

RISE & SHINE

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

🌸 Egg & Mozzarella w/ Fresh Basil VEGGIE 7.45

Free range egg, fresh Mozzarella and Summer Basil on hearty slices of French Campagne loaf.

🌿 Veggie Sausage & Egg VEGGIE 8.45

Tasty, toasty sandwich with Veggie Sausage from Twin Oaks in Louisa, Virginia – tastes like the real thing!

🍖 Virginia Country Ham & Egg 8.45

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

🥓 Virginia Bacon & 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 Berries VEGAN 6.95

These oats are 100% whole grain, so contain all the combined goodness of the endosperm, bran and germ. Served topped with fresh seasonal berries.

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 seasonal fruit and berries, 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

🌸 Summer Veggie / Cinnamon Raisin / Mamma Mia

🌸 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

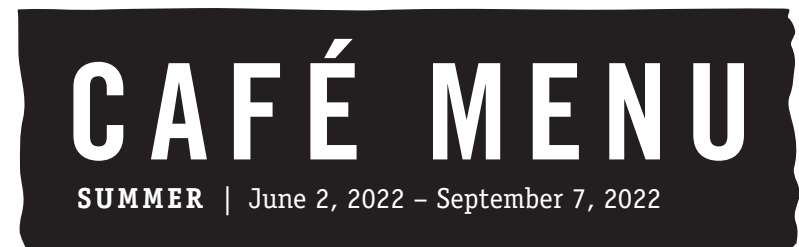
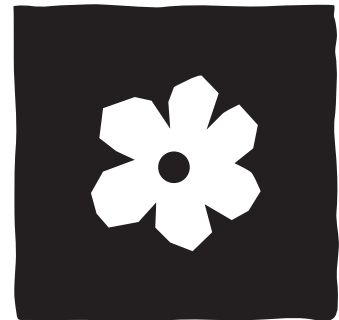
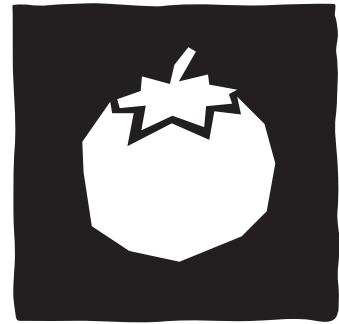
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|----------------------|-------|-------|
| Espresso (double) | 2.95 | |
| Macchiato | 3.90 | |
| Farmhouse Cappuccino | 4.05 | |
| Cortado | 4.05 | |
| | 12 oz | 16 oz |
| Americano | 2.95 | 3.90 |
| Latte | 4.20 | 4.85 |
| Flat White | 4.15 | 4.85 |

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**

| | | |
|---------------------------|-------|-------|
| | 12 oz | 16 oz |
| BREWED COFFEE CLASSICS | | |
| Freshly Brewed Coffee | 2.45 | 2.95 |
| COFFEE REFILL 1.05 | | |
| Café au Lait | 3.55 | 4.15 |

| | | |
|------------------------------|-------|-------|
| | 12 oz | 16 oz |
| CAFÉ SPECIALITIES | | |
| 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 |

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



🕒 SUMMER 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

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 w/ Fresh Cucumbers & Peppers** VEGAN 8.75
Mixed greens with sliced cucumbers and a medley of fresh Summer peppers, sprinkled with our Farmhouse Vinaigrette.
- Fresh Mint Cucumber Salad w/ Feta** VEGGIE 11.25
Mixed greens topped with our version of a Summer cucumber salad – cucumbers, homegrown Hanover tomatoes, red onion and fresh mint marinated in our tart red vinaigrette, topped with chunks of Feta!
- Local Tomato, Fresh Basil & Mozzarella Salad** VEGGIE 11.25
Nothing better during a hot Richmond Summer! Fresh chunks of local tomatoes and Mozzarella with Fresh Basil atop mixed greens and drizzled with EVOO.
- Lemony Caesar Salad** VEGGIE NUTS 9.25
w/ Antibiotic/Hormone-free Chicken 13.75
Made with the Farmhouse's own eggless Caesar Dressing.
- EXTRA DRESSING 1.10 ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS 4.50
- Fruits of the Farm** VEGGIE 7.95
Summer's fruit - berries and sweet melons, drizzled with our Organic Honey Vanilla Yogurt Sauce.
- This & That Plate** NUTS 12.45
Some of our homemade Tarragon Tuna Salad and some of our Spinach Hummus atop mixed greens with crunchy hand-cut carrot sticks.

