

ORGANIC LOOSE LEAF TEAS *individual pot of tea* 5

ORGANIC BLACK TEA *(full caffeine)*

english breakfast

rich, full-bodied blend of malty assam and ceylon assam

full body and malty sweet tasting tea from India

earl la crème

classic earl grey with hints of vanilla

ORGANIC GREEN TEA *(medium caffeine)*

jasmine blueberry

organic blueberries are mingled with jasmine green tea

spring green

unique buttery flavor and light sweet taste

brown rice green

matcha green tea blended with toasted brown rice

green yerba mate

pure unaged Brazilian yerba mate

ORGANIC HERBAL TEA *(caffeine free)*

chamomile

calming organic Egyptian chamomile

peppermint

soothing and refreshing, peppermint is known as a digestive tonic

wonder woman

nettles, raspberry leaf, peppermint, chamomile, ginger,

dandelion leaf, oatstraw, horsetail, stevia & rose

coconut lavender

coconut, lavender, rooibos

aphroditea

damiana, kava kava, cinnamon, ginger, cloves, cardamom, anise,

rose petals, licorice

executive chef: JANINE DORAN *sous chef:* EVAN PACHOLSKI

breakfast

MORNING LIBATIONS *garden flora / mimosa* 11/9

VITAMIN C KOMBUCHA TONIC 8

PASSIONFRUIT MANGO NOG **GF, V** 7

breakfast is available from 9am - 2pm

CINNAMON ROLL

*baked fresh every morning with caramelized sugar, maple toasted pecans, and vanilla icing **V, SF**** 5.75

BISCUITS & GRAVY

*housemade rosemary biscuits, vegan country gravy **V*** 6/12

SOUTHERN PLATTER

*eggs or seasoned tofu, smoky collard greens & a housemade rosemary biscuit with vegan country gravy **V**** 14

BREAKFAST PLATTER

*eggs or seasoned tofu, roasted potatoes or cheesy grits, served with garlicky greens & fresh fruit **GF, V**** 13

BREAKFAST QUESADILLA

roasted yams, poblano peppers, corn, & pepper jack cheese inside an egg wrapped flour tortilla, topped with snappy sauce & tomatillo salsa, served with mixed green salad
\$2 to add avocado slices and lime creme fraiche 14

PORTOBELLO & KALE SCRAMBLE

*eggs or seasoned tofu, lacinato kale, portobello mushrooms, sauteed leeks, lemon parsley pesto, & pecorino cheese **GF, V*, SF**** 13

SUMMER SQUASH & SPINACH SCRAMBLE

*eggs or seasoned tofu, roasted summer squash, spinach, walla walla onions, & goat cheese **GF, V*, SF*** 13

RANCHO COLORADO SCRAMBLE

*eggs or seasoned tofu, slow cooked rancho beans, tomatillos, fresh chilis, & sweet corn, queso fresco, blue corn tortilla chips **GF, V**** 13

(scrambles are served with a choice of cheesy grits or roasted potatoes)

scrambles

starters, soups & salads

RUSSET FRIES <i>cayenne aioli GF, V*</i>	6
FRIED OLIVE & HUMMUS PLATTER <i>fried castelvetro olives, seasonal fresh vegetables, hummus with chili oil, marcona almonds, and mint GF, V, SF*</i> \$2 to add house pita bread GF*, V	10
SEASONAL SOUPS <i>selections rotate daily</i>	5/8
HOUSE SALAD <i>organic greens & vegetables in herbed balsamic vinaigrette GF, V, SF</i>	7/11
CAESAR SALAD <i>romaine, herbed croutons, parmesan, fried capers GF*, V*</i>	7/11
HEIRLOOM MELON SALAD <i>arugula, shaved cucumber, heirloom local melon, avocado, cilantro lime vinaigrette, & feta cheese V*, GF, SF</i>	13
SUMMER SQUASH & HALLOUMI SALAD <i>shaved squash, fresh peaches, grilled green beans, seared halloumi, basil, arugula, citrus mint herbed vinaigrette, sumac GF, V*, SF</i>	14
MARKET FRUIT BOWL	6



breakfast available 9am - 2pm, lunch available 11am - 5pm
consuming raw or undercooked eggs may increase your risk of food borne illness

Parties of 6 or more - we do not offer split/separate checks.
Feel free to discuss your options with your server. Thank you.

sandwiches are served with choice of russet fries or house salad

sandwiches & boards

FRENCH DIP <i>portobello mushrooms, caramelized onions, & swiss cheese on a seeded baguette with mushroom garlic au jus GF*, V*</i>	15
ITALIAN BURGER <i>grilled black bean burger, basil pesto aioli, sundried tomato jam balsamic tossed arugula, soft potato roll V*, GF*</i> add mozzarella \$.50	15
FALAFEL <i>chickpea croquettes on warm pita, with romaine, cucumber & tomato, fresh herbs, sumac vinaigrette, and tahini GF*, V</i> add feta \$1	14
BURRATA BOARD <i>burrata cheese, grilled foccacia, farm fresh cucumbers, radishes, & heirloom tomatoes, nicoise olives, mama's lil peppers, fresh herbs, & port balsamic reduction V*, GF*, SF</i>	15

pizzas

SQUASH BLOSSOM PIZZA <i>summer squash & squash, grilled onions, fresh dill, chili oil, & manchego on wheat crust V*, GF*, SF</i>	17
HEIRLOOM TOMATO & CORN PIZZA <i>fresh heirloom cherry tomatoes, grilled corn, basil & parsley, garlic corn sauce, red wine vinaigrette, fennel finishing salt, & parmesan on wheat crust GF*, V*, SF</i>	17
CHEESE FLORENTINE PIZZA <i>marinara, spinach, garlic, smoked mozzarella, & parmesan on wheat crust GF*, SF</i>	16

please inform your server of food allergies or dietary restrictions
GF = gluten free / * available gluten free (our fryer is used for items containing gluten)
 \$1 to substitute gluten free pita, \$2 to substitute gluten free pizza dough
V = vegan / * available vegan
SF = soy free / * available soy free

CAFFE FLORA breakfast & lunch