

FRESH BEGINNINGS

BANANA BREAD with honey butter 4

AVOCADO TOAST toasted flour garden bread, microgreens, everything bagel spice 7, add an organic egg +2 **VO/GFO**

LOCAL GRANOLA organic berries, greek yogurt, local honey 8 **VO, N, GFO**

BEE KIND ACAI BOWL blended almond milk, banana, peanut butter, topped with chia seeds, coconut, bananas, honey & granola 9

BREAKFAST

Egg whites, tofu, teese cheese or daiya cheese available. Substitute organic berries for home fries for \$2

PANCAKES topped with berries, bananas, pure maple syrup | Organic Buttermilk 8 / Organic Buckwheat 9 **V, GF**

FRENCH TOAST Texas toast, berries, cinnamon, vanilla, local honey butter 9 **GFO**

POWER BREAKFAST scrambled egg whites, chicken sausage, buckwheat pancake 11

TWO EGGS ANY STYLE* choice of meat, Byrd's mill grits or home fries, wheat toast 9 **GFO**

EGG SANDWICH* scrambled eggs, Edwards county ham or bacon, cheddar, croissant, home fries 8 **GFO**

TRADITIONAL BENEDICT* english muffin, Edwards county ham, hollandaise, home fries 10

CRAB CAKE BENEDICT* english muffin, crab cake, citrus hollandaise, home fries 15

HAM & SWISS OMELET* Edwards country ham, swiss cheese, home fries 9 **GF**

AVOCADO, WHITE CHEDDAR & TOMATO OMELET* home fries 10 **GF**

WILD MUSHROOM OMELET* asparagus, goat cheese, home fries 10 **GF**

LUMP CRAB OMELET* spinach, tomatoes, goat cheese, home fries 13 **GF**

HUEVOS RANCHEROS* sunny side up eggs, chorizo, avocado, corn tortillas, black beans, pico, white cheddar, home fries 12 **VO, GF**

BREAKFAST BURRITO* scrambled eggs, chorizo, black beans, pico, scallions, cheddar, avocado, lime crema, home fries 12 **VO, GFO**

APPETIZERS

ARTICHOKE & SPINACH DIP house flatbread 8 **GFO**

MADE TO ORDER GUACAMOLE organic blue corn chips 8 **V, GF**

CRISPY BRUSSELS SPROUTS pistachios, pomegranate seeds, pecorino cheese, balsamic reduction 9 **VO, GF**

FRIED CALAMARI peppadews, red onion, chipotle lemon vinaigrette, garlic toum 11 **GF**

LETTUCE CUPS shiitake mushrooms, jicama, basil, sambal, cashews, kung pao sauce **VO, GFO, N**

Tofu 10 / Shrimp 11 / Organic Chicken 10 / Grass Fed Beef* 12

SOUPS & SALADS

add Twin Oaks Tofu 5 / Organic Chicken 6 / Grass Fed Beef* 6 / All Natural Shrimp 6 / Eco Salmon* 8

LENTIL SOUP 4/6 **V, GF** **SOUP DU JOUR** 4/6

MIXED GREEN SALAD cucumber, tomato, carrots, choice of dressing 6/8 **V, GF**

ORGANIC CAESAR* romaine, shaved parmesan, croutons, Caesar dressing, white anchovies 7/9 **GFO**

ORGANIC KALE pumpkin seeds, pecorino, apples, pomegranate, citrus poppy seed dressing 8/10 **VO, GF**

BEET & ARUGULA goat cheese, toasted pistachio, fig jam, sea salt, balsamic reduction, basil oil 9/13 **VO, GF, N**

QUINOA mixed greens, quinoa, carrots, peppers, chickpeas, feta, almonds, lemon chipotle vinaigrette 8/10 **GF, VO, N**

CHOPPED romaine, tomato, avocado, cucumber, blue cheese, bacon, buttermilk herb dressing 8/10 **GF**

PIZZA

Teese or Daiya cheese or Gluten-Free crust 2

MARGARITA organic tomato sauce, tomatoes, mozzarella, parmesan, basil, oregano 12 **VO, GFO**

WHITE garlic, olive oil, ricotta, mozzarella, feta, parmesan 13 **GFO**

MUSHROOM & KALE arugula pesto, mozzarella, parmesan, smoked cipollini onions, truffle oil 14 **VO, GFO**

FIG & PIG white base, pulled pork, fig jam, arugula, balsamic reduction 16 **GFO**

BARBECUE CHICKEN organic tomato sauce, caramelized onions, pineapple, jalapeno, mozzarella 14 **GFO**

SANDWICHES

Quinoa tabbouleh / Side salad / French fries / Sweet potato fries / Chickpea salad

CERTIFIED ANGUS BURGER* burger house style, cheddar, lettuce, tomato, onion, brioche bun 10 **GFO, PO**

ALL NATURAL TURKEY BURGER guacamole, pickled red onions, white cheddar, whole wheat bun 9 **GFO, PO**

VEGGIE BURGER house made patty, lettuce, tomato, onion, whole wheat bun 9 cheddar+1 **V, GFO, N**

