

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)

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| 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 & 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 & 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, & 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

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| 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 |
| GRILLED EGGPLANT MUFFALETTA <i>grilled eggplant, mixed olive tapenade, spinach, provalone, pink peppercorn aioli, toasted ciabatta roll GF*, V*, SF*</i> | 15 |



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| DELICATA PIZZA <i>roasted delicata squash, red onion & honeycrisp apple relish, toasted almonds, fresh thyme, truffle oil & 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, & parmesan on wheat crust GF*, SF</i> | 16 |