



RISE & SHINE

Wake up your taste buds! Served until 10:30, weekends until 2.
Breakfast Sandwiches are served with fresh sliced seasonal fruit!

 Cage-Free Egg & Cheddar w/ Fresh Thyme	7.45
Cage-Free Egg, delicious New England Cheddar with Fresh Thyme on French Style Campagne loaf.	
Veggie Sausage & Cage-Free Egg	8.45
Tasty, toasty sandwich with Veggie Sausage from Twin Oaks in Louisa, Virginia – tastes like the real thing!	
Virginia Country Ham & Cage-Free Egg	8.45
Slightly salty from Surry, Virginia, delicious sandwich made with cage-free egg.	
Virginia Bacon & Cage-Free Egg	8.45
Pasture raised, cage-free and no hormones or antibiotics used – on Campagne loaf from The Flour Garden.	
Lox & Cream Cheese w/ Fresh Dill*	10.95
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 Fruits VEGAN	6.95
These oats are 100% whole grain, so contain all the combined goodness of the endosperm, bran and germ. AND with the first of the fall fruit!	
 Apple Butter, Unsalted Butter & Breads	8.45
Locally made Apple Butter from Tase Like Grandma's in Stuart Draft, VA, unsalted butter, and assorted fresh breads baked daily from The Flour Garden and Prairie Grain Bakery.	
EXTRA CHEESE 1.80 EXTRA BUTTER 1.20 EXTRA PRESERVES 1.20 EXTRA PROTEIN 2.25 AVOCADO 1.95	
SUB FREE RANGE EGG WHITES 1.45 SUB GLUTEN FREE BREAD 2.20 SUB BAGEL 2.75	
 Fresh Fruit & Yogurt Parfait VEGGIE	7.95
Made with Organic Vanilla Yogurt and fresh seasonal fruit, topped with Organic Granola.	
Bagels VEGGIE	2.25
Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End.	
w/ Plain Cream Cheese	+3.75
w/ Homemade Flavored Cream Cheese	+4.50
Also, try annaB's Gluten-Free Bagels	3.75
Plain / Everything	

-  Harvest Veggie / Honey Vanilla Walnut / Coyote
-  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)	2.95	
Macchiato	3.90	
Farmhouse Cappuccino	4.05	
Cortado	4.05	
	12 oz	16 oz
Americano	2.95	3.90
Latte	4.20	4.85
Flat White	4.15	4.85
ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP 1.10		
Organic: Vanilla / Hazelnut / Raspberry / Caramel Sugar Free: Vanilla / Hazelnut / Caramel		
ADD ESPRESSO SHOT 1.60 SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK 1.10		

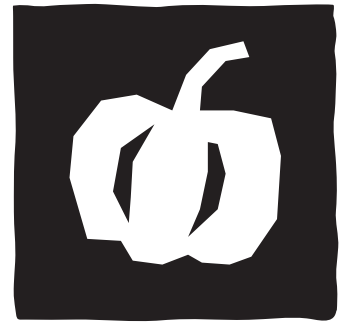
BREWED COFFEE CLASSICS

Freshly Brewed Coffee	12 oz	16 oz
	2.45	2.95
COFFEE REFILL 85¢		
Cafe au Lait	3.55	4.15

CAFÉ SPECIALITIES

Café Mocha	12 oz	16 oz
	5.10	5.70
Coffee Toffee Latte	5.10	5.70
Chai Tea Latte	5.10	5.70
Dirty Chai Tea Latte	6.00	6.60
Matcha Tea Latte	6.00	6.60
Hot Fairtrade Dark Cocoa	4.50	5.10
Vanilla Steamer	3.55	4.15
Serendipitea Hot Tea	3.30	3.30
London Fog	6.00	6.60
 Apple Cider	4.25	4.50
 Caramel Apple Cider	4.75	5.25

Bring-your-own-mug and get a 25¢ discount.



CAFÉ MENU

EARLY FALL | September 8th – October 5th, 2022

EARLY FALL HOURS

SHOCKOE SLIP: Monday – Sunday: 7^{AM} to 7^{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

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 Fall Salad** VEGAN **8.75**
Mixed greens with fresh squash, zucchini and green peppers, sqrinkled with our Farmhouse vinaigrette.
- Roasted Butternut Squash Salad** VEGGIE NUTS **11.25**
Mixed greens, roasted glazed butternut squash with dried cranberries, sprinkled with roasted walnuts, Parmesan and our Apple Cider Vinaigrette.
- Pear w/ Roasted Walnuts & Blue Cheese Salad** VEGGIE NUTS **11.25**
Mixed greens topped with freshly roasted glazed pears and walnuts, creamy blue cheese and drizzled with our Walnut Vinaigrette.
- Lemony Caesar Salad** VEGGIE NUTS **9.25**
w/ Antibiotic/Hormone-free Chicken **13.75**
Made with the Farmhouse's own eggless Caesar Dressing.
- Harvest Fruits** VEGGIE NUTS **7.95**
Fall's first harvest of apples and pears with roasted walnuts, drizzled with a sweet Balsamic Syrup, with locally made Apple Butter and a Country Roll.

