

## SWEET TREATS

### Freshly Baked Cookies 26

A Baker's Dozen of Oatmeal Raisin or Oatmeal Chocolate Chip (*Gluten-free options available!*)

### Brownie Sheet 52

Great for birthdays and office celebrations!  
Serves 15-30 (*Gluten-free options available!*)

### Sweet Twosome 36

Enjoy both with half of each, Cookie & Brownie.  
Serves 12-18 (*Gluten-free options available!*)

### Fruits of the Farm VEGGIE NUTS 49

Fresh strawberries with organic honey vanilla yogurt, served with sliced bananas and drizzled with our Sweet Balsamic Syrup and sprinkled with freshly roasted chopped almonds.

Serves 8-10

### Cheeses & Fruits VEGGIE NUTS 92

Selection of local and imported cheeses, perfect with a glass of one of our organic wines! Served with fresh, seasonal fruit and assorted breads.  
Serves 8-10

### Charcuterie Plate 118

Selection of hand cut meats, sourced from Olli Salumeria in Mechanicsville, VA, and seasonal cheeses, with fresh breads from The Flour Garden, and a delicious dollop of local Chutney from Virginia Chutney Co., in Washington, VA.  
Serves 8-10

*We're able to deliver our organic, biodynamic, sustainable or local wines and local and craft beers to accompany your farm fare. Please ask!*



## SNACK TIME

### Nuts & Seeds 39

An assortment of nuts, dried fruits and seeds\*.  
Choice of roasted almonds, raw walnuts, pistachios, raisins, craisins, and pumpkin seeds.  
Serves 8-10

### Snack Bars 49

A fun and delicious way to energize! Choose from Health Warrior, KIND, Fig Bar, and Clif Organic.  
Serves 8-10

### Chocolate Delight 49

Everyone loves chocolate! A combination of chocolate bars Ritter Sport, Chocolive, Divine and Justin's.  
Serves 8-10

\* Availability may vary seasonally

## THE TROUGH

We're proud to work with Legacy Coffee Roasters in Hopewell, VA to offer Organic and Fair Trade Coffees from around the world. We also provide a delicious variety of organic and Fair Trade hot teas. All are served in an earth-friendly Trough. Includes 12, 8oz. green cups, wooden stirrers, local hormone and antibiotic free milk, raw sugar, and natural low calorie sweetener. **24.95**

YOUR CHOICE OF..

**Organic and / or Fair Trade Coffee – Hot or Cold**

**Organic and / or Fair Trade Hot Tea**

**Fair Trade Iced Tea**

**100% Florida OJ with Lots of Pulp!**

### Coffee For A Crowd 189

Serves 90, 8oz cups.

\*Rental fee extra. Available to serve up to 1500.

We offer a variety of delicious bottled beverages - from locally sourced spring water to all natural sodas, teas and juices.



# CATERING 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

We've always said (and we still do), if we can walk it, it's FREE! No Delivery Charges or Minimums. We now offer even more ways to get the great taste of our freshly made sandwiches, salads and soups! You can call 804.486.6925 or email [cateringandevents@theurbanfarmhouse.net](mailto:cateringandevents@theurbanfarmhouse.net) or go to our website to submit your order. Healthy and homemade coming your way!

Please give our Farmhands 48 hours notice for your order. (If you have a last minute request, always ask. We'll do our best to accommodate!)

## RICHMOND

1217 E. Cary Street  
Richmond, VA  
804.325.3988

## MIDLOTHIAN

13872 Coalfield Commons Place  
Midlothian, VA  
804.378.3366

## BOX BREAKFASTS

Sandwich served with half-size Fruits of the Farm. **10.45**

Cage Free Egg & **VEGGIE**

Cabot Vermont Cheddar w/ Fresh Chives

Cage Free Egg & **VEGGIE**

Local Veggie Sausage

Virginia Country Ham & Cage Free Egg

Virginia Bacon & Cage Free Egg

Lox & Cream Cheese With Fresh Dill\* **+4.50**

Local Strawberry Preserves, Unsalted Butter & Assorted Fresh Baked Breads **VEGGIE**

Fruits of the Farm – Served with Fresh Baked Breads and Bananas **VEGGIE** **NUTS**

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



## FARMHOUSE SOUPS

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!

8 OZ **7.75**  
12 OZ **8.75**  
32 OZ **27.95**

Soup For A Group **115**

Serves 15-20

\*Rental fee extra.

