



# SALADS



ADD GRAINS TO MAKE IT A BOWL!

## Here's the Caesar

Pomegranate Crunch Romaine, Newham Bibb Lettuce, Grilled Chicken Breast, Croutons, Grated Parmesan, Capers, Shaved Shallot, Caesar Dressing and Basil Pesto. **\$18.95**  
**W/Salmon \$22.95**

## Demeter's Harvest

Pomegranate C Romaine, Baby Kale, Cucumber, Kalamata Olives, Herb Marinated Cherry Tomatoes, Red Onions, Herbed Feta Cheese, and Greek Vinaigrette. Served with Pita Bread **\$15.95**

## Lotus

Tatsoi, Pomegranate Crunch Romaine, Tofu, Shaved Carrots, Jalapeño, Microgreens, Daikon Radish, Sweet Potato Glass Noodles, Thai Chili Vinaigrette, Cilantro, Thai Basil and Green Onions **\$16.95**

## Orange & Beet

Newham Bibb Lettuce, Arugula, Herbed Goat Cheese, Crispy Shallots, Pickled Golden Beets, Orange Supremes, Candied Walnuts, Orange-Dill Dressing, and Dill **\$17.95**

## Lazeeza

Baby Kale, Newham Bibb Lettuce, Marinated Cucumber and Tomato, Herbed Feta Cheese, Pickled Red Onions, Roasted Chickpeas, Lemon Tahini Dressing and Zhoog **\$15.95**

## The Jumper

Spicy Micro Mix, Arugula, Crispy Skin-On Salmon Filet, Grilled Squash, Zucchini, and Red Onion. Marinated Sun-Dried Tomato, Pickled Mustard Seeds, Dijon Vinaigrette, Parsley, and Dill **\$21.95**

## Mushroom Miso

Baby Kale, Tatsoi, Grilled Portabella Mushroom, Cucumber, Charred Snow Peas, 5 Grain Blend, Spicy Roasted Sweet Potato, and Charred Shallot Dressing **\$18.95**

## Aji Amarillo

Pomegranate Crunch Romaine, Baby Kale, Roasted Red Bell Pepper, Blackened Cauliflower, Pickled Red Onion, Roasted Pepitas, Queso Fresco, Avocado, Aji Amarillo Vinaigrette and Chimichurri **\$17.95**



All Salads can be made Vegan except the Here's the Caesar



Chicken  
+\$6.00

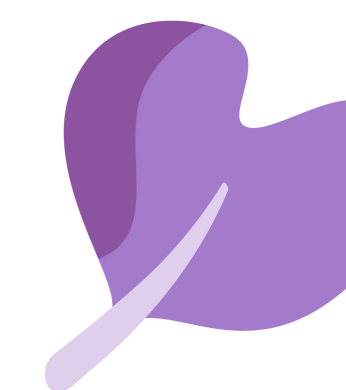
Salmon  
+\$8.00

Tofu  
+\$4.00

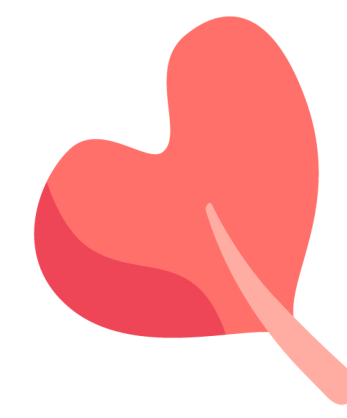
Avocado  
+\$2.50

5 Grains  
+\$3.00

Portabella  
+\$4.50



# SOUPS



## Emerald Queen

Pureed Green Cashew Bisque with Farm & Market Grown Kale, Bok Choy, Thai Basil, Cilantro, and Parsley. Garnished with Crispy Shallots, Chive Oil and Garlic Chives

Cup **\$6.95**  
Bowl **\$9.95**

## Miso Chickpea Noodle

Chickpea, Carrot, Onion, Garlic, Farfalle Noodles, and Togarashi in a Lemon Miso Broth

Cup **\$5.95**  
Bowl **\$7.95**

# DRINKS

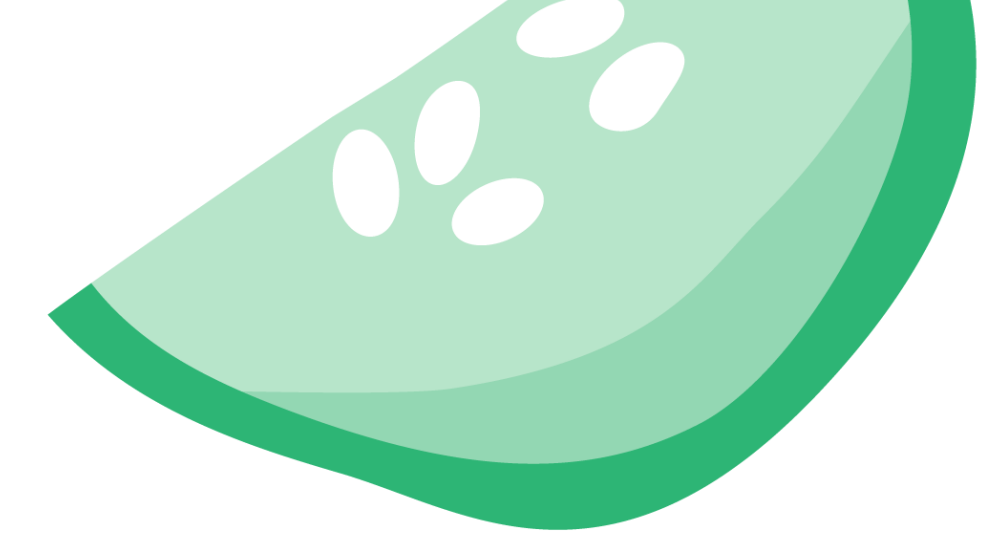
F&M Herbed Water \$0

Lacroix \$1.49

Box Water Large \$2.99

Box Water Small \$1.99

# TREATS



Havenly GF Power Muffins  \$0.99

Denver Chip Company \$3.99



OUTRAGEOUSLY FRESH. **PICKED TODAY PRODUCE.**

**FARM & MARKET**™