








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 AnnaB's.

	<b>Farmhouse Salad</b> <span>VEGAN</span>	6.95
Mixed greens with grated carrots and radishes and fresh Spring herbs, sprinkled with our Farmhouse Vinaigrette.		
	<b>Asparagus &amp; White Bean Salad</b> <span>VEGGIE</span>	8.95
Lemony white cannellini beans, fresh early spring asparagus and crumbled feta tossed with mixed greens, served with our homemade Balsamic Vinaigrette.		
	<b>Arugula Salad</b> <span>VEGGIE</span> <span>NUTS</span>	8.95
Dried apricots, chopped roasted almonds and bleu cheese atop fresh arugula, drizzled with our White Wine Vinaigrette.		
	<b>Lemony Caesar Salad</b> <span>VEGGIE</span> <span>NUTS</span>	7.45
	<b>w/ Antibiotic/Hormone-free Chicken</b>	10.95
Made with the Farmhouse's own eggless Caesar dressing!		
EXTRA DRESSING 1 ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. 3.50		
	<b>Fruits of the Farm</b> <span>VEGGIE</span> <span>NUTS</span>	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

	<b>Farmhouse Soups</b> <span>VEGGIE</span> <span>VEGAN</span>	6.25 CUP / 7.25 BOWL
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! <i>(Gluten free options available too!)</i>		

 Seasonal Menu Item



SANDWICHES

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 of freshly sliced pears and grapes, sprinkled with a light drizzle of our Sweet Balsamic Syrup. Potato Chips with a sprinkle of freshly cracked black pepper, or an apple or orange AND hand-cut carrot sticks!

	<b>Farmer's Grilled Cheese</b> <span>VEGGIE</span>	8.25
A yummy melting Cabot Vermont Cheddar, topped with fresh baby arugula on The Flour Garden's Campagne bread.		
	<b>Fresh Spinach Hummus Sandwich</b> <span>VEGGIE</span>	8.95
Fresh spinach hummus topped with grated carrots and radish, drizzled with balsamic vinegar on 9-Grain bread.		
	<b>Spring Spinach with Feta Crème</b> <span>VEGGIE</span>	9.45
Delicious fresh and crisp spinach with our special Feta Crème spread, grated organic carrots and radish on Campagne bread.		
	<b>Tarragon Tuna Salad</b>	9.95
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.		
	<b>Mango Turkey</b>	10.45
Turkey breast served with our homemade Mango Chutney and caramelized onions on The Flour Garden's Campagne bread.		
	<b>Farmhouse Chicken Salad Sandwich</b>	10.45
Our Chicken Salad Recipe is from Grandma! We've created our Farmhouse twist by combining our oven roasted chicken breast with lots of crunchy celery, fresh parsley, Vegan Mayo and lots of tangy lemon!		
	<b>Q Bleu Chicken</b>	10.45
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy bleu cheese and birched onions.		
	<b>Virginia Ham Cubano</b>	11.45
Bountiful combination of Virginia Ham from Edwards Farms and pork, thinly sliced with dill pickles and Swiss Cheese, with a tangy contrast of sharp American mustard!		
	<b>Farmhouse Pimento Grilled Cheese with Crispy Bacon</b>	11.45
Back by popular demand! But with lots of crispy bacon - messy and delicious!		
<b>AB&amp;J</b> <span>NUTS</span>		8.45
Almond Butter and Seasonal Organic Preserves, on 9-Grain from Prairie Grain Bakery in Southside.		
<b>TOAST!</b> <span>VEGAN</span>		6.45
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slice of 9-Grain. Double Toast + 3.00 Add our Oakwood Smoked Salmon + 3.50		
EXTRA CHEESE 1.50 EXTRA ALMOND BUTTER 0.45 ADD PROTEIN 3.50		
<b>TWOSOME</b> (Highest Price Applies)		
<b>Half-Soup / Half-Salad / Half-Sandwich</b>		
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!		

JUICES

D Detox E Energy I Immunity

<b>Cold War</b> <span>I</span>	16oz	7
Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your winter's cold		
<b>Clean Green</b> <span>D</span>		7
Kale, Greens, Celery, Pear & Lemon. Plenty of greens to help cleanse your system and start a great day!		
<b>Juice Boost</b> <span>E</span>		7
Orange, Apple, Carrot, Kale & Ginger. All of our favorites wrapped up in one to give you that natural boost to your day. Perfect before working out		
<b>Dropping Beets</b> <span>E</span> <span>I</span>		7
Beets, Orange & Carrot. Beets complimented with carrots and oranges to create that energy your body needs.		
<b>Helen's Recipe</b> <span>E</span> <span>I</span>		7
Carrot, Apple, Lemon, & Ginger. Sweet and tangy for a great immune boost. Have this before your outdoor adventures to stay healthy and energized.		
<b>Build Your Own</b>		7
Customize your juice to how you like it. Choose up to five ingredients.		
Apple / Beets / Carrot / Celery / Garlic / Ginger / Greens / Kale / Lemon / Orange / Pear		

REFRESH

Ask about our O-B-S-L wines (Organic-Biodynamic-Sustainable-Local) and carefully selected array of craft beers!

	16oz	20 oz	FarmFrosts	16oz
<b>Iced Cold Brewed Coffee</b>	3.45	3.75	Our own delicious frozen blended beverages!	
COFFEE REFILL 95¢				
<b>Iced Latte</b>	3.60	4.10	<b>Coffee or Vanilla</b>	3.95
<b>Iced Mocha</b>	4.35	4.85	<b>Caramel, Mocha, or Coffee Toffee</b>	4.55
<b>Iced Chai Latte</b>	4.35	4.85	<b>FarmFrost Chai</b>	4.85
<b>Iced Dirty Chai Latte</b>	5.30	5.60	<b>Farmhouse Smoothies</b>	4.55
<b>Fresh Brewed Ice Tea</b>	2.60	2.60	Nutter Butter Banana / Ambrosia Berri	
<b>Orange Juice</b>	3.50	3.95	 <b>Smoothies of the Season</b>	4.85
<b>Affogato</b>	6oz	5.45	Blueberry Mango – Chunks of mango and blueberries, sweetened with banana, Brown Cow Humanely Certified Non-GMO Yogurt and orange juice with lots of pulp!	
A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy!				
<b>Farmhouse Shakes</b>				
Made with Homestead Creamery Ice Cream. It's non-GMO antibiotics-free, hormone-free, Kosher and the cows are treated through homeopathic health management!				
<b>Vanilla</b>				4.85
<b>Chocolate</b>				4.85
<b>Espresso or Mocha</b>				5.85

*We can cater your office meetings and cozy office chats!*

*Email [cateringandevents@theurbanfarmhouse.net](mailto:cateringandevents@theurbanfarmhouse.net) or call 804.447.9028*

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