fried egg*, white cheddar & roasted garlic aioli
5.95 half / 10.45 whole

Avocado, Egg & Cheese Sandwich (Vg, D, E, GF*)

avocado, pasture-raised fried egg*, white cheddar & carrot lime habanero hot sauce
4.75 half / 8.95 whole

Sides

Clean Greens (V, GF)

farm greens, cucumbers & lemon avocado vinaigrette
3.95

Tomato Bisque (Vg, D, GF)

cup 3.95 / bowl 5.95

Seasonal Soup

cup 3.95 / bowl 5.95

Dill Pickle (V, GF)

1.25

Bowls

Matcha Chicken Avocado (D, GF)

grilled chicken breast, avocado, feta, cucumbers, cherry tomatoes, warm ancient grains, farm greens & basil lime matcha dressing
11.45

Farmstead Cobb (D, E, GF)

grilled chicken breast, blue cheese, pasture-raised egg, applewood bacon, cherry tomatoes, farm greens & lemon avocado vinaigrette
13.95

Chermoula Roasted Vегgie (Vg, D, GF)

moroccan roasted carrots, roasted broccoli, lentils, shredded beets, sultanas, feta, cilantro, warm ancient grains, farm greens & lemon chermoula dressing
12.95

Sonoran Grass-Fed Steak (GF)

seared grass-fed steak, ancho roasted corn, avocado, pickled red onions, red cabbage, cilantro, warm ancient grains, farm greens & carrot lime habanero dressing
13.95

Spicy Braised Tofu (V, S, GF)

braised tofu, roasted broccoli, avocado, red cabbage, warm ancient grains, farm greens, miso lime dressing & sriracha drizzle
9.95

Kids

Turkey & Cheese (D, GF*)

thin-sliced turkey & white cheddar
half 3.45 / whole 6.90

Grilled Cheese (Vg, D, GF*)

just white cheddar
half 2.95 / whole 5.90

Sandwiches

Smoked Pastrami (D, GF*)

smoked pastrami, white cheddar, caramelized onions, smoked aioli & dill pickles
whole 11.95 / combo 9.95

Grass-fed Steak & Blue (D, GF*)

grass-fed steak, blue cheese, caramelized onions, roasted garlic aioli & farm greens
whole 13.95 / combo 10.95

Turkey, Bacon & Avocado (D, GF*)

thin-sliced turkey, applewood bacon, avocado, white cheddar, roasted garlic aioli & farm greens
whole 12.45 / combo 10.45

Za'atar Smashed Chickpea (V, GF*)

za'atar smashed chickpeas, shredded beets, avocado, cucumbers, pickled red onions, cilantro, lemon harissa tahini & farm greens
whole 9.95 / combo 8.95

Chicken Pesto (N, GF*)

grilled chicken breast, basil walnut pesto, roasted red peppers, roasted garlic aioli & farm greens
whole 10.95 / combo 9.75

Chicken Cherry Pecan (N, GF*)

chicken salad made with grilled chicken breast, tart dark cherries, toasted pecans, celery & fresh herbs, topped with farm greens
whole 10.95 / combo 9.75

Broccoli Melt (Vg, D, GF*)

white cheddar, smoky roasted broccoli, caramelized onions, chermoula aioli & farm greens
whole 9.95 / combo 8.95

Allergens & Special Diets

Vg	vegetarian	N	contains nuts
V	vegan	GF*	available gluten-free
D	dairy	GF	served gluten-free
E	contains egg		(all gluten-free items are
S	contains soy		made on shared equipment)

* undercooked ingredients pose risks to your health

All of our breads, aiolis & dressings are 100% plant-based