RISE & SHINE Wake up your taste buds! Served until 10:30, weekends until 2.

	Egg & Cabot Vermont Cheddar w/ R Cage-free egg, Cabot Vermont Cheddar a French style Campagne loaf.		6.45
	Veggie Sausage & Egg VEGGIE Tasty, toasty sandwich with Veggie Sau	sage that tastes like the real thing!	6.95
	Virginia Country Ham & Cage-Free Slightly salty from Surry, Virginia, delici		6.95
	Virginia Bacon & Cage-Free Egg Pasture raised, cage-free and no hormo The Flour Garden.	nes or antibiotics used – on Campagne loaf from	6.95
		e or artificial preservatives), smoked with oakwood and chopped red onion, and those tart little cape	
	Irish Oatmeal w/ Fresh Local Fruit These oats are 100% whole grain, so cont brand and germ. With freshly chopped ap	tain all the combined goodness of the endosperm,	5.95
	Fresh Seasonal Preserves, Unsalte Organic seasonal preserves, unsalted bu The Flour Garden and Prairie Grain Bake	tter, and assorted fresh breads baked daily from	4.95
	EXTRA CHEESE 1.50 EXTRA BUTTER 1 EXTRA PR SUB FREE RANGE EGG WHITES 1 SUB GLUTEN FREE BR	EESERVES 1 EXTRA PROTEIN 2 AVOCADO 1.75 Xead 1 or Bagel 2	
	Fresh Fruit & Yogurt Parfait VEG Made with Organic French Vanilla Yogu and topped with organic granola.	TE urt and bright Vitamin C laden oranges and pear	5.95 s,
	Bagels VEGGIE Kettle boiled, made from scratch each da or preservatives, from Cupertino's in the	y with unbleached unbromated flour, and no fats	1.75
	Also, try annaB's Gluten Free Bagels 2.7 Plain / Everything	75	
	w/ Plain Cream Cheese 3.2	25	
	w/ Homemade Flavored 3.7 Cream Cheese	75	
V	Spring Veggie / Cinnamon Raisin / Ma	amma Mia	
4	Seasonal Menu Item		

WARM UP

Our coffee is freshly roasted by the fine folks from Legacy Coffee Roasters in Hopewell. Lots of delicious "milk" options: Half & Half, Vanilla Soy and Almond, Oat and Coconut.

CLASSIC ESPRESSO DRINKS

Espresso (double)	2.35	
Macchiato	3.10	
Farmhouse Cappuccino	3.25	
Cortado	3.25	
Americano	12 oz 2.35	16 oz 3.10
Latte	3.40	3.90
Flat White	3.35	3.90

ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP 85¢

Organic: Vanilla / Hazelnut / Raspberry / Caramel | Sugar Free: Vanilla / Hazelnut / Caramel ADD ESPRESSO SHOT 1.25 | SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK 85¢

BREWED COFFEE CLASSICS	12 oz	16 oz
Freshly Brewed Coffee COFFEE REFILL 85¢	1.95	2.35
Cafe au Lait	2.85	3.35
CAFÉ SPECIALITIES	12 oz	16 oz
Café Mocha	4.10	4.60
Coffee Toffee Latte		4.60
Chai Tea Latte	4.10	4.60
Dirty Chai Tea Latte	4.85	5.35
Matcha Tea Latte	4.85	5.35
Hot Fairtrade Dark Cocoa	3.60	4.10
Vanilla Steamer	2.85	3.35
Serendipitea Organic Hot Tea	2.60	2.60
London Fog	4.85	5.35



CAFÉ MENU **EARLY SPRING** | March 4th – April 21st, 2021

EARLY SPRING HOURS ()

CARY STREET: Monday - Sunday: 7AM to 8PM

MIDLOTHIAN: Monday - Saturday: 7 AM to 8PM | Sunday: 7 AM to 6PM



804.378.3366

*Cold smoked salmon is not cooked. Consuming raw or under-cooked seafood may increase your risk of foodborne illness.

	SALADS	Pure joyful gluten free salads, paired with fresh baked vegan breads from The Flour Garden. Feel free to ask for gluten free bread substitutes from An	naB′s.
۲	Farmhouse Salad (VEG Mixed greens with grated our Farmhouse Vinaigrett	l carrots and radishes and fresh Spring herbs, sprinkled with	6.95
۷	5	an Salad VEGGIE beans, fresh early spring asparagus and crumbled feta tossed d with our homemade Balsamic Vinaigrette.	8.95
۷		• (NUTS) oasted almonds and bleu cheese atop fresh arugula, drizzled aigrette.	8.95
	••••••		7.45 10.95
	Fruits of the Farm VE	GGIE (NUTS)	6.95

Freshly cut apples and pears, sprinkled with roasted almonds and drizzled with our sweet balsamic syrup. Served with organic seasonal preserves and a Country Roll from The Flour Garden.

