

## SWEET TREATS

### Freshly Baked Cookies 21

A Baker's Dozen of Oatmeal Raisin or Oatmeal Chocolate Chip

### Brownie Sheet 39

Great for birthdays and office celebrations!  
Serves 15-30 (Individual Brownie 2.50)

### Sweet Twosome 29

Enjoy both with half of each, Cookie & Brownie.  
Serves 12-18

### Fruits of the Farm VEGGIE NUTS 39

Freshly cut apples and pears, sprinkled with roasted almonds and drizzled with our sweet honey balsamic syrup. Served with locally made strawberry preserves and Country Rolls from The Flour Garden.

Serves 8-10

### Cheeses & Fruits VEGGIE NUTS 75

Selection of local and imported cheeses, perfect with a glass of one of our organic wines! Served with fresh, seasonal fruit and assorted breads.

Serves 8-10

### Charcuterie Plate 95

Selection of hand cut meats, sourced from Olli Salumeria in Mechanicsville, VA, and seasonal cheeses, with fresh breads from The Flour Garden, and a delicious dollop of local Chutney from Virginia Chutney Co., in Washington, VA.

Serves 8-10

*We're able to deliver our organic, biodynamic, sustainable or local wines and local and craft beers to accompany your farm fare. Please ask!*



## SNACK TIME\*

### Nuts & Seeds 30

An assortment of nuts, dried fruits and seeds. Choice of roasted almonds, raw walnuts, pistachios, raisins, craisins, and pumpkin seeds.  
serves 8-10

### Snack Bars 40

A fun and delicious way to energize! Choose from Health Warrior, KIND, Lara Bar, Fig Bar, 22 Days, Clif Organic, and Chace Chia.  
serves 8-10

### Chocolate Delight 40

Everyone loves chocolate! A combination of chocolate bars from Ritter Sport, Chocolove, Theo, Justin's and Nib Mor Organic.  
serves 8-10

\* Availability may vary seasonally

## THE TROUGH

We're proud to work with Iron Clad Coffee Roasters in Scott's Addition to provide sustainably grown, specially blended coffees. We also provide a delicious variety of organic and Fair Trade hot teas. All are served in an earth-friendly Trough. Includes 12, 8 oz. green cups, wooden stirrers, local hormone and antibiotic free milk, raw sugar, and natural low calorie sweetener.  
19.20

YOUR CHOICE OF..

**Sustainably Grown Coffee – Hot or Iced**

**Organic and / or Fair Trade Hot Tea**

**Fair Trade Iced Tea**

**100% Florida OJ with Lots of Pulp!**

We offer a variety of delicious bottled beverages - from locally sourced spring water to all natural sodas, teas and juices.



# CATERING MENU

EARLY SPRING | March 7 - April 24, 2019



If we can walk it, we'll bring you the Farmhouse, no minimum order. Get a taste of some great local foods. Fresh baked breads and pastries from The Flour Garden, Prairie Grain Bakery and annaB's gluten free, savory Farmhouse soups, and brownies from Chocolate Cravings. For more details about creating your special event, call 804.447.9028 or email [cateringandevents@urbanfarmhouse.net](mailto:cateringandevents@urbanfarmhouse.net)

Please give our Farmhands 48 hours notice for your order. (If you have a last minute request, always ask. We'll do our best to accommodate!)

1217 EAST CARY STREET | RICHMOND VA  
(804) 325-3988 PHONE | (804) 482-2665 FAX

**🕒 EARLY SPRING HOURS** Monday - Friday: 6:30AM to 8PM | Saturday: 7AM to 9PM | Sunday: 7AM to 8PM

13872 COALFIELD COMMONS PLACE | MIDLOTHIAN VA  
(804) 378-3366 | (804) 482-2665 FAX

**🕒 EARLY SPRING HOURS** Monday - Saturday: 7AM to 9PM | Sunday: 7AM to 6PM

3015 NORFOLK STREET | RICHMOND, VA  
(804) 254-8188 | (804) 482-2665 FAX

**🕒 EARLY SPRING HOURS** Monday - Friday: 6:30AM to 9PM | Saturday: 7AM to 9PM | Sunday: 7AM to 8PM

100 E FRANKLIN STREET | RICHMOND, VA  
(804) 562-0907 | (804) 482-2665 FAX

**🕒 EARLY SPRING HOURS** Monday - Friday: 6:30AM to 6PM | Saturday: 7AM to 6PM | Sunday: 7AM to 6PM

## BOX BREAKFASTS

Sandwich served with half-size Fruits of the Farm. **7.95**

Cage Free Egg & Cabot Vermont Cheddar w/ Fresh Tarragon **VEGGIE**

Cage Free Egg & Local Veggie Sausage **VEGGIE**

Virginia Country Ham & Cage Free Egg

Virginia Bacon & Cage Free Egg

Lox & Cream Cheese With Fresh Dill\* **+2**

Local Preserves, Unsalted Butter & Assorted Fresh Baked Breads **VEGGIE**

Fruits of the Farm – Served with Fresh Baked Breads **VEGGIE** **NUTS**

Freshly cut apples, pears, and Vitamin C laden oranges, sprinkled with dried cranberries and drizzled with our sweet balsamic syrup. Served with locally made strawberry preserves from Rocky Branch Farm in Jetersville, VA, and a Country Roll from The Flour Garden.



