

CAFE MENU

***ALWAYS Gluten Free & Plant Based**

WAFFLES *Real Maple Syrup 1 waffle - 6 2 waffles - 9

*GF oat flour, filtered water, *applesauce, *coconut flour, *coconut oil, *baker's extract, *apple cider vinegar, baking soda, Real Salt (*organic ingredient)

~Add Equal Exchange Fair Trade chocolate chips
(Organic raw cane sugar, Organic chocolate liquor, Organic cocoa butter)
to any waffle for an additional 1.00

~Add *Fruit Compote to any waffle for an additional 1.00

PARSLEY PESTO SANDWICH - 8.5

**Choice of rosemary garlic or a plain roll smothered
in our homemade parsley pesto**

(*parsley, *garlic, *EVOO, *pumpkin seeds, Real Salt) with *tomato, *spinach and *avocado.
Served with a side of fruit or coleslaw.

LENTIL HUMMUS SANDWICH - 8.5

**Choice of rosemary garlic or a plain roll smothered
in our homemade lentil hummus**

(*red lentils, *garlic, *EVOO, *cilantro, Real Salt) with *tomato, *spinach and *avocado.
Served with a side of fruit or coleslaw.

8 INCH PIZZA - 8.5

ROSEMARY GARLIC FOCACCIA PIZZA - 14.5

Choose any toppings you'd like from the salad bar

Crust - Filtered water, *GF oat flour, *sweet sorghum flour, *coconut flour, *psyllium husk, *coconut oil,
*red lentil water (red lentils & water), Real Salt, *coconut sugar, active dry yeast

Smother with our Parsley Pesto (*parsley, *garlic, *EVOO, *pumpkin seeds, Real Salt) OR

Homemade Marinara (*tomato paste, *onion, *zucchini, *garlic, *parsley, Real Salt & veggie stock)

BOWL OF SOUP - 8.5

12 oz To Go Cup of Soup - 6.5

Served with a Rosemary Garlic or Plain Roll

Filtered water, *GF oat flour, *sweet sorghum flour, *coconut flour, *psyllium husk, *coconut oil, *red
lentil water (red lentils & water), Real Salt, *coconut sugar, active dry yeast (*organic ingredient)

*Rosemary & *Garlic *Ask about our soup of the day ingredients

KALE SALAD - 11.5

Served with a Rosemary Garlic or Plain Roll

Kale massaged with our lemon vinaigrette (*lemon juice, avocado oil, *real maple syrup & Real Salt)

Topped with our house made pumpkins seeds (EVOO & salt) and dried cranberries (*cranberries,
*sunflower oil & *cane sugar)

PIZZA POCKET - 8.5

Delicious veggies wrapped up in our homemade bread dough and baked to perfection.

Dough Ingredients: Filtered water, *GF oat flour, *sweet sorghum flour, *coconut flour, *psyllium husk, *coconut oil, *red lentil water (red lentils & water), Real Salt, *coconut sugar, active dry yeast

Pizza Ingredients: Marinara or Parsley Pesto (Marinara: *zucchini, *onions, *garlic, Real Salt, *oregano, *parsley, *tomato paste, filtered water) (Parsley Pesto: *parsley, *garlic, *EVOO, *pumpkin seeds, Real Salt), *mushrooms, *onions, *spinach, *kale, *garlic and *Real Salt

VEGGIE BOWL or LETTUCE WRAPS - 12.5

*add a roll for 1.00

PICK YOUR GREEN

*Baby Spinach
*Lemon Massaged Kale
*Romaine Lettuce Wraps

PICK YOUR BASE

*Roasted Sweet Potatoes & *Carrots with *EVOO & Real Salt
*Brussels Sprouts & *Mushrooms with *EVOO & Real Salt
*Red Lentils, *Leeks, *Garlic, *EVOO & Real Salt

PICK YOUR TOPPING

Coleslaw - (*green cabbage, *purple cabbage, *carrots, *apple cider vinegar, *EVOO, *cilantro, *scallions, *ginger & Real Salt)
*Avocado

PICK YOUR SAUCE

Lemon Vinaigrette - (*lemon juice, avocado oil, *real maple syrup & Real Salt)
Avocado Lime - (*avocado, *lime juice, *garlic, *cilantro & Real Salt)
Asian - (*apple cider vinegar, *coconut aminos, avocado oil, *garlic, *ginger & Real Salt)
Pumpkin Seed - (*roasted pumpkin seeds (EVOO & salt), *coconut milk, *lime juice & Real Salt)

PICK YOUR SPRINKLES

*Roasted Pumpkin Seeds (EVOO & salt)
*Cilantro
*Diced Tomatoes
*Scallion

PICK TWO - 14.5

Pick 2 of the following:

Cup of Soup, Half Kale Salad, Half Veggie Bowl, Pizza Pocket, 8 Inch Pizza, Lentil Hummus or Parsley Pesto Sandwich

DRINKS

COFFEE 2.25 Refill 1.00 To Go 12 oz 2.25 To Go 16 oz 2.75

HOT TEA 2.00 To Go 12 oz 2.00 To Go 16 oz 2.75

***If you have a Food Allergy or Intolerance, please talk to us before ordering**

BAKERY MENU

***ALWAYS Gluten Free & Plant Based**

BREAD LOAF 8.5

16 INCH PIZZA CRUST 8

6 PACK ROSEMARY GARLIC ROLLS 6

(*rosemary & *garlic added to the dough)

