



BREAKFAST PLATES

Sunrise Sandwich	8.50
<i>Two Eggs, Bacon, and Cheese on 14 grain Toast.</i>	
Breakfast Burrito	8.50
<i>Peppers, Onions, Bacon or Sausage, and Scrambled Eggs wrapped in a Flour Tortilla with Salsa Verde.</i>	
<i>Vegan Option: Peppers, Onions, Tomato, Mushrooms, Spinach, and Potatoes in a Flour Tortilla with Salsa Verde.</i>	
Farmhouse	10.99
<i>A bowl of herb roasted Potatoes, cooked with your choice of three toppings, two Eggs, and Bacon or Sausage Links.</i>	
Quinoa Breakfast Bowl	9.50
<i>Quinoa topped with grilled Tomatoes, Chickpeas, and Avocado.</i>	

EXTRA TOPPINGS

Items below are
.50 each

Peppers / Onions	
Tomatoes / Mushrooms	
Spinach / Potatoes	
Jalapeños	
Add Cheese	.75
Scrambles Eggs	1.00
Hard-boiled Egg	2.00
Tofu	3.50



A LA CARTE

Two Eggs	2.99	Fruit Plate	4.99
<i>Sunny side up, easy, medium, hard</i>		Grits	2.49
Omelettes	6.99	Turkey Bacon	2.99
<i>Choice of three toppings. Cheese is .75 extra.</i>		Pork Bacon	3.49
Pancakes	1 - 2.99 / 2 - 4.99 / 3 - 7.99	Chicken Sausage	2.99
French Toast	4.99	Toast	1.75
Home Fries	3.49		

All Ingredients are Certified Organic or grown Naturally without the use of chemicals, and are based on Seasonal Availability. Any items not Certified Organic are non-genetically modified (Non-GMO).

ASK YOUR SERVER

Most items on the menu can be made into Vegan options. We offer Vegan and Gluten-Free Breads.

APPETIZERS

Stuffed Zucchini Boats 7.99
Raw Zucchini filled with Quinoa and house-made Balsamic Ginger Sauce.

Meatballs & Marinara 8.99
Meatballs covered in Marinara, Mozzarella, and Basil.

ENTRÉES

Grass-Fed Burger 8.99
Eight ounce Burger with Lettuce, Tomato, and Red Onions on Potato Bread Bun.

Beyond Burger 7.99
A Plant-Based Burger with Lettuce, Tomato, and Red Onions on a Vegan Brioche.

Black Bean Burger 8.99
House-made Black Bean Burger with Lettuce, Tomato, and Caramelized Onions on Potato Bread Bun and Garlic Aioli.

Veggie Tacos 11.99
Three Corn Tortillas filled with Zucchini, Yellow Squash, Onions, Garlic, Tomatoes, Avocado, and Salsa Verde.

Quinoa Lunch Bowl 9.99
Quinoa topped with Pico de Gallo, Black Beans, Avocado, and Lime wedge.

SALADS

Field Green Salad 8.99
Spring Mix with Dried Cranberries, Sunflower Seeds, and Avocado.

Wedge Salad 5.99
Wedge of Romain Lettuce with Tomato, Red Onion, Vegan Bacon Bits, Avocado, and house-made Balsamic Ginger Sauce.

Add Protein:
Hard-boiled Egg 2.00
Tofu 3.50
Chicken 4.99
Salmon 5.99

ENTRÉE TOPPINGS

Pickles .50
Avocado .99
Pork Bacon 3.49
Turkey Bacon 2.99
Cheese .75

"It is our passion to create an amazing dining experience for all. We take great care in preparing our quality natural foods."

FROM THE DELI SIDE

Chicken Salad 17.99/lb
Egg Salad 13.99/lb
Tuna Salad 16.49/lb
Chickpea Salad 8.99/lb
Broccoli Salad 18.99/lb
Kale Salad 15.99/lb

Chicken Salad Sandwich 8.49
Egg Salad Sandwich 6.99
Tuna Salad Sandwich 7.99
Vegan or Non-Vegan Soup
Cup or Bowl - Prices Vary