

## 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, toasted pecans, and vanilla icing baked fresh every morning and served warm. (vegan)

**Fresh Fruit Parfait - \$5**

Layers of fresh seasonal berries, organic yogurt and berry coulis topped with our house-blend of crunchy granola and local wild-flower 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 Parmesan cheese.

**Pesto Asparagus - \$9**

Sautéed asparagus, sun-dried tomatoes, fresh basil pesto and Chevre.

**Spring Mushroom Scramble \$9**

Scramble eggs with walla walla spring onions, grilled crimini mushrooms, fresh tarragon and chives, topped with gruyere cheese.

**Basic Breakfast \* - \$9**

Two eggs, scrambled or fried, 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.

**Mushroom Asparagus Quiche - \$10.50**

King oyster mushrooms, asparagus, fresh tarragon and Asiago served with wild greens dressed in balsamic 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.

### Breakfast Sides

Eggs- 2.5

Seasoned Tofu- 2.5

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

### Lunch Sides

Bucket of yam fries – 4.5

Cayenne aioli - .5

Tahini - .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 \$.50

**Avocado & Spring Greens Salad - \$10**

Fresh spinach, arugula, and dandelion greens tossed in a French miso dressing with diced avocado, pickled red onion, sliced radish, crispy dulse, and a sprinkle of gomaiso. (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 cayenne aioli served on a grilled Columbia City Bakery potato roll.

### 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.

**Mediterranean White Bean - \$13**

White bean hummus, dry cured olives, sun dried tomatoes, roasted garlic, pinenut basil pesto and Goat cheese. (available vegan)

**Asparagus-mushroom \$13**

Creamy alfredo sauce, roasted mushrooms, grilled asparagus, lemon zest, fresh basil and parmesan cheese. Topped with spiced almonds

\* : Consuming raw or undercooked eggs may increase your risk of food borne illness