

FRESH | LOCAL | ORGANIC | VEGAN |  
GLUTEN-FREE | ETHICAL | WHOLESOME



A SEASONALLY ROTATING SELECTION,  
FEATURING PRODUCTS FROM OUR STORE

# from the kitchen

SPRING MENU | Serving Tues. - Fri. | 11:00a - 3:00p  
30 W. Main St. Frostburg, MD | 301-689-3120

## SANDWICHES & MAINS


### LAMB PITA | 12

Lamb koftas, beet hummus, fresh herbs and greens in a pita topped with coconut tzatziki


### SPRING FLATBREAD | 11

House-made pita drizzled with herb olive oil and baked with goat cheese and spring alliums and topped with fresh arugula and hot garlic honey

### SMOOTHIE BOWL | 8

 Freshly blended lemon-blueberry smoothie topped with blueberry ginger granola, shredded coconut, and dried fruit

### GREEN GODDESS GRAIN BOWL | 12

 Fresh greens, spring peas, roasted asparagus, micro greens, pumpkin seeds and herb pesto sauce over wild rice and quinoa medley

## LUNCH COMBOS

### PICK TWO COMBO | 16

Pair any full sized main with a soup or half salad

### PICK THREE COMBO | 20


Pair any one main with a half salad and soup

 Vegan or can be made vegan       Gluten-free

### GANDALF'S WHOLESOME PLATTER | 8

Gandalf's pita points with WHFC's classic hummus, tabbouleh, and coconut tzatziki dip

### HUMMUS & VEGGIE CUP | 5

 Your choice of classic or beet hummus with fresh cut veggies for dipping

### SOUP OF THE DAY | 6

Ask about today's soup!


### PAY IT FORWARD | 10

Buy a meal for a stranger in need

## SIDES

## SALADS


### SUPER GREEN SALAD | 9

 Mixed greens and fresh seasonal veggies served with chef's dressing

### KALE CAESAR | 10

Hearty kale tossed with caesar dressing, capers, parmesan cheese, and herb croutons. *Vegan substitutions available*

### SEASONAL SALAD | 10

 Fresh mixed greens, asparagus, spring peas, herbs, goat cheese, lemon green goddess dressing

WHFC PROCESSES A VARIETY OF ALLERGENS INCLUDING GLUTEN, EGGS, DAIRY, TREE NUTS, AND PEANUTS. WHILE WE ARE CAUTIOUS OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ALERGENS WILL NOT BE PRESENT. PLEASE USE CAUTION.