

RISE & SHINE

Breakfast served all day!
Our breakfast sandwiches are served with a side of freshly sliced fruit.

- Egg & Cabot Vermont Cheddar w/ Fresh Tarragon** VEGGIE 8.75

Cage-free egg, sharp white cheddar with fresh Tarragon on hearty slices of French French style Campagne loaf.

- Veggie Sausage & Egg** VEGGIE 9.75

Tasty, toasty sandwich with Veggie Sausage that tastes like the real thing!

- Virginia Country Ham & Cage-Free Egg** 9.75

Slightly salty from Surry, Virginia, delicious sandwich made with cage-free egg.

- Virginia Bacon & Cage-Free Egg** 9.75

Pasture raised, cage-free and no hormones or antibiotics used – on Campagne loaf from The Flour Garden.

- Lox & Cream Cheese w/ Fresh Dill*** 12.25

Kosher North Atlantic Salmon (no dyes or artificial preservatives), smoked with oakwood with all the fixings - cream cheese, fresh dill and chopped red onion, and those tart little capers on open-face Campagne loaf.

- Irish Oatmeal w/ Fresh Local Fruit** VEGAN 7.95

These oats are 100% whole grain and contain all the combined goodness of the endosperm, bran, and germ. Topped with freshly chopped apples, raisins and a hint of Cinnamon!

- Fresh Seasonal Preserves, Unsalted Butter & Bread** VEGGIE 7.55

Organic strawberry preserves, unsalted butter, and assorted fresh breads baked daily from The Flour Garden and Prairie Grain Bakery.

- Fruits of the Farm** VEGGIE NUTS 8.95

Freshly cut apples and oranges, roasted walnuts, sprinkled with dried cranberries and drizzled with our sweet Honey Balsamic Syrup. Served with seasonal preserves and a rustic Country Roll from The Flour Garden.

- Fresh Fruit & Yogurt Parfait** VEGGIE 8.95

Made with Organic French Vanilla Yogurt and bright Vitamin C laden oranges, apples, and blueberries, and topped with organic granola.

- Bagels** VEGGIE 2.90

Cupertino's in the West End isn't New York but that's where our Bagel Maker is from - making kettle boiled, from scratch each morning with unbleached, unbromated flour, and no fats or preservatives!

 - w/ Plain Cream Cheese +4.75 Also, try annaB's Gluten Free Bagels 4.15
 - w/ Homemade Flavored Cream Cheese +5.75 Plain / Everything

- Spring Veggie / Cinnamon Raisin / Mamma Mia**

EXTRA CHEESE 1.95 EXTRA BUTTER 1.35 EXTRA PRESERVES 1.35 EXTRA PROTEIN 5 AVOCADO 2.25
SUB FREE RANGE EGG WHITES 1.95 SUB GLUTEN FREE BREAD 2.60 SUB BAGEL 3

Seasonal Menu Item

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

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)	3.65	
Macchiato	4.70	
Farmhouse Cappuccino	4.70	
Cortado	4.70	
Americano	12 oz 3.65	16 oz 4.65
Latte	4.90	5.65
Flat White	4.90	5.65

ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP 1.35
Organic: Vanilla / Hazelnut / Raspberry / Caramel | Sugar Free: Vanilla / Hazelnut / Caramel
ADD ESPRESSO SHOT 2.10 | SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK 1.40

BREWED COFFEE CLASSICS

Freshly Brewed Coffee	12 oz 3.05	16 oz 3.60
Cafe au Lait	4.40	4.90

CAFÉ SPECIALITIES

Café Mocha	12 oz 5.90	16 oz 6.65
Coffee Toffee Latte	5.90	6.65
Chai Tea Latte	5.90	6.65
Dirty Chai Tea Latte	6.90	7.40
Matcha Tea Latte	6.90	7.40
Hot Fairtrade Dark Cocoa	5.25	5.75
Vanilla Steamer	5.10	5.70
Serendipitea Organic Hot Tea	4.00	4.55
London Fog	6.90	7.30

Bring-your-own-mug and get a 40¢ discount.



CAFÉ MENU

EARLY SPRING | March 5th, 2026 - April 22nd, 2026

🕒 EARLY SPRING HOURS

CARY STREET: Monday – Sunday: 7 AM to 7 PM

EDGEWORTH BUILDING: Monday – Friday: 8 AM to 3 PM

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

RICHMOND

1217 E. Cary Street
Richmond, VA
804.325.3988

EDGEWORTH BUILDING

2100 E. Cary Street
Richmond, VA
804.562.9246

MIDLOTHIAN

13872 Coalfield Commons Place
Midlothian, VA
804.378.3366

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.

- Farmhouse Salad** VEGAN 9.95

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

- Asparagus & White Bean Salad** VEGGIE 12.75

Lemony white cannellini beans, fresh early spring asparagus and crumbled feta tossed with mixed greens, served with our homemade Balsamic Vinaigrette.

- Arugula Salad** VEGGIE NUTS 12.75

Dried apricots, chopped roasted almonds and bleu cheese atop fresh arugula, drizzled with our White Wine Vinaigrette.

- Lemony Caesar Salad** VEGGIE NUTS 10.50

w/ Antibiotic/Hormone-free Chicken 15.50

Made with the Farmhouse's own eggless Caesar dressing!

