



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