

FULL MENU DETAILS

DF=DAIRY FREE

GFR= GLUTEN FRIENDLY

V-VEGETARIAN



For those who like variety- we have you covered. Our menu will vary with seasonality and availability.

PLEASE NOTE: HEY FOLKS, IT'S A SMALL KITCHEN AND WE CANNOT GUARANTEE ITEMS ARE GLUTEN-FREE.

WE LOVE NUTS AND PUT THEM IN LOTS OF OUR FOOD! JUST WANTED TO LET THOSE WHO ARE "NOT SO NUTTY" KNOW.

BREAKFAST MENU

GRANOLA -

OUR HANDMADE ORGANIC GRANOLA

Chocolate Sea Salt -DF, GFr, V (oats, cocoa powder, chia, cinnamon, coconut oil, vanilla, sea salt, honey & chocolate chips)

Nuts & Berries- DF, GFr, V (oats, almonds, pecans, pepitas, dried cranberries, raisins, brown sugar, salt, DF butter, coconut oil, & honey)

YOGURT STACK-

Your choice of coconut or regular yogurt layered with seasonal fresh fruit, and your choice of one of our homemade granolas

OVERNIGHT OATS-

Dark Chocolate Cherry with oats, chia, maple syrup, cocoa powder, dried cherries, flax, coconut yogurt, chocolate chips, vanilla, salt & oatmilk- DF, GFr, V

Tropical Mango with oats, toasted flake coconut, mango, honey, chia, flax, coconut yogurt & oatmilk- DF, GFr, V

BAKED EGG CUPS-

Broccoli, Cheddar & Quinoa baked with onion, garlic, savory herbs, and farm fresh eggs-DF

Potato, Butternut Squash, Ham & Cheese baked with onion, garlic, bell pepper, jalapeno, butter, savory herbs, and farm fresh eggs- GFr

LUNCH MENU

WRAPS –

Balsamic Chicken, Spinach & Dairy-free Herbed Goat Cheese, garlic, whole grain mustard, honey, greens, pecans, balsamic glaze, in a whole wheat or GF Wrap– DF

Mediterranean Veggie–Hummus, cuke, carrots, pickled onions, sun-dried tomato, olives, & dairy-free dilled yogurt with lemon, in a whole wheat or GF Wrap – V, DF (option– add feta)

CHOPPED SALAD–

Asian Chopped Cabbage, carrots, bell pepper, onion, cilantro, chopped nuts, with Ginger Dressing– DF, GFr, V (option– add grilled chicken \$2)

Rainbow Chopped cauliflower, broccoli, cabbage, carrots, celery, parsley, bell pepper, chickpeas, and pepitas, with Tomato Vinaigrette Dressing– DF, GFr, V (option– add grilled chicken \$2)

CHARCUTERIE–

A loaded bowl of seasonal vegetables & fruits, artisan meats & cheeses, homemade breads & crackers.

LOADED BOWLS–

Shrimp with Mango Salsa (mango, roasted red pepper, onion, lime juice & cilantro), **Avocado & Sweet Chili Sauce** on a bed of organic brown rice– **DF, GFr**

BBQ Pork, Roasted Sweet Potato, Black Bean and Corn Salsa with red onion, lime, and cilantro on a bed of organic brown rice– **DF, GFr**

Greek Chicken, Tomato & Cuke Salad, Pickled Onions, Fermented Carrots, Dill –Lemon Yogurt & Feta Cheese on a bed of organic brown rice– **GFr**