FARMHOUSE SOUPS

Farmhouse Soups Veggie (Vegan)

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! (*Gluten free options available too!*)

👹 Seasonal Menu Item



SANDWIGTES Syrup, Potato Chips with a sprinkle of freshly sticed pears and grapes, sprinkled with a light drizzle Syrup, Potato Chips with a sprinkle of freshly cracked black pep orange AND hand-cut carrot sticks!	
Farmer's Grilled Cheese VEGGIE	8.25
A yummy melting Cabot Vermont Cheddar, topped with fresh baby arugula on T Garden's Campagne bread.	he Flour
Fresh Spinach Hummus Sandwich VEGGIE	8.95
Fresh spinach hummus topped with grated carrots and radish, drizzled with bal vinegar on 9-Grain bread.	samic
Spring Spinach with Feta Crème VEGGIE Delicious fresh and crisp spinach with our special Feta Crème spread, grated org carrots and radish on Campagne bread.	9.45 Janic
Tarragon Tuna Salad	9.95
Mayonnaise-free tuna salad made with fresh tarragon, carrots, fresh Italian pars a wee dollop of Dijon and Greek Yogurt, served on Prairie Grain's 9-Grain bread.	sley and
Mango Turkey	10.45
Turkey breast served with our homemade Mango Chutney and caramelized onion The Flour Garden's Campagne bread.	ns on
Farmhouse Chicken Salad Sandwich	10.45
Our Chicken Salad Recipe is from Grandma! We've created our Farmhouse twist by our oven roasted chicken breast with lots of crunchy celery, fresh parsley, Vegan I lots of tangy lemon!	
Q Bleu Chicken	10.45
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy b and birched onions.	oleu cheese
Virginia Ham Cubano	11.45
Bountiful combination of Virginia Ham from Edwards Farms and pork, thinly sli dill pickles and Swiss Cheese, with a tangy contrast of sharp American mustard	
Farmhouse Pimento Grilled Cheese with Crispy Bacon	11.45
Back by popular demand! But with lots of crispy bacon - messy and delicious!	
AB&J (NUTS)	8.45
Almond Butter and Seasonal Organic Preserves, on 9-Grain from Prairie Grain Ba in Southside.	ıkery
TOAST! (VEGAN)	6.45
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, or 9-Grain. Double Toast + 3.00 Add our Oakwood Smoked Salmon + 3.50	a slice of
EXTRA CHEESE 1.50 EXTRA ALMOND BUTTER 0.45 ADD PROTEIN 3.50	/
TWOSOME (Highest Pri	ce Applies)
Half-Soup / Half-Salad / Half-Sandwich	//

° A N D W/ I O II F C

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6.25 CUP / 7.25 BOWL

Our breads are baked fresh daily by The Flour Garden and Prairie Grain Bakery and we offer gluten-free breads from AnnaB's. Sandwiches are served with your choice

Are you urban or are you farmhouse? Can't decide? Enjoy a taste of both - pick any twosome from a Half-Soup or Half-Salad or Half-Sandwich!

