

RISE & SHINE

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

Egg & Cabot Vermont Cheddar w/ Fresh Chives VEGGIE **7.45**

Free range egg, delicious Cabot Vermont Cheddar and fresh chives on French style Campagne loaf.

Veggie Sausage & Egg VEGGIE **8.45**

Tasty, toasty sandwich with Veggie Sausage that 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 Strawberries VEGAN **6.95**

Sliced bananas AND the first strawberries of the season! These oats are 100% wholegrain, so contain all the combined goodness of endosperm, bran and germ.

Fresh Seasonal Preserves, Unsalted Butter & Breads VEGGIE **6.45**

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

EXTRA CHEESE **1.80** EXTRA BUTTER **1.10** EXTRA PRESERVES **1.10** EXTRA PROTEIN **2.25** AVOCADO **1.95**

SUB FREE RANGE EGG WHITES **1.45** SUB GLUTEN FREE BREAD **2.20** OR BAGEL **2.75**

Fresh Fruit & Yogurt Parfait VEGGIE **7.95**

Made with Brown Cow Humanely Certified Non-GMO Yogurt and fresh strawberries and bananas, 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

Spring Veggie / Cinnamon Raisin / Tangy Spring Herb

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**

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 **12 oz** **16 oz**

Freshly Brewed Coffee **2.45** **2.95**

COFFEE REFILL **1.05**

Cafe au Lait **3.55** **4.15**

CAFÉ SPECIALITIES **12 oz** **16 oz**

Café Mocha **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 Organic Hot Tea **3.30** **3.30**

London Fog **6.00** **6.60**



CAFÉ MENU

LATE SPRING | April 21, 2022– June 1, 2022

LATE SPRING HOURS

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

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

RICHMOND

1217 E. Cary Street
Richmond, VA
804.325.3988

MIDLOTHIAN

13872 Coalfield Commons Place
Midlothian, VA
804.378.3366

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

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

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

8.75

Strawberry & Spinach Salad w/ Almonds VEGAN NUTS

Fresh local strawberries and baby spinach sprinkled with healthy, fresh roasted almonds and lightly drizzled with our Honey Lemon Dressing.

11.25

Spinach & Baked Tofu Salad w/ Miso Dressing VEGAN

Fresh Spring spinach tossed with tofu from Twin Oaks in Louisa, VA and sprinkled with our low fat Miso Dressing and toasted sesame seeds. **Or ask to substitute for our Antibiotic Hormone-free Chicken.**

11.25

Lemony Caesar Salad VEGGIE NUTS

w/ Antibiotic/Hormone-free Chicken

Made with the Farmhouse's own eggless Caesar dressing!

9.25
13.75

EXTRA DRESSING **1.10** ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. **4.50**

Fruits of the Farm VEGGIE NUTS

Fresh strawberries drizzled with our Organic Lowfat Honey Vanilla Yogurt, served with sliced bananas and also drizzled with our Sweet Balsamic Syrup and sprinkled with freshly roasted chopped almonds.

7.95

This & That Plate NUTS

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

12.45

EXTRA DRESSING **1.10** ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. **4.50**

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!)*

7.75 CUP / 8.75 BOWL
- 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 w/ Fresh Chives** VEGGIE

The sharp tang of a melting Cabot Vermont Cheddar sprinkled with fresh Spring chives on Campagne loaf.

10.25

Fresh Spinach Hummus Sandwich VEGGIE

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

10.95

Spring Spinach with Feta Crème VEGGIE

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

10.95

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.

12.45

Turkey w/ fresh Cilantro & Curry Yogurt Sauce

Sliced turkey breast topped with fresh mixed greens and crunchy cucumbers with a light, low-fat curried yogurt spread with fresh cilantro on Campagne loaf.

12.45

Farmhouse Chicken Salad Sandwich

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!

12.45

Q Bleu Chicken

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

12.45

Virginia Ham Cubano

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!

13.45

Farmhouse Pimento Grilled Cheese with Crispy Bacon

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

12.45

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.

9.75

TOAST! VEGAN

Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slice of 9-Grain. Add our Oakwood Smoked Salmon + 4.50

7.95

EXTRA CHEESE **1.85** EXTRA ALMOND BUTTER **1.25** ADD PROTEIN **4.50**

TWOSOME

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!

11.95

Please Note:

HALF CUBANO **+50¢**

JUICES

D Detox E Energy I Immunity

- Cold War** I

Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your winter's cold

16oz
8.75

Clean Green D

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

8.75

Juice Boost E

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

8.75

Dropping Beets E I

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

8.75

Helen's Recipe E I

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

8.75

Build Your Own

Customize your juice to how you like it. Choose up to five ingredients.

8.75

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 | |
| Iced Cold Brewed Coffee | 4.30 | 4.60 | FarmFrosts |
| COFFEE REFILL 1.15¢ | | | Our own delicious frozen blended beverages! |
| Iced Latte | 4.50 | 5.00 | Coffee or Vanilla |
| Iced Mocha | 5.40 | 5.90 | Caramel, Mocha, or Coffee Toffee |
| Iced Chai Latte | 5.40 | 5.90 | FarmFrost Chai |
| Iced Dirty Chai Latte | 6.55 | 6.95 | Farmhouse Smoothies |
| Iced Matcha Tea Latte | 6.55 | 6.95 | Nutter Butter Banana / Ambrosia Berri |
| Iced Coffee Toffee Latte | 5.40 | 5.90 | Smoothies of the Season |
| Fresh Brewed Ice Tea | 3.20 | 3.20 | Strawberry Fields - fresh strawberries with organic soy, a hint of organic vanilla and sweetened with local Strawberry Preserves from Rocky Branch Farm in Jetersville, VA. VEGGIE |
| Fresh Brewed Flavored Ice Tea | 3.70 | 3.70 | |
| Orange Juice | 4.35 | 4.95 | Farmhouse Shakes |
| Organic Iced Lemonade | 3.70 | 4.25 | Made with Homestead Creamery Ice Cream. It's non-GMO antibiotics-free, hormone-free, Kosher and the cows are treated through homeopathic health management! |
| Affogato | 6oz | 6.60 | Vanilla |
| A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy! | | | Chocolate |
| | | | Espresso or Mocha |
| | | | Strawberry |

