



Soup

Soup of the Day - Cup and Bowl options \$6.00 / \$8.00
Always made from scratch with local, organic vegetables!

Sandwiches

SERVED WITH CHOICE OF SEASONAL FRUIT, FRESH POTATO SALAD (FROM OUR PARTNERS AT GOODEAGLE GOURMET LLC), OR OUR PASTA SALAD

Egg Salad Sandwich \$9.35
Made from scratch, served with local organic greens on bread from the fine folks at Great Harvest.
+ Cheese or vegan cheese can be added (\$0.75 / \$1.25) Add avocado (\$1.00)

Grilled cheese with sliced apple
We source our apples from Theys Orchard, and add this to 3 slices of gourmet cheese on bread from the fine folks at Great Harvest!
+ Nondairy (vegan) cheese option available for \$1.25 extra

Grilled cheese with pesto and tomato \$8.50
Our own pesto and a slice of beefsteak tomato accompany 3 slices of gourmet cheese, on bread from the fine folks at Great Harvest.
+ Nondairy (vegan) cheese option available for \$1.25 extra

Grilled peanut butter (or sunbutter) with sliced apple or elderberry jelly \$8.00
Appes are sourced from Theys Orchard, and bread from the fine folks at Great Harvest. (Vegan) Yup! Adults can have this too!
+ Sunflower seed butter option available for \$1.50 extra

Hearty Grilled Veggies & Hummus \$9.35
A selection of seasonally available, local, organic veggies that are roasted, with your choice of our available hummus options, served on bread from the fine folks at Great Harvest. (Vegan)
+ Cheese or nondairy (vegan) cheese can be added (0.75 / \$1.25) Add avocado (\$1.00)

Hummus Wrap \$8.50
Your choice of our selection of freshly made hummus options, with local, organic greens, orange or red bell pepper, & sliced avocado wrapped in a warmed tortilla (GF option available). (Vegan)
+ Cheese or nondairy (vegan) cheese can be added (0.75 / \$1.25)

TTLA (Tempeh, Tomato, Leafy Greens, & Avocado) \$9.35
Our marinated and roasted tempeh, beefsteak tomato, leafy green (seasonal options), and avocado, served on bread from the fine folks at Great Harvest - definitely our most popular sandwich! (Vegan)
+ Cheese or nondairy (Vegan) cheese can be added (0.75 / \$1.25) Add avocado (\$1.00)

Protein Bowls

Mediterranean Bowl \$12.95
Start with a base of rice, farro, quinoa, roasted riced cauliflower, or zucchini swirls. Top this with Kalamata olives, sundried tomatoes, roasted zucchini & peppers, topped with our vegan citrus sauce. Select your protein choice (Marinated tempeh, tofu, or black beans)

Thai Bowl \$12.95

Start with a base of rice, farro, quinoa, roasted riced cauliflower, or zucchini swirls. Top this with roasted sweet potato, carrot, sautéed greens, topped with our delicious Asian-inspired peanut sauce and chopped peanuts. Select your protein source (Marinated tempeh, tofu, or black beans).

Veggie Crazy Bowl \$12.95

Start with a base of rice, farro, quinoa, roasted riced cauliflower, or zucchini swirls. Top this with a roasted blend of sweet potato, butternut squash, carrots, zucchini & sautéed greens. Select your protein source (Marinated tempeh, tofu, or black beans) and sauce (Citrus Sauce or our Asian-inspired Peanut Sauce).

Monthly Specials

Hummus platter - choice of 2, 3 or 4 flavors \$8.95 / 9.95 / 10.95

Select your hummus choices, which are served on a bed of seasonal organic greens with crackers or bread, and fresh raw veggies. Choose from a selection of Black olive, Curry, Pine Nut & Sumac, or Sundried Tomato. (Vegan)

Organic Quiche of the Day \$9.95

Served on a bed of local, organic greens with your choice of our pasta salad, potato salad (from our partners at Goodeagle Gourmet LLC), or fresh fruit.

Add a Side

Fresh Fruit \$1.50

Ask what our organic options are today! (Vegan)

Pasta Salad \$1.50

All organic ingredients with cucumbers, tomatoes, kalamata olives, sundried tomatoes, and a balsamic vinaigrette. (Vegan)

Potato Salad \$1.50

This dish from our partners at Goodeagle Gourmet LLC uses organic ingredients, and is absolutely delicious! (Vegan)

Beverages

Beverage options from the refrigerator case Varies

Choose from sparkling water, kombucha, and other delicious beverages.

Sweet Willow Hot Tea \$3.50

Try a cup of any of our organic herbal blends (or a black, green, or white variety)

+ Coconut / Oatmilk / Hemp milk / Sesame milk available (\$1.00)

Sweet Willow Chai \$5.00

Try a cup of any of our own organic herbal chai blends (Ashwagandha Chai, Guy Chai, Mushroom Chai, Star Chai)

+ Coconut / Oatmilk / Hemp milk / Sesame milk available (\$1.00)

Cup of Terra Verde coffee (refills available) \$1.50

Full bodied roast from our fine friends at Terra Verde (Chilton).

+ Coconut / Oatmilk / Hemp milk / Sesame milk available (\$1.00)

Cup of hot mushroom coffee / cocoa / mocha beverage \$5.00

Host Defense products with medicinal mushrooms added to coffee, cocoa, or mocha base - delish!

+ Coconut / Oatmilk / Hemp milk / Sesame milk available (\$1.00)

Desserts

Ask about our offerings! Varies

Cookies (many are vegan and gluten friendly), panna cotta, and other goodies are available each week - ask for what's available today!