				1
Cold War 🗉				
Ginger, Garlic, Orange, & Carrot.	Savory vege	table juice	perfect for fighting off your win	ter's c
Clean Green 💿				
Kale, Greens, Celery, Pear & Lem great day!	on. Plenty o	f greens to	help cleanse your system and st	art a
Juice Boost (E)			••••••	• • • • • • •
•			es wrapped up in one to give you	that
Dropping Beets 🗉 🗉				
	mplimented	with carro	ts and oranges to create that ene	ergy
Helen's Recipe 🗉 🗉				
Carrot, Apple, Lemon, & Ginger. your outdoor adventures to stay			great immune boost. Have this b	efore
Build Your Own				
Customize your juice to how you	ı like it. Cho	ose up to f	ive ingredients.	
REFRESH	Ask about	t our O-B-S-L	ens / Kale / Lemon / Orange / Pe wines (Organic-Biodynamic-Sustainable array of craft beers!	
REFRESH	Ask about and caref 160z	t our 0-B-S-L ully selected 20 oz	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts	e-Local, 10
	Ask about and caref	t our O-B-S-L ully selected	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended	e-Local, 1 (l bever
REFRESH Iced Cold Brewed Coffee Coffee Refill 95¢	Ask about and caref 16oz 3.45	t our 0-B-S-L ully selected 20 oz 3.75	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla	e-Local, 1 (l bever 3.
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95 ¢ Iced Latte	Ask about and caref 16oz 3.45 3.60	t our 0-B-S-L ully selected 20 oz 3.75 4.10	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or	e-Local, 1 (l bever 3.
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha	Ask about and caref 160z 3.45 3.60 4.35	t our 0-B-S-L iully selected 20 oz 3.75 4.10 4.85	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee	e-Local) 1 (1 bever 3 . 4 .
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha Iced Chai Latte	Ask about and caref 16oz 3.45 3.60	t our 0-B-S-L ully selected 20 oz 3.75 4.10	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai	e-Local) 1 (1 bever 3 . 4 .
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha	Ask about and caref 160z 3.45 3.60 4.35	t our 0-B-S-L iully selected 20 oz 3.75 4.10 4.85	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies	e-Local, 1 (1 bever 3. 4. 4.
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha Iced Chai Latte	Ask about and caref 160z 3.45 3.60 4.35 4.35	t our 0-B-S-L ully selected 20 oz 3.75 4.10 4.85 4.85	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambro	1 (1 bever 3. 4. 4. 4. ssia Be
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95 ¢ Iced Latte Iced Mocha Iced Chai Latte Iced Dirty Chai Latte	Ask about and caref 16oz 3.45 3.60 4.35 4.35 5.30	t our 0-B-S-L ully selected 20 oz 3.75 4.10 4.85 4.85 5.60	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies	10 10 10 10 10 10 10 10 10 10 10 10 10 1
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 954 Iced Latte Iced Mocha Iced Chai Latte Iced Dirty Chai Latte Fresh Brewed Ice Tea Orange Juice	Ask about and caref 160z 3.45 3.60 4.35 4.35 5.30 2.60 3.50	t our 0-B-S-L ully selected 20 oz 3.75 4.10 4.85 4.85 5.60 2.60 3.95	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambro Smoothies of the Season Blueberry Mango – Chunks of mango and blueberries,	16 l bever 3. 4. 4. sia Be 4. VEG
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha Iced Chai Latte Iced Dirty Chai Latte Fresh Brewed Ice Tea Orange Juice Affogato A scoop of delicious Homestead (your choice - vanilla or chocol	Ask about and caref 16oz 3.45 3.60 4.35 4.35 5.30 2.60 3.50 6oz (Creamery is ate), topped	20 oz 3.75 4.10 4.85 5.60 2.60 3.95 5.45 ce cream	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambro Smoothies of the Season Blueberry Mango – Chunks of mango and blueberries, sweetened with banana, Brown Humanely Certified Non-GMO Y orange juice with lots of pulp!	16 16 1 bever 3. 4. 4. 4. 4. 5. 5. 8 6 4. VEG 0 1 Cow Vogurt
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha Iced Chai Latte Iced Dirty Chai Latte Fresh Brewed Ice Tea Orange Juice Affogato A scoop of delicious Homestead	Ask about and caref 16oz 3.45 3.60 4.35 4.35 5.30 2.60 3.50 6oz (Creamery is ate), topped	20 oz 3.75 4.10 4.85 5.60 2.60 3.95 5.45 ce cream	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambro Smoothies of the Season Blueberry Mango – Chunks of mango and blueberries, sweetened with banana, Brown Humanely Certified Non-GMO Y	16 16 1 bever 3. 4. 4. 4. 4. 4. VEGC 1 Cow
REFRESH Iced Cold Brewed Coffee COFFEE REFILL 95¢ Iced Latte Iced Mocha Iced Chai Latte Iced Dirty Chai Latte Fresh Brewed Ice Tea Orange Juice Affogato A scoop of delicious Homestead (your choice - vanilla or chocol	Ask about and caref 16oz 3.45 3.60 4.35 4.35 5.30 2.60 3.50 6oz 1 Creamery ic ate), topped presso. Yumr	20 oz 3.75 4.10 4.85 4.85 5.60 2.60 3.95 5.45 5.ec cream with ny!	wines (Organic-Biodynamic-Sustainable array of craft beers! FarmFrosts Our own delicious frozen blended Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambro Smoothies of the Season Blueberry Mango – Chunks of mango and blueberries, sweetened with banana, Brown Humanely Certified Non-GMO Y orange juice with lots of pulp!	10 1 bever 3. 4. 4. 4. 4. 5. 5. 5. 5. 6. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7. 7.

Vanilla

Chocolate

Espresso or Mocha

or call 804.447.9028

4.85

4.85

5.85