

Breakfast Menu

Available 9am - 2pm



Sweet Beginnings

Great with coffee or tea for a light breakfast or share with a friend as a sweet appetizer!

Cinnamon Roll - \$5
An irresistible morning indulgence rolled up with all of the usual suspects; sticky caramelized sugar, crunchy nuts, and vanilla icing baked fresh every morning and served warm. (vegan)

Fresh Fruit Parfait - \$5
Layers of fresh seasonal fruit and organic yogurt topped with our house-blend of crunchy granola and local wildflower honey. (gluten free)

Eggs and Tofu Scrambles

Free-range eggs scrambled to order and served with fruit garnish and choice of roasted potatoes, cheesy grits or seasonal fruit. All scrambles are gluten-free and available vegan with seasoned tofu.

Flora Morning - \$9
Fresh baby spinach, caramelized onions, chopped tomatoes, and fresh herbs with Parmesan cheese.

Mediterranean Medley - \$9
Sun-dried tomatoes, kalamata olives, and artichoke hearts; topped with Feta cheese.

Santa-Fe Sunrise - \$9
Whole black beans, corn, and red onion; topped with warm-spicy chili-verde, crumbled Cotija cheese and crispy tortilla strips.

Basic Breakfast - \$9
Two eggs "your way" with soy sausage, choice of side and multi-grain toast. (Add an egg \$1 each)

Breakfast Specialties

Breakfast Quesadilla - \$10.5
A flour tortilla filled with roasted yam, poblano peppers, corn and Pepper Jack cheese wrapped with egg topped with "Snappy Sauce", tomatillo salsa, lime crème fraîche and served with wild greens dressed in cilantro vinaigrette.

Biscuits & Gravy - \$5/\$8.5
Morning-fresh house made rosemary biscuits smothered in our classic country-style root vegetable gravy or our vegan herbed-mushroom gravy.

Bluebird Grain Farm's Old World Cereal - \$6
This hot cereal is a hearty whole grain cereal or porridge, reminiscent of the old world. This high protein cereal provides energy throughout the day! Served with mixed dried fruit, toasted almonds, brown sugar and choice of milk. (vegan & gluten free)

Breakfast Sides

Eggs- 2.5
Seasoned Tofu- 4.5
Soy Sausage- 3.5
Roasted Potatoes- 2.25
Cheesy Grits- 2.25
Fresh Fruit Bowl- 4.95
Multi-Grain Toast- 1.5
Cup of Gravy- 1.5
Snappy Sauce - .5

Lunch Sides

Bucket of yam fries - 4.5
Cayenne aioli - .5
Tahini - .5
Snappy Sauce - .5

Lunch Menu

Available 11am-5pm

Fresh Salads & Soups

Made with fresh, locally farmed seasonal produce and house made dressings.

Soup of the Day \$4.5/5.5

Soup and Salad - \$9.5
Cup of soup of the day and small house salad.

House Salad - \$6.5/8.5
Organic wild greens dressed in our herbed-balsamic vinaigrette and garnished with fresh shredded carrots, beets, sliced cucumber and toasted sunflower seeds (vegan & gluten free).

Caesar - \$6.50/\$8.50
Crispy Romaine hearts, herbed croutons and grated Parmesan cheese tossed in creamy Caesar dressing and garnished with fried capers and fresh lemon (available vegan & gluten free).
Add Gorgonzola for \$.75

Cara Cara Orange & Avocado Salad - \$10
Avocado, Cara Cara orange segments and spiced pumpkin seeds atop fresh watercress in a grilled jalapeno cumin dressing. (vegan and gluten-free)

Hand-Crafted Sandwiches

Made fresh to order and served with choice of fresh-cut yam fries, organic seasonal greens or soup of the day (Add \$1 for soup) All available vegan.

French Dip - \$12
Thin-sliced grilled portabella mushrooms with caramelized onions and melted Swiss cheese on a grilled seeded baguette; served with our hot roasted garlic and mushroom jus.

Reuben - \$12
Grilled marinated tofu, house made sauerkraut and 1000 Island dressing, grilled zucchini and Swiss cheese on rye bread

Grilled Field Roast - \$12
Locally crafted Field Roast grilled with caramelized onions, red bell peppers, fresh baby spinach and our house grilling sauce on grilled Columbia City Bakery foccacia with melted Smoked Mozzarella cheese.

Black Bean Burger - \$10
Grilled chipotle black bean burger topped with sweet red onion confit and served on a grilled Columbia City Bakery potato roll with cayenne aioli.

Specialty Sandwiches

Falafel - \$10
Traditional chickpea croquettes on warm pita with shredded green-leaf lettuce, sliced cucumber, and chopped tomatoes. Served with our herb-lemon dressed red quinoa salad and house made tahini sauce. (vegan & available gluten free)
Add crumbled Feta for \$.75



Stone-Fired Pizzas

Fresh baked on our thin herbed whole-wheat crust and available on our own gluten-free crust by request add \$1.

Classic Three-Cheese Florentine - \$13
Smoked Mozzarella, Feta and Parmesan cheeses with fresh baby spinach and our rustic house made marinara base.

Roasted Cauliflower & Yam - \$13
Seasoned cauliflower and yams on a roasted garlic-onion base; lightly drizzled with rosemary oil and finished with spiced sunflower seeds and dried cranberry chutney. (vegan)

Artichoke & Spinach- \$13
A creamy mixture of artichoke, spinach and jalapeño topped with Parmesan and White Cheddar cheeses