6 PACK PLAIN ROLLS 6

ROSEMARY GARLIC FOCACCIA 6.5

(*rosemary, *garlic & *EVOO added to the dough)

Dough Ingredients: Filtered water, *GF oat flour, *sweet sorghum flour, *coconut flour, *psyllium husk, *coconut oil, *red lentil water (red lentils & water), Real Salt, *coconut sugar, active dry yeast

CHOCOLATE MIX: (*full fat coconut milk, *coconut sugar, *GF oat flour, *coconut flour, *cocoa powder, *Baker's Extract, sodium bicarbonate, Real Salt)

VANILLA MIX/MUFFIN/COFFEE CAKE: (*full fat coconut milk, *coconut sugar, *GF oat flour, *coconut flour, *apple cider vinegar, *Baker's Extract, sodium bicarbonate, Real Salt)

Carrot Cake (*carrots, shredded coconut & roasted pumpkin seeds added to the batter)

Lemon (*lemon juice & zest added, no apple cider vinegar or baker's extract)

Pumpkin Spice (*pureed pumpkin, *ground cinnamon, *ground cloves, *ground nutmeg, *ginger added to the batter)

Vanilla Frosting: *powdered sugar (cane sugar & tapioca starch), *palm shortening (certified by palm done right), *baker's extract & filtered water

Chocolate Frosting: *powdered sugar (cane sugar & tapioca starch), *palm shortening (certified by palm done right), *cocoa powder (fair trade), *baker's extract & filtered water

Lemon Frosting: *powdered sugar (cane sugar & tapioca starch), *palm shortening (certified by palm done right), *lemon juice & zest, *baker's extract & filtered water

Vanilla Icing: *powdered sugar (cane sugar & tapioca starch), coconut milk & *Baker's Extract

Lemon Icing: *powdered sugar (cane sugar & tapioca starch) & lemon juice

RODELLE ORGANIC BAKER'S EXTRACT

*alcohol, *chocolate extract, water, *pure vanilla extract, natural flavors (*carob extract)

***ORGANIC INGREDIENT**

BROWNIES 4.5

*Chocolate Chips Added (*raw cane sugar, *chocolate liquor, *cocoa butter *Fair Trade & Organic ingredient)

BUNDT CAKE 4

Chocolate *Chocolate Chips Added (*raw cane sugar, *chocolate liquor, *cocoa butter *Fair Trade & Organic ingredient)

SCONE 4

(*coconut oil, *applesauce, *GF oat flour, *coconut flour, *coconut sugar, *Baker's Extract, *apple cider vinegar, sodium bicarbonate, Real Salt)

Cranberry Orange: *dried cranberries (cranberries, cane sugar & sunflower oil)

Chocolate Chip: *Chocolate Chips Added (*raw cane sugar, *chocolate liquor, *cocoa butter *Fair Trade)

Blueberry: *Blueberries added

PIE SLICE 5.5

Crust: *tapioca flour, *palm shortening (certified by palm done right), *sweet sorghum flour, *coconut flour, *maple syrup, Real Salt

Key Lime: *coconut milk, *lime juice & zest, *maple syrup, *sweet sorghum flour, Real Salt

Chocolate: *coconut milk, *cocoa powder, *maple syrup, *sweet sorghum flour, Real Salt, *baker's extract

Cherry: *cherries, *sweet sorghum flour, *coconut sugar

Apple: *apples, *sweet sorghum flour, *coconut sugar, *ground cinnamon

Blueberry: *blueberries, *sweet sorghum flour, *coconut sugar

Pumpkin: *coconut milk, *pumpkin puree, *coconut sugar, *sweet sorghum flour, Real Salt, *baker's extract, *ground cinnamon, *ground cloves, *ground nutmeg, *ginger

CAKE SLICE 7

LEMON BAR 4

WHOOPIE PIE 5.5

CUPCAKE 3.5

COOKIE 2.5

(*coconut oil, *coconut milk, *GF oat flour, *coconut flour, *coconut sugar, *Baker's Extract, *apple cider vinegar, sodium bicarbonate, Real Salt)

Chocolate Chip: *Chocolate Chips Added (*raw cane sugar, *chocolate liquor, *cocoa butter *Fair Trade & Organic ingredient)

Gingerbread: *molasses, *ground cinnamon, *ground cloves, *ground nutmeg, & ginger

Snickerdoodle: *cinnamon

CINNAMON ROLL 5.5

(*bread dough, *coconut oil, *coconut sugar, *ground cinnamon)

DONUT 3.5

(*bread dough, *coconut sugar, *Baker's Extract & fried in *coconut oil)

TURNOVER 6.5

(*bread dough, *coconut sugar, *Baker's Extract)

MUFFIN 3

Banana Chocolate Chip: *bananas, *Chocolate Chips Added (*raw cane sugar, *chocolate liquor, *cocoa butter *Fair Trade & Organic ingredient)

Pumpkin Spice Chocolate Chip: *pumpkin, *ground cinnamon, *ground cloves, *ground nutmeg, *ginger

Blueberry: *blueberries (topping: *GF oat flour, *pumpkin seeds, *coconut sugar, *coconut oil)

COFFEE CAKE 5.5

Crumble Topping: *GF oat flour, *pumpkin seeds, *coconut sugar, *coconut oil)

Blueberry: *blueberries

Cinnamon: *coconut sugar, *ground cinnamon

Strawberry: *strawberries

***If you have a Food Allergy or Intolerance, please talk to use before ordering**