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 VEGGIE Cage-Free Egg, delicious New England Cheddar with Fresh Thyme on French	<b>7.9</b> 1 Style Campagne loaf
Veggie Sausage & Cage-Free Egg VEGGIE Tasty, toasty sandwich with Veggie Sausage from Twin Oaks in Louisa, tastes like the real thing!	<b>8.9</b> Virginia –
Virginia Country Ham & Cage-Free Egg Slightly salty from Surry, Virginia, delicious sandwich made with cage-free	<b>8.9</b> ee egg.
Virginia Bacon & Cage-Free Egg Pasture raised, cage-free and no hormones or antibiotics used – on Can The Flour Garden.	<b>8.9</b> 1pagne loaf from
Lox & Cream Cheese w/ Fresh Dill* Kosher North Atlantic Salmon (no dyes or artificial preservatives), smoke all the fixings - cream cheese, fresh dill and chopped red onion, and tho on open-face Campagne loaf.	
Irish Oatmeal w/ Fresh Local Fruits (VEGAN) These oats are 100% whole grain, so contain all the combined goodness of bran and germ. AND with the first of the fall fruit!	7.3 the endosperm,
Apple Butter, Unsalted Butter & Breads VEGGE Locally made Apple Butter from Tase Like Grandma's in Stuart Draft, VA assorted fresh breads baked daily from The Flour Garden and Prairie Grai	
EXTRA CHEESE <b>1.90</b> EXTRA BUTTER <b>1.30</b> EXTRA PRESERVES <b>1.30</b> EXTRA PROTEIN <b>4.75</b> SUB FREE RANGE EGG WHITES <b>1.55</b> SUB GLUTEN FREE BREAD <b>2.40</b> SUB BAGEL <b>2.90</b>	5 AVOCADO 2.00
Fresh Fruit & Yogurt Parfait VEGGIE Made with Organic Vanilla Yogurt and fresh seasonal fruit, topped wit Organic Granola.	<b>8.4</b> h
Bagels VEGGIE Kettle boiled, made from scratch each day with unbleached unbromated for preservatives, from Cupertino's in the West End.	<b>2.4</b> lour, and no fats
w/ Plain Cream Cheese +3.95 w/ Homemade Flavored +4.75 Cream Cheese	
Also, try annaB's Gluten-Free Bagels <b>3.75</b> Plain / Everything	



# 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.

Espresso (double)	3.10	
Macchiato	4.10	
Farmhouse Cappuccino	4.25	
Cortado	4.25	
	12 oz	 16 o
Americano	3.10	4.10
Latte	4.40	5.10
Flat White	4.35	
ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP <b>1.25</b> Organic: Vanilla / Hazelnut / Raspberry / Caramel / Lavender Sugar Free: Vanilla / Hazelnut / Caramel ADD ESPRESSO SHOT <b>1.75</b>   SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT	MILK 1.25	
BREWED COFFEE CLASSICS	12 oz	16 oz
Freshly Brewed Coffee COFFEE REFILL 1.05	2.60	2.95
Cafe au Lait	3.75	4.15
CAFÉ SPECIALITIES	12 oz	16 oz
Café Mocha	5.35	6.00
Coffee Toffee Latte	5.35	6.00
Maple Syrup Latte	5.35	6.00
Chai Tea Latte	5.35	6.00
Dirty Chai Tea Latte	6.30	6.95
Matcha Tea Latte	6.30	6.95
Hot Fairtrade Dark Cocoa	4.75	5.35
Vanilla Steamer	3.75	4.35
Serendipitea Hot Tea	3.65	4.25
London Fog		

4.95

5.75

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

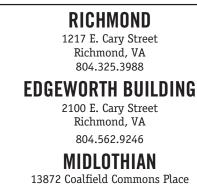
**A** Caramel Apple Cider



# CAFÉ MENU **EARLY FALL** | September 7<sup>th</sup> – October 4<sup>th</sup>, 2023

### **U** EARLY FALL HOURS

CARY STREET: Monday - Sunday: 7 AM to 7 PM EDGEWORTH BUILDING: Monday - Friday: 8AM to 3PM MIDLOTHIAN: Monday - Saturday: 8AM to 7PM | Sunday: 8AM to 6PM



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.

Ň	<b>Farmhouse Fall Salad</b> (VEGAN) Mixed greens with fresh squash, zucchini and green peppers, sqrinkled with our Farr vinaigrette.	<b>9.25</b> nhouse
<b>à</b> ĭ	Roasted Butternut Squash Salad VEGGIE (NUTS) Mixed greens, roasted glazed butternut squash with dried cranberries, sprinkled with walnuts, Parmesan and our Apple Cider Vinaigrette.	<b>11.85</b> n roasted
<b>à</b> ĭ	Pear w/ Roasted Walnuts & Blue Cheese Salad VEGGIE (NUTS) Mixed greens topped with freshly roasted glazed pears and walnuts, creamy blue che drizzled with our Walnut Vinaigrette.	<b>11.85</b> ese and
	*Lemony Caesar Salad VEGGIE (NUTS) w/ Antibiotic/Hormone-free Chicken Made with the Farmhouse's own eggless Caesar Dressing. *Vegan option available!	9.75 14.45
	EXTRA DRESSING 1.15 ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. 4.75	
àĭ	Harvest Fruits <b>VEGGIE</b> (NUTS) Fall's first harvest of apples and pears with roasted walnuts, drizzled with a sweet Ba Syrup, with locally made Apple Butter and a Country Roll.	
àĭ	This & That Plate (NUTS) Some of our homemade Waldorf Tuna Salad and some of our Coyote Hummus atop mi greens with crunchy hand-cut carrot sticks.	12.95

## FARMHOUSE SOUPS

#### **Farmhouse Soups VEGGIE** (VEGAN)

7.95 CUP / 8.95 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



Our breads are baked fresh daily by The Flour Garden and Prairie Grain SANDWICHES 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!

2 shots of our steaming hot Espresso. Yummy!

Farmer's Grilled Cheese w/ Apples VEGGIE Delicious classic combination of Cabot Vermont Cheddar and locally harveste Smith Apples on Campagne loaf.	<b>10.7</b> ed, tart Granny
Coyote Hummus VEGGIE	
Our homemade Hummus made with a Southwestern taste - cumin and chili fresh jalapenos thrown in for a bit of a kick! Delicious on 9-Grain bread.	i and with a few
Coyote Cream Cheese & Harvest Veggies VEGGIE A Southwestern flavor in our homemade cream cheese with cumin, chili, chili, alapeno peppers, topped with fresh squash, zucchini, and green pepper or	
Waldorf Tuna Salad (NUTS)	12.9
A healthy twist on this classic! Yellow Fin Tuna, crunchy apples mized wit and walnuts, with a dash of locally made Showalter's Apple Cider and light Greek Yogurt.	h celery, raisins,
Turkey & Fresh Mixed Apple-Date Chutney	12.9
Sliced turkey breast topped with our homemade fresh roasted Apple-Date ( birched red onions on Campagne loaf