

# Sandwiches

combo any half sandwich with a side salad or cup of soup | gluten-free bread \$2 extra

## Chicken Pesto

grilled chicken breast, basil walnut pesto, roasted red pepper, roasted garlic aioli & farm greens (N, GF\*)  
whole \$10.95 / combo \$9.75

## Smoked Pastrami

smoked pastrami, beecher's cheese, caramelized onion, smoked aioli & dill pickle (D, GF\*)  
whole \$11.95 / combo \$9.95

## Za'atar Smashed Chickpea

za'atar smashed chickpea, raw beet, avocado, cucumber, pickled red onion, cilantro, lemon harissa tahini & farm greens (V, GF\*)  
whole \$9.95 / combo \$8.95

## Grass-fed Steak & Blue

grass-fed steak, rogue creamery blue, caramelized onion, roasted garlic aioli & farm greens (D, GF\*)  
whole \$13.95 / combo \$10.95

## Turkey, Bacon & Avocado

thin-sliced turkey, applewood bacon, avocado, white cheddar, roasted garlic aioli & farm greens (D, GF\*)  
whole \$11.95 / combo \$9.95

## Chicken Cherry Pecan

chicken salad made with grilled chicken breast, tart dark cherry, toasted pecan, celery & fresh herbs, topped with farm greens (N, GF\*)  
whole \$9.95 / combo \$8.95

## Charred Broccoli

charred broccoli, feta, caramelized onion, chermoula aioli & farm greens (Vg, D, GF\*)  
whole \$9.95 / combo \$8.95

# Bowls

## Matcha Chicken Avocado

grilled chicken breast, avocado, feta, cucumber, cherry tomato, warm ancient grains, farm greens & basil lime matcha dressing (D, GF) \$10.95

## Spicy Braised Tofu

braised tofu, charred broccoli, avocado, red cabbage, warm ancient grains, farm greens, miso lime dressing & sriracha drizzle (V, S, GF) \$9.95

## Sonoran Grass-fed Steak

seared grass-fed steak\*, ancho roasted corn, avocado, pickled red onion, red cabbage, cilantro, warm ancient grains, farm greens & carrot lime habanero dressing (GF) \$13.95

## Chermoula Roasted Veggie

moroccan roasted carrot, charred broccoli, black lentil, raw beet, sultana, feta, cilantro, warm ancient grains, farm greens & lemon chermoula dressing (Vg, D, GF) \$11.95

## Farmstead Cobb

grilled chicken breast, rogue creamery blue, pasture-raised egg, applewood bacon, cherry tomato, farm greens & lemon avocado vinaigrette (D, E, GF) \$13.95

## Wasabi Chicken Crunch

grilled chicken breast, cherry tomato, cucumber, glazed wasabi pea, sesame, farm greens & wasabi cashew dressing (N, S, GF) \$10.95



## What's in season?

look for our seasonal menu of bowls, sandwiches and sides inspired by the ingredients and producers that make this region taste amazing

# Soups, Sides & Kids

## Soup & Sides

### Tomato Bisque

creamy tomato soup  
(Vg, D, GF) cup \$3.95 / bowl \$5.95

### Clean Greens

farm greens, cucumber & lemon avocado vinaigrette  
(V, GF) \$3.95

### Dill Pickle

a classic dill pickle  
(V, GF) \$1.25

## Kids Menu

add organic milk for \$1.95 or organic fruit for \$1.50

### Turkey & Cheese

thin-sliced turkey & white cheddar (D, GF\*)  
half \$3.45 / whole \$6.90

### Grilled Cheese

just white cheddar (Vg, D, GF\*)  
half \$2.95 / whole \$5.90

### ABJ

almond butter & raspberry jam (V, N, GF\*)  
half \$2.95 / whole \$5.90

## Allergens & Special Diets

(Vg) vegetarian, (V) vegan, (D) contains dairy, (E) contains egg, (N) contains nuts,

(S) contains soy, (GF\*) available gluten-free, (GF) gluten-free, (\*) risky undercooked ingredient

All gluten-free items are made on shared equipment

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

# Breakfast

## Two Fried Eggs Bowl

two pasture-raised soft eggs\*, applewood bacon, harissa home fries, caramelized onion, roasted red pepper, braised farm greens & chermoula aioli on the side (D, E, GF) \$9.95

## Braised Greens & Avocado Bowl

one pasture-raised fried egg\*, avocado, roasted tomato, feta, cilantro, warm ancient grains, braised farm greens, carrot lime habanero hot sauce on the side (Vg, D, E, GF) \$8.95

## Bacon, Egg & Cheese Sandwich

applewood bacon, pasture-raised fried egg\*, beecher's cheese & roasted garlic aioli (D, E, GF\*) half \$5.25 / whole \$9.95

## Avocado, Egg & Cheese Sandwich

avocado, pasture-raised fried egg\*, white cheddar & carrot lime habanero hot sauce (Vg, D, E, GF\*) half \$4.75 / whole \$8.95

## Roasted Banana & Almond Butter Sandwich

roasted banana, almond butter, tart dark cherry, sesame, honey & cinnamon (Vg, N, GF\*) half \$5.25 / whole \$9.95

## Coconut Chia Porridge

ancient grains, oats, toasted coconut, chia, sesame, tart dark cherry, sultana, banana & toasted pecan, served with almond milk (Vg, N, GF) \$6.95