

FOOD

Breakfast

BERRY YOGURT BOWL \$11.5

unsweetened greek yogurt, house made granola, candied pecans**, pistachio**, fresh strawberry + blueberries, honey, mint

APPLE CINNAMON PORRIDGE \$10.5 V GF

gf oats, stewed apples with maple + cinnamon, orange zest, candied pecans**, edible flowers

HUMMINGBIRD PANCAKES \$15

three pancakes layered with pecan brown sugar cream cheese**, topped with fresh bananas + pineapple, pecan maple syrup**, edible flowers

FAUNA BREAKFAST \$13.5

two scrambled eggs*, one slice Broadbent bacon, one sausage, roasted potatoes, grilled tomato, sourdough toast

FLORA BREAKFAST \$13.5

two poached eggs*, mushrooms, homemade Irish baked beans, roasted potatoes, grilled tomato, sourdough toast

BAGEL SANDWICH \$8.75

scrambled egg* and cheese

Add bacon \$2 | Add sausage \$2 | Add avocado \$2

BREAKFAST WRAP \$10

scrambled egg*, tomato, pickled onion, feta, basil pesto**

Add bacon \$2 | Add sausage \$2 | Add avocado \$2

CHILI CRISP BREAKFAST SANDWICH \$11.50

over-medium egg*, honey chili crisp cream cheese, Broadbent bacon, arugula and toasted sesame seeds on a bun

Add avocado \$2

STRAWBERRY RICOTTA TOAST \$13.5

one slice of sourdough toast topped with house made strawberry whipped ricotta, sliced green apple and banana, honey, almond butter**, pistachio**, sunflower seeds and mint

AVOCADO TOAST \$13

one slice of sourdough, fresh avocado, tomato, microgreens, watermelon radish, honey, sesame seeds, red pepper chili flakes, topped with one poached egg*

BISCUITS + TOMATO HERB GRAVY \$13.75

2 house made flaky biscuits topped with Southern tomato gravy, bacon crumble, feta, basil and chives

Add egg \$2.5

Salads

CRISPY CHICKPEA CAESAR \$12.75 GF

romaine, crispy chickpeas, parmesan, caesar dressing, kale chips

can be made vegan upon request***

VEGETABLE MEDLEY SALAD \$13.5 GF

arugula + spinach, roasted sweet potatoes, broccoli, eggplant, sunflower seeds, feta, pickled rainbow carrots, drizzled with maple balsamic vinaigrette

can be made vegan upon request***

Salad Additions:

Add grilled chicken \$5.5

Add three falafel patties \$5

Bowls

POTATO HASH \$13 GF

one poached egg*, roasted potatoes and sweet potatoes, balsamic honey beets, pickled cabbage, sweet + spicy mustard

Add bacon \$4 | Add sausage \$4

MEDITERRANEAN BOWL \$14.5 V

two falafel patties, spinach, sun-dried tomato hummus, cucumbers, roasted eggplant, olives, red peppers, and cherry tomatoes, drizzled with ladolemano oil, fresh dill

Add egg \$2.5

FARRO BOWL \$14.5 V

farro, roasted broccoli, eggplant, red peppers, pickled onion, watermelon radish, pistachio**, sunflower seeds, microgreens, vegan parmesan, lime juice, red pepper chili flakes, drizzled with lemon + mint vinaigrette

Sandwiches

FALAFEL VEGETABLE WRAP \$13.5 V

three panko crusted falafel patties, sun-dried tomato hummus, cucumber, tomato, spinach, red onion, dill, lemon + mint vinaigrette

TURKEY SANDWICH \$14

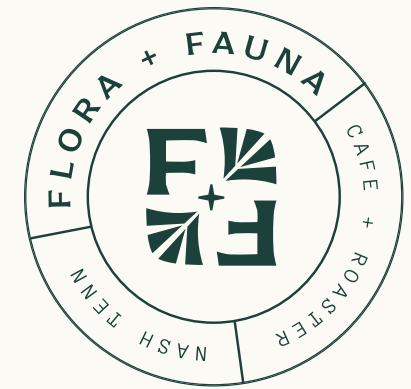
turkey, honey chili crisp whipped feta, arugula, and sliced tomato on sourdough with a side of roasted potatoes

F+F CHICKEN SANDWICH \$16

grilled chicken*, provolone, arugula, pickled onion, F+F sauce** on a bun with a side of roasted potatoes

COWBOY BURGER \$16

Fischer Farm burger patty*, apple cinnamon BBQ sauce, Broadbent bacon, mayo, cheddar, caramelized red onion, arugula on a bun with a side of roasted potatoes



Nibbles

\$12

SUN-DRIED TOMATO HUMMUS GF

served with rainbow carrots, red bell pepper, cucumber

HONEY CHILI CRISP FETA DIP

served with bagel chips

WHIPPED STRAWBERRY RICOTTA

served with sourdough

Sides

ROASTED POTATOES \$3.5 V GF

HOMEMADE IRISH BAKED BEANS \$3.5 V GF

FRESH SIDE SALAD \$4.5 GF

FRESH FRUIT \$4.5 V GF

TOASTED BAGEL \$5.25

choice of plain or everything bagel with one choice of plain, garlic herb, garden vegetable, honey chili crisp, pecan brown sugar cream cheese or almond butter

Kids

\$7

SCRAMBLED EGG, TOAST, AND FRUIT

GRILLED CHEESE AND FRUIT GF

1 PANCAKE + FRUIT

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

**Contains nuts

***All vegan items are made in close proximity to animal products - zero cross contamination cannot be guaranteed
All GF items are made in close proximity to items containing gluten - zero cross contamination cannot be guaranteed