FARMHOUSE SOUPS

- Farmhouse Soups** VEGGIE VEGAN **7.75 CUP / 8.75 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!

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 made Apple Slaw, Potato Chips with Himalayan Salt, or an Apple or Orange AND hand-cut carrot sticks!

- Farmer's Grilled Cheese w/ Apples** VEGGIE **10.25**
Delicious classic combination of Cabot Vermont Cheddar and locally harvested, tart Granny Smith Apples on Campagne loaf.
 - Coyote Hummus** VEGGIE **10.95**
Our homemade Hummus made with a Southwestern taste - cumin and chili and with a few fresh jalapenos thrown in for a bit of a kick! Delicious on 9-Grain bread.
 - Coyote Cream Cheese & Harvest Veggies** VEGGIE **10.95**
A Southwestern flavor in our homemade cream cheese with cumin, chili, cheddar and fresh jalapeno peppers, topped with fresh squash, zucchini, and green pepper on 9-Grain bread.
 - Waldorf Tuna Salad** NUTS **12.45**
A healthy twist on this classic! Yellow Fin Tuna, crunchy apples mized with celery, raisins, and walnuts, with a dash of locally made Showalter's Apple Cider and lightly tossed with Greek Yogurt.
 - Turkey & Fresh Mixed Apple-Date Chutney** **12.45**
Sliced turkey breast topped with our homemade fresh roasted Apple-Date Chutney and birched red onions on Campagne loaf.
 - Farmhouse Chicken Salad Sandwich** **12.45**
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!
 - Q Bleu Chicken** **12.45**
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy bleu cheese and birched onions.
 - Virginia Ham Cubano** **13.45**
Bountiful combination of Virginia Ham from Padow's, here in Richmond, 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** **12.45**
Back by popular demand! But with lots of crispy bacon - messy and delicious!
 - AB²** VEGGIE NUTS **9.75**
A perfect formula! Almond butter and local Apple Butter from Tastes Like Grandma's in Stuarts Draft, VA.
 - TOAST!** VEGAN **7.95**
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slice of 9-Grain. Try Half of Each! Add our Oakwood Smoked Salmon + **4.50**
 - TWOSOME** **11.95**
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



Detox



Energy



Immunity

- Cold War** I **16oz 8.75**
Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your winter's cold
- Clean Green** D **8.75**
Kale, Greens, Celery, Pear & Lemon. Plenty of greens to help cleanse your system and start a great day!
- Juice Boost** E **8.75**
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 **8.75**
Beets, Orange & Carrot. Beets complimented with carrots and oranges to create that energy your body needs.
- Helen's Recipe** E I **8.75**
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** **8.75**
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!

- | | | | |
|---------------------------------------|------------------|-------------------|--|
| Iced Cold Brewed Coffee | 16oz 4.30 | 20 oz 4.60 | FarmFrosts 16oz
Our own delicious frozen blended beverages! |
| COFFEE REFILL 95¢ | | | Coffee or Vanilla 4.90 |
| Iced Latte | 4.50 | 5.00 | Caramel, Mocha, or Coffee Toffee 5.60 |
| Iced Mocha | 5.40 | 5.90 | FarmFrost Chai 6.00 |
| Iced Chai Latte | 5.40 | 5.90 | Farmhouse Smoothies 5.60
Nutter Butter Banana / Ambrosia Berri |
| Iced Dirty Chai Latte | 6.55 | 6.95 | Smoothies of the Season 6.00
A Perfect Pair - Pairing of Pear, organic soy milk, lightly sweetened with honey and a touch of vanilla! |
| Iced Coffee Toffee Latte | 5.40 | 5.90 | Farmhouse Shakes
Made with Tricking Springs Ice Cream. It's non-GMO antibiotics-free, hormone-free, Kosher and the cows are treated through homeopathic health management! |
| Fresh Brewed Ice Tea | 3.20 | 3.20 | Vanilla 6.00 |
| Fresh Brewed Flavored Iced Tea | 3.70 | 3.70 | Chocolate 6.00 |
| Iced Apple Cider | 4.05 | 4.60 | Espresso or Mocha 6.45 |
| | | | Affogato 6oz 6.60
A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy! |
| Orange Juice | 4.35 | 4.95 | |
| Organic Iced Lemonade | 3.70 | 4.25 | |