

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*

**relief**

*this blend of lemongrass, rosehips, ginger, licorice root, sage, peppermint,*

*& cloves helps provide a blast of deep menthollated relief for colds and allergies*

*executive chef:* JANINE DORAN     *sous chef:* KEELY VANDERFORD

MORNING LIBATIONS *garden flora / mimosa* 11/9

VITAMIN C KOMBUCHA TONIC 8

PASSIONFRUIT MANGO NOG **GF, V** 7

breakfast 9am-2pm

CINNAMON ROLL 5.75

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

BISCUITS & GRAVY 6/12

*housemade rosemary biscuits, vegan country gravy **V***

SOUTHERN PLATTER 14

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

BREAKFAST PLATTER 13

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

BREAKFAST QUESADILLA 14

*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*

NORTHWEST “LOX” SCRAMBLE 13

*eggs or seasoned tofu, smoked carrots, shaved red onion, “cream cheese”, fried capers, & fresh dill **GF, V\*, SF\****

FORAGER SCRAMBLE 13

*eggs or seasoned tofu, roasted delicata squash, hedgehog & shimeji mushrooms, sage, & goat cheese **GF, V\*, SF***

RANCHO COLORADO SCRAMBLE 13

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

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

YAM FRIES <i>cayenne aioli GF, V*</i>	6
FRIED OLIVE & HUMMUS PLATTER <i>fried castelvetroano 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 &amp; 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
GOLDEN BEET & ASIAN PEAR SALAD <i>arugula &amp; mizuna, roasted golden beets, asian pears, pomegranates, horseradish ginger dressing V, GF</i>	13
SUPERFOOD SALAD <i>kale, brussels sprouts, cabbage, broccoli, onion, carrots, spinach, creamy apple cider vinaigrette, hemp seeds, mulberries, pomegranate seeds, &amp; almonds V, GF, 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*

**please inform your server of food allergies or dietary restrictions**

**GF** = gluten free / \* available gluten free

\$1 to substitute gluten free pita, \$2 to substitute gluten free pizza dough

**V** = vegan / \* available vegan

**SF** = soy free / \* available soy free

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 yam fries or house salad

FRENCH DIP <i>portobello mushrooms, caramelized onions, &amp; 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 &amp; tomato, fresh herbs, sumac vinaigrette, and tahini GF*, V</i> add feta \$1	14
GRILLED EGGPLANT MUFFALETTA <i>grilled eggplant, mixed olive tapenade, spinach, provalone, pink peppercorn aioli, toasted ciabatta roll GF*, V*, SF*</i>	15



DELICATA PIZZA <i>roasted delicata squash, red onion &amp; honeycrisp apple relish, toasted almonds, fresh thyme, truffle oil &amp; beecher's flagship white cheddar on wheat crust V*, GF*, SF</i>	17
PEAR & GORGONZOLA PIZZA <i>roasted pears, caramelized onion, toasted walnuts, fried sage, fig balsamic reduction, gorgonzola cheese on wheat crust V*, GF*, SF</i>	17
CHEESE FLORENTINE PIZZA <i>marinara, spinach, garlic, smoked mozzarella, &amp; parmesan on wheat crust GF*, SF</i>	16