



## SMOOTHIES

### **White Light (GF, V) (Power-food) 9**

*Delicious and soothing smoothie. Coconut milk, coconut butter, banana, dates, vanilla, cinnamon.*

### **Pink Radiance (GF, V) (Power-food) 9**

*Antioxidant energizing smoothie. Almond milk, strawberries, blueberries, almond butter.*

### **Green Glow (GF, V) (Power-food) 9**

*Nourishing inside and out. Almond milk, avocado, spinach, pineapple.*

*Additional boosts: Matcha, cacao, spirulina, hemp seeds, almond butter, protein powder, flaxseeds.*

### **Cinnamon Raisin Granola Bowl (GF, V) (Power-food) 9**

*Sprouted buckwheat groats granola, sweetened with cinnamon, raisins and dates. Topped with our signature house-made vanilla banana milk, topped with seasonal fruit.*

### **Seasonal Fruit Plate (GF, V) (Nourish) 10**

*A colorful variety of the seasons best fresh fruit.*

### **Open-Faced Smoked Salmon (Nourish) 11**

*Smoked salmon slices served with goat cheese spread, locally grown simple salad, capers, served on an open-faced toasted bagel half and a side of fruit. Option: Full bagel 15*

### **Avocado Toast (VEG) (Comfort Food, Power-food) 10**

*Crispy warm sourdough toast, guacamole, fresh avocado, topped with a bed of locally grown simple salad, organic goat cheese crumbles, lemon, organic local olive oil and crunchy chia seeds.*

*GF Option available*

### **Sweet Potato Hash (GF) (Nourish) 11**

*A delicious combination of savory and sweet wood roasted sweet potatoes and parsnips combined with sweet organic apple, local farm arugula greens, dried cranberries, fresh cilantro, caramelized onions and a cider vinaigrette.*

### **Southwest Quinoa Bowl (GF) (Nourish) 13**

*Sprouted quinoa topped with avocado, fresh cilantro, spicy black beans, mushrooms, sautéed bell peppers, locally grown simple salad, roasted corn. Served with a house-made chimichurri sauce.*

*Option add one 3 or two 4 - farm fresh organic eggs\* any style, to any of the above items*

### **Cowboy Breakfast Burrito (Comfort) 12**

*Farm fresh organic scrambled eggs\*, diced fresh tomatoes, spicy jalapenos, roasted sweet potatoes, slow cooked black beans, red onions, fresh cilantro, organic cheddar cheese. Served in a warm whole wheat tortilla with house-made salsa.*

### **Classic Carefree Breakfast (GF) (Comfort) 13**

*A classic American comfort breakfast with local ingredients, indulge with two eggs\* any style with your choice of thick-cut bacon or chicken apple sausage, served with choice of herb roasted potatoes or locally grown simple salad.*

### **The Farm House (GF) (Nourish) 13**

*A savory combination of three eggs scrambled\*, gruyere cheese, locally grown spinach, chicken apple sausage, served with locally grown simple salad*

### **Garden Omelet (GF) (Nourish) 14**

*Nourish your morning with farm fresh organic eggs scrambled\* with mushrooms, locally grown spinach, goat cheese and fresh thyme. Served with your choice of heirloom potatoes or locally grown simple salad*

### **Artichoke Benedict (GF) (Nourish) 15**

*Two poached farm fresh organic eggs\* served over artichokes, topped with mushrooms, sautéed spinach and drizzled with a smoky chipotle hollandaise sauce.*

### **Arizona Benedict (Nourish) 14**

*Two poached farm fresh organic eggs\* served over toasted sprouted English muffin, grilled tomato, avocado, drizzled with a smoky chipotle hollandaise sauce.*

### **Blueberry Pancakes (GF) (Comfort) 13**

*Fluffy pancakes made from protein rich gluten free flour blend, blueberries, served with 100% maple syrup.*

### **Banana Foster French Toast (GF) (Comfort) 13**

*Crispy coated French toast, topped with bananas and local Green Valley farm pecans.*

**Sides-Simple Salad, Breakfast Potatoes, Seasonal Fruit, Applewood Bacon, Chicken Apple Sausage**