

(a) ALOUETTE BISTRO

Sweets

Vegan Cheesecake \$7.50

Raspberry Chocolate: GF & V

Chia Pudding Parfait \$8.99

Chia Pudding, Fruit Compote &

Coconut Whip GF & V

Drinks

Chunky Monkey Smoothie \$9.99

Banana, Spinach, Oat Milk, Cinnamon, Sun Butter, Vegan Protein, Flax, Honey GF & DF

Carrot Zinger Cold Pressed Juice\$8.99

Carrots, Lemon, Apple, Ginger GF & V

Kosmic Kombucha Pints \$4.50

Aqua Frescas \$7.99

Wellness Shot \$3.50

Elderberry or Fire Shot \$3.50

Soup

Seasonal Soup of the Week: GF

Cup \$7.50

Bowl \$14.50

Noshing Plates

Lark & Owl Noshing Plate \$13.99

Assorted Meats, Cheeses, Olives and Crackers

Mains

Pesto Chicken Salad \$17.99

Choice of Superfood Crackers, Sourdough Bread or Gluten Free Bread, and Greens & Sprouts with a side of Hummus & Carrots

Turkey Garden Burger \$17.9

with Sourdough Brioche or Gluten Free Bread, Pesto, Sprouts, Greens & Pickled Onions with a side of Hummus & Carrots:

Avocado Toast \$14.99

Choice of Sourdough Bread or Gluten Free Bread, Hummus, Greens, & Sprouts, Tomatoes, Everything Seasoning & Olive Oil with a side of Hummus & Carrots.

Cucumber Sandwich \$14.99

Choice of Sourdough or Gluten Free Bread, w/ Cashew Farmers Cheese, Walnut Pesto, Greens, Sprouts & Herbs, with a side of Hummus & Carrots.

Cup of Soup & ½ Sandwich \$16.99

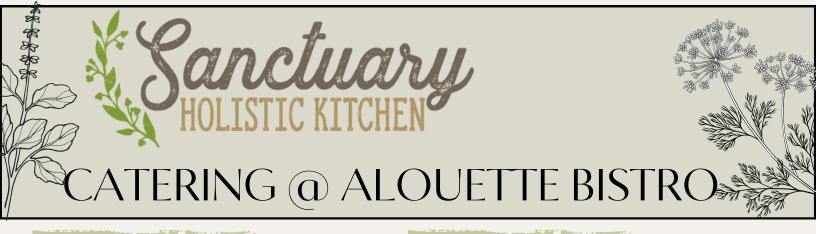
Choice of Sourdough or Gluten Free Bread, Choose from Pesto Chicken Salad, Avocado Toast or Cucumber Sandwich, with a side of Hummus & Carrots.

Farmers Market Salad \$15.99

Greens, Sugar Snap Peas, Carrots, Radish, Apples, Avocado, Quinoa, Sprouts & Fermented Ginger Turmeric Dressing

Forbidden Rice Salad \$15.99

with Strawberries, Walnuts, & Balsamic Vinaigrette & a Scoop of Cashew Farmers Cheese GF & V



Beverages

Aqua Frescas

Pineapple Lavender, Watermelon Strawberry, Strawberry Lime, Cucumber Mint Chia Aguas ½ Gallon \$28 Full Gallon \$42

Fresh Pineapple Kale Cooler

Pineapple, Kale, Cucumber, Celery, Lime, Green Apple: GF & V

Carrot Zinger Cold Pressed Juice

Carrots, Lemon, Apple, Ginger GF & V

Juices ½ Gallon \$32 Full Gallon \$48

Party Platters

For the Birds Noshing Plate

Vegan Dips: Roasted Garlic Hummus, Cashew Farmers Cheese, Tahini Honey Butter, Fruit, Veggies, Olives, Sourgough or GF Bread and Crackers

Lark & Owl Noshing Plate

Assorted Meats, Cheeses, Fruit, Veggies, Olives, Bread, Spreads and Crackers

Sandwich Assortment Platter \$7pp

Choice of: Italian Hummus Veggie, Pesto Chicken Salad, Avocado Toast, Cucumber Bistro Sandwich Bread Choice of Sourdough or Gluten Free

The Sweet Side

Vegan Cheesecake

\$7pp Raspberry Chocolate, Chocolate Sunbutter, Mango Cardamom, Lemon Lavender, Pumpkin Spice: GF & V

\$8pp

\$6pp

\$8pp

\$8pp

Fruit Cobbler Baked Oats

with Fresh Yogurt, Honey, & Toasted Almonds: GF

Fresh Fruit & Yogurt Cup

with Fresh Yogurt, Honey, & GF Granola

Salads

\$7pp

\$8pp

Forbidden Rice Salad

with Strawberries, Walnuts, & Balsamic Vinaigrette & a Scoop of Cashew Farmers Cheese GF & V

Farmers Market Salad

Greens, Sugar Snap Peas, Carrots, Radish, Apples, Avocado, Quinoa, Sprouts & Fermented Ginger Turmeric Dressing

Zesty Greek Chicken Salad

Quinoa Tabouleh, Roast Chicken, Vegan Tzatziki Sauce & Zahtar Roast Chic Peas

Minimum 10 people per order. Prices are per person unless otherwise noted. Served Family Style with Compostable Plates, Napkins and Utensils