

BRUNCH (served until 4:30 pm)

Farmstead Scramblers | 9

(A) Protein Giant

Fortify with mushroom, flax, parsley, cumin, beans and rice

(B) The Morning After

Sweet n' spicy - rejuvenate with layers of hearty greens, garlic, chili and honey

(C) Garden Sun

Wake up to leek greens, sunflower seed and assorted vegetables in season

Add local organic cheese to any scrambler for \$1.00 - ask for current selection

Tofu Scramble | 9

Red bell pepper, cauliflower, scallion and garlic.

Seasoned with gluten-free tamari

Gluten-Free Organic Veggie Burger | 10

Brown rice, sunflower seed and carrot patty on gluten-free bread.

With guacamole spread, tomato and a side of beets, leeks and taters

Bowl of Seasonal Fruit | 7

Ask for current selection

Organic Oats Granola | 7

Served with soymilk, date and sunflower seeds

Beets Leeks Taters | 6

Delightfully seasoned, colorful platter - with local herbs

Gluten-Free Pancake | 8

Topped with seasonal fruit, macadamia and real maple syrup

Gluten-Free and No-Dairy French Toast | 9

Three slices of gluten free cinnamon-raisin bread with Ames Farm honey, crushed walnut and seasonal fruit