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 fresh Seasonal Fruits, Potato Chips with Himalayan Salt, or an Apple or Orange AND hand-cut carrot sticks!

- Farmhouse Pimento Grilled Cheese w/ VA Tomatoes** VEGGIE 10.25
Our Farmhouse Pimento Cheese, grilled with fresh local tomatoes on Campagne Loaf baked fresh each morning from The Flour Garden!
- Roasted Red Pepper Hummus** VEGGIE 10.95
Our Farmhouse Hummus with a Summer twist! Fresh garlic and lemon with smoky roasted red pepper, on 9-Grain Bread from Prairie Grain Bakery.
- Summer Pepper Pesto & Goat Cheese** VEGGIE NUTS 10.95
Open-faced sandwich with creamy old world farm style goat cheese topped with the freshness of our chunky Summer Pepper Pesto on Campagne loaf.
- Thai Tuna Salad** 12.45
Light and tangy Tuna Salad made with fresh cilantro and basil with a hint of sweet clover honey and the zip of fresh lemon and black pepper and chunks of tomato and green onion.
- Turkey & Raita w/ Fresh Mint** 12.45
Sliced turkey breast topped with fresh mixed greens and our creamy cucumber and fresh mint yogurt spread, made with Brown Cow Humanely Certified Non-GMO Yogurt 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!
- BL&VA T** 12.45
Now that finally (including Hanover) tomatoes are in, our BLT couldn't be better! Crisp Virginia bacon, crisp lettuce with light, better for you, homemade lemony Lemonnaisse.
- AB&J** VEGGIE NUTS 9.75
Almond Butter and locally made Blueberry Preserves, from Rocky Branch Farm in Jetersville, VA, on 9-Grain from Prairie Grain Bakery in Southside.
- 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
- EXTRA CHEESE 1.80 EXTRA ALMOND BUTTER 1.25 ADD PROTEIN 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 / 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!

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|--|-----------|------------|--|
| Iced Cold Brewed Coffee | 16oz 4.30 | 20 oz 4.60 | FarmFrosts 16oz |
| COFFEE REFILL 1.15 | | | Our own delicious frozen blended beverages! |
| Iced Latte | 4.50 | 5.00 | Coffee or Vanilla 4.90 |
| Iced Mocha | 5.40 | 5.90 | Caramel, Mocha, or Coffee Toffee 5.60 |
| Iced Chai Latte | 5.40 | 5.90 | FarmFrost Chai 6.00 |
| Iced Dirty Chai Latte | 6.55 | 6.95 | Farmhouse Smoothies 5.60 |
| Iced Coffee Toffee Latte | 5.40 | 5.90 | Nutter Butter Banana / Ambrosia Berri |
| Fresh Brewed Ice Tea | 3.20 | 3.20 | * Health Warrior Smoothie 6.00 |
| Fresh Brewed Flavored Ice Tea | 3.70 | 3.70 | We're partnering with our good buddies and neighbors to bring you a new smoothie with berries, banana, fresh kale and Health Warrior chia seeds. Delicious and energizing! |
| Orange Juice | 4.35 | 4.95 | Homestead Shakes |
| Organic Iced Lemonade | 3.70 | 4.25 | Made with real ice cream, real milk from real cows at Homestead Creamery in Burnt Chimney, VA. |
| ADD ORGANIC RASPBERRY SYRUP 1.10 | | | Vanilla 6.00 |
| Affogato | 6oz 6.60 | | Chocolate 6.00 |
| A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy! | | | Espresso or Mocha 6.45 |
| | | | * Fresh Berries 7.20 |