## SALADS

Farmhouse Salad **VEGAN**

Asparagus & White Bean w/ Feta Salad **VEGGIE**

Arugula & Bleu Cheese Salad **VEGGIE** **NUTS**

Lemony Caesar Salad **VEGGIE** **NUTS**

ADD OUR ANTIBIOTIC/HORMONE-FREE CHICKEN OR OUR HOUSE-MARINATED AND BAKED TOFU FROM TWIN OAKS. **3.50**

Feel free to ask about our gluten-free options too!

## BOX LUNCHES

Includes Whole Sandwich or Salad with Bread and served with choice of side Farmhouse Salad or side of Seasonal Fruits and freshly baked cookie. **12.95**

Farmer's Grilled Cheese **VEGGIE**

A yummy melting Cabot Vermont Cheddar topped with fresh baby arugula on Campagne bread.

Fresh Spinach Hummus Sandwich **VEGGIE**

Spring Spinach w/ Feta Crème **VEGGIE**

Tarragon Tuna Salad

Mayonnaise-free tuna salad made with fresh tarragon, carrots, fresh Italian parsley and a wee dollop of Dijon and Greek Yogurt, served on Prairie Grain's 9-Grain bread.

Mango Turkey

Made with our homemade Mango Chutney!

AB&J **VEGGIE** **NUTS**

Almond Butter and locally made Strawberry Preserves, from Rocky Branch Farm in Jetersville, VA, on 9-Grain from Prairie Grain Bakery in Southside.

Extras include Kettle Brand Chips **+2** and substitute Chocolate Cravings Brownie **+1**

## FARMHOUSE SOUPS

Ask about today's seasonal soup offerings. We have a variety of healthy, all natural soups. Nothing artificial, stocks made from scratch with fresh, hand-prepared veggies. No MSG or yeast extracts. No preservatives, additives, hydrogenated oils or modified food starches. Just yummy goodness!

8 OZ **4.95** 12 OZ **5.95** 32 OZ **14.95**

## FOR A CROWD

### HEN'S NEST

An assortment of our seasonal breakfast sandwiches, cut in halves or thirds and arranged in our reusable "nest."

Small, serves 6-10 **69.95**

Medium, serves 15-20 **139.95**

Large, serves 25-30 **199.95**

### PASTRIES & SWEET BREADS

Assorted Pastries & Sweet Breads **29.95**

A yummy assortment, freshly baked.

Serves 6-10 **VEGGIE** **NUTS**

Full Loaf Banana Nut or Seasonal Bread Serves 8-16 **19.95**

Homemade Bread Pudding Serves 9-18 **39.95**

Our unique recipe made with locally made pastries!

### BAGELS

*Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End!*

Bagel Bunch (13 bagels, 2 Tubs Any Cream Cheese) **29.95**

Dozen & A Half (18 bagels) **31.95**

Baker's Dozen (13 bagels) **22.95**

Half Dozen Bagels **10.95**

Plain Cream Cheese — 8 oz. Tub **4.19**

Homemade Flavored Cream Cheese **4.95**

Fresh Veggie / Cinnamon Raisin /

Mamma Mia — 8 oz. Tub

Lox & Cream Cheese\* **94.95**

Our own Farm-Fish version with Kosher Oakwood Smoked North Atlantic Salmon\* (no dyes or artificial preservatives), cream cheese, fresh dill and capers. Served open-face on baked that morning French style Campagne bread.

We're happy to substitute with Cupertino's

Bagels for \$5. Serves 8-10

### ROOSTER'S ROOST

An assortment of our seasonal sandwiches, cut in halves or thirds and arranged in our reusable "nest" with fresh baked cookies from The Flour Garden.

Small, serves 6-10 **84.95**

Medium, serves 15-20 **184.95**

Large, serves 25-30 **299.95**

We're happy to accommodate special requests, including dietary. Just ask!

### GREEN PATCH

Half Size, serves 6-10 **42.95**

Full Size, serves 15-20 **72.95**

Farmhouse Salad **VEGAN**

Mixed greens with grated carrots and radish and fresh Spring herbs, sprinkled with our Farmhouse Vinaigrette.

Caesar Salad **VEGGIE** **NUTS**

Farmhouse style with raw walnuts and our eggless Caesar Dressing.

Please ask if you'd like to add our House Marinated & Baked Tofu or Oven Roasted Chicken.

HALF SIZE **17.95** FULL SIZE **29.95**

Fresh Spinach Hummus & Seasonal Veggies **VEGGIE**

Our homemade Fresh Spinach Hummus, surrounded by loads of seasonal veggies and sliced French Baguette from The Flour Garden.

\*Consuming raw or under-cooked seafood may increase your risk of foodborne illness, especially if you have a medical condition.