- Fruits of the Farm** VEGGIE NUTS 8.95

Freshly cut apples and oranges, roasted walnuts, sprinkled with dried cranberries and drizzled with our sweet Honey Balsamic Syrup. Served with seasonal preserves and a rustic Country Roll from The Flour Garden.

- This & That Plate** 13.75

Some of our homemade Tarragon Tuna Salad and some of our Fresh Spanich Hummus atop mixed greens with crunchy hand-cut carrot sticks.

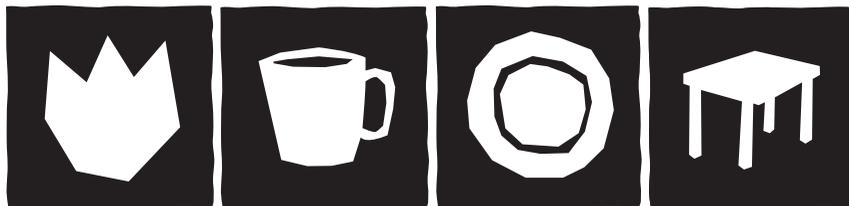
EXTRA DRESSING **1.25** ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. **5**

FARMHOUSE SOUPS

- Farmhouse Soups** VEGGIE VEGAN 8.50 CUP / 9.50 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! (Gluten-free options available too!)

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!

- Farmer's Grilled Cheese** VEGGIE 11.45

A yummy melting Cabot Vermont Cheddar, topped with fresh baby arugula on The Flour Garden's Campagne bread.

- Fresh Spinach Hummus Sandwich** VEGGIE 12.25

Fresh spinach hummus topped with grated carrots and radish, drizzled with balsamic vinegar on 9-Grain bread.

- Spring Spinach with Feta Crème** VEGGIE 12.25

Delicious fresh and crisp spinach with our special Feta Crème spread, grated organic carrots and radish on Campagne bread.

- Tarragon Tuna Salad** 13.75

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** 13.75

Turkey breast served with our homemade Mango Chutney and caramelized onions on The Flour Garden's Campagne bread.

- Farmhouse Chicken Salad Sandwich** 13.75

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!

- Q Bleu Chicken** 13.75

Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy bleu cheese and birched onions.

- Virginia Ham Cubano** 14.75

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!

- Farmhouse Pimento Grilled Cheese with Crispy Bacon** 13.75

Back by popular demand! But with lots of crispy bacon - messy and delicious!

- AB&J** NUTS 9.95

Almond Butter and Organic Strawberry Preserves, on 9-Grain from Prairie Grain Bakery in Southside.

- TOAST!** VEGAN 9.25

Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slice of 9-Grain. Double Toast + **4** Add our Oakwood Smoked Salmon + **5**

- EXTRA CHEESE **1.95** EXTRA ALMOND BUTTER **1.45** ADD PROTEIN **5**

- TWOSOME** 13.75

Half-Soup / Half-Salad / Half-Sandwich

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!

Please Note: HALF CUBANO +50¢

JUICES

D Detox **E** Energy **I** Immunity

- Cold War** I 16oz 9.95

Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your Spring sniffles.

- Clean Green** D 9.95

Kale, Greens, Celery, Pear & Lemon. Plenty of greens to help cleanse your system and start a great day!

- Juice Boost** E 9.95

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!

- Dropping Beets** E I 9.95

Beets, Orange & Carrot. Beets complimented with carrots and oranges to create that energy your body needs.

- Helen's Recipe** E I 9.95

Carrot, Apple, Lemon, & Ginger. Sweet and tangy for a great immune boost. Have this before your outdoor adventures to stay healthy and energized.

- Build Your Own** 9.95

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 |
| Iced Cold Brewed Coffee | 5.10 | 5.40 | Our own delicious frozen blended beverages! |
| COFFEE REFILL 1.50 | | | Coffee or Vanilla 5.65 |
| Iced Latte | 5.40 | 5.90 | Caramel, Mocha, or Coffee Toffee 6.10 |
| Iced Mocha | 6.40 | 6.90 | FarmFrost Chai 7.10 |
| Iced Matcha Tea Latte | 7.40 | 7.90 | Farmhouse Smoothies 6.75 |
| Iced Chai Latte | 6.40 | 7.40 | Nutter Butter Banana / Ambrosia Berri |
| Iced Coffee Toffee Latte | 7.40 | 7.90 | Smoothies of the Season 7.10 |
| Iced Dirty Chai Latte | 6.40 | 7.45 | Blueberry Mango - Chunks of mango and blueberries, sweetened with banana, Brown Cow Humanely Certified Non-GMO Yogurt and orange juice with lots of pulp! |
| Fresh Brewed Ice Tea | 3.70 | 4.10 | |
| Orange Juice | 4.95 | 5.40 | |
| Affogato | 6oz | 7.60 | Farmhouse Shakes |
| A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy! | | | Made with Homestead Creamery Ice Cream. It's non-GMO antibiotics-free, hormone-free, Kosher and the cows are treated through homeopathic health management! |
| <i>Let us cater your cozy office chats or casual get-togethers!</i> | | | Vanilla 6.95 |
| <i>Email cateringandevents@theurbanfarmhouse.net or call 804.486.6925</i> | | | Chocolate 6.95 |
| | | | Espresso or Mocha 7.95 |