## BOX LUNCHES

Includes Whole Sandwich or Salad with Bread and served with choice of side Farmhouse Salad or side of Seasonal Fruits and freshly baked cookie. **16.45**

Farmer's Grilled Cheese w/ Chives **VEGGIE**

Cabot Vermont Cheddar sprinkled with fresh Spring chives on Campagne loaf.

Fresh Spinach Hummus Sandwich **VEGGIE**

Spring Spinach w/ Feta Crème **VEGGIE**

Tarragon Tuna Salad

Mayonnaise-free tuna salad made with fresh tarragon, carrots, fresh Italian parsley and EV00, served on Prairie Grain's 9-Grain bread.

Turkey w/ Fresh Cilantro & Curry Yogurt Sauce

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

Farmhouse Chicken Salad Sandwich

Our Chicken Salad Recipe is from Grandma!

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.

Cubanos/Pimento **\*4.50** | Kettle Brand Chips **\*2.25**  
SUB Chocolate Cravings Brownie **\*1.45**

## SALADS

Farmhouse Salad **VEGAN**

Strawberry & Spinach Salad **VEGAN** **NUTS**  
w/ Almonds

Spinach & Baked Tofu **VEGAN**  
w/ Miso Dresssing

Lemony Caesar Salad **VEGGIE** **NUTS**

ADD OUR ANTIBIOTIC/HORMONE-FREE CHICKEN OR OUR HOUSE-MARINATED AND BAKED TOFU FROM TWIN OAKS. **4.50**

## FOR A CROWD

Feel free to ask for gluten-free substitutes too!

## HEN'S NEST

An assortment of our seasonal breakfast sandwiches, cut in halves, and arranged in our reusable "nest."

Small, serves 6-10 **89.95**

Medium, serves 15-20 **179.95**

Large, serves 25-30 **249.95**

## PASTRIES & SWEET BREADS

Assorted Pastries & Sweet Breads **36.95**

A yummy assortment, freshly baked.

Serves 6-10 **VEGGIE** **NUTS**

Full Loaf Banana Nut or **VEGGIE** **NUTS**

Seasonal Bread Serves 8-16 **24.45**

Homemade Bread Pudding Serves 9-18 **48.95**

Our unique recipe made with locally made pastries!

## BAGELS

*Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End!*

Bagel Bunch (13 bagels, 2 Tubs Any Cream Cheese) **36.95**

Dozen & A Half (18 bagels) **38.95**

Baker's Dozen (13 bagels) **27.95**

Half Dozen Bagels **13.95**

Plain Cream Cheese — 8 oz. Tub **5.25**

Homemade Flavored Cream Cheese **6.25**

Fresh Veggie / Cinnamon Raisin / Tangy Spring Herb — 8 oz. Tub

Lox & Cream Cheese\* **118**

Our own Farm-Fish version with Kosher Oakwood Smoked North Atlantic Salmon (no dyes or artificial preservatives), cream cheese, fresh dill and capers. Served open-face on baked that morning French style Campagne bread.

We're happy to substitute with Cupertino's

Bagels for \$9.95

Serves 8-10

## ROOSTER'S ROOST

An assortment of our seasonal sandwiches, cut in halves or thirds and arranged in our reusable "nest" with fresh baked cookies from The Flour Garden.

Small, serves 6-10 **99.95**

Medium, serves 15-20 **229.95**

Large, serves 25-30 **369.95**

## SAVORY

Farmhand Bread Pudding **79.95**

Baked in house our own special recipe! Made with breads from The Flour Garden and Prairie Grain Bakery, and a savory custard loaded with Veggie Sausage, lots of sharp cheddar and fresh green onions! Serves 9-18

## GREEN PATCH

Half Size, serves 6-10 **54.95**

Full Size, serves 15-20 **89.95**

Farmhouse Salad **VEGAN**

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

Caesar Salad **VEGGIE** **NUTS**

Farmhouse style with raw walnuts and our eggless Caesar Dressing.

Please ask if you'd like to add our House Marinated & Baked Tofu or Oven Roasted Chicken.

HALF SIZE **24.95** FULL SIZE **36.95**

Fresh Spinach Hummus & Seasonal Veggies **VEGGIE**

Our homemade Fresh Spinach Hummus, surrounded by loads of seasonal veggies and sliced French Baguette from The Flour Garden.

\*Consuming raw or under-cooked seafood may increase your risk of foodborne illness, especially if you have a medical condition.