WHITE CHEDDAR AVOCADO BLT applewood bacon, tomato, lemon cracked pepper aioli, toasted multigrain 10 **GFO**

CALIFORNIA CLUB roast turkey, swiss, bacon, avocado, lettuce, tomato, whole grain mustard aioli, toasted multigrain 9 **GFO**

CHICKEN PANINI all natural chicken breast, white cheddar, arugula, tomato, caramelized onions, chipotle aioli 11 **GFO**

ROAST TURKEY PANINI goat cheese, fig jam, arugula pesto 9 **GFO**

TLT SANDWICH tempeh bacon, lettuce tomato, guacamole, white bread 10 **V, GFO**

CRAB CAKE lemon cracked pepper aioli, arugula, brioche bun 14

BOWLS & TACOS

add Tofu 5 / Organic Chicken 6 / Grass Fed Beef* 6 / All Natural Shrimp 6 / Eco Salmon* 8

STIR FRY brown rice, snow peas, broccolini, carrots, cabbage, peppers, onions, spicy sesame & soy sauce 10 **V, GFO**

BURRITO black beans, corn, rice, lettuce, pico de gallo, guacamole, cheese, cilantro lime sauce 11 **VO, GF**

SPICY THAI NOODLE rice noodles, bok choy, eggplant, ginger, thai basil, cilantro, scallion, sesame, nam pla & soy sauce 10

TUNA POKE* rice, edamame, carrot, red cabbage, avocado, sesame, sambal, ginger tamari dressing 18 **GF**

TACOS red cabbage slaw, pico de gallo, avocado, cilantro lime sauce, side of house made hot sauce

Blackened Mahi 17 / Chimichurri Chicken 16 / Pork Carnitas 16 / Vegetarian 14 **V, N**

DIETARY GUIDE: **V**-Vegan / **VO**-Vegan Optional / **GF**-Gluten Free / **GFO**-Gluten Free Optional / **N**-Contains Nuts / **PO**-Paleo Optional

* Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Some foods may be cooked to order. *

We are not a gluten free facility.

FARMS & PARTNERS

WE SOURCE OUR ORGANIC PRODUCE FROM TAYLOR ORGANIC, SOLATA FARMS, FARMER'S DIRECT, EARTHBOUND, FOXY, BONIPAK, NATURE AND MORE, COASTAL VALLEY, DRISCOLL AND ORGANIC VALLEY

OTHER LOCAL PRODUCE COMES FROM FLORES FARM, SCHULYER GREENS, CROWN ORCHARDS, HUNGRY HILL FARMS, J&C BEAN SPROUTS, AGRIBERRY, WESTMORELAND FARMS AND CRICK HOLLOW FARMS

OUR ALL NATURAL CERTIFIED ANGUS BEEF IS FROM ECHO RIDGE FARM IN ATKINS, VA AND PLEASANT VALLEY FARM IN GAITHERSBURG, MD

OUR ALL NATURAL TURKEY & CHICKEN ARE FROM HARVEST LAND IN DILLON, SC AND POLYFACE FARMS IN STAUNTON, VA

OUR SALMON IS ECO CERTIFIED FROM MAINE

OUR OYSTERS ARE FROM THE CHESAPEAKE BAY, VA

OUR CRAB IS ALL NATURAL AND WHEN IN SEASON IS FROM DAY BOAT IN MATTHEWS, VA

OUR HONEY IS FROM HUNGRY HILL FARM IN SHIPMAN, VA

OUR MAPLE SYRUP IS FROM BACK CREEK FARMS IN HIGHLAND, VA

OUR COFFEE & ESPRESSO ARE ORGANIC

OUR PASTURED EGGS ARE FROM AVERY'S BRANCH FARM IN AMELIA, VA

OUR DAIRY IS ORGANIC, OUR TOFU IS FROM TWIN OAKS IN LOUISA, VA

OUR KOMBUCHA IS FROM BLUE RIDGE BUCHA IN NELSON COUNTY, VA

OUR BUNS & PASTRIES ARE FROM OUR NEIGHBOR SUGAR & TWINE IN RVA

OUR PANINI BREAD AND VEGAN WHOLE WHEAT BUNS ARE FROM FLOUR GARDEN IN RVA

OUR GLUTEN FREE BREADS COME FROM SUGAR & TWINE AS WELL

OUR MICROGREENS ARE FROM CABBAGE HILL FARMS IN RVA

OUR ORGANIC LOW GLYCEMIC CHEESECAKE IS FROM MILL STREET SWEETS IN FARMVILLE, VA

OUR YOGURT COMES FROM OLD CHURCH CREAMERY IN MECHANICVILLE, VA

OUR GLUTEN FREE PORK BREAKFAST SAUSAGE IS BY SAUSAGE CRAFT IN RVA

OUR NY BAGELS ARE FROM CUPERTINO'S IN RVA

OUR SODAS ARE CORN SYRUP FREE AND FROM BOYLAN'S SODAS

WE RECYCLE OUR CARDBOARD AND BOTTLES

WE USE BIODEGRADABLE TO-GO WARE

AND A SPECIAL THANKS TO RUDY'S EXOTIC MUSHROOMS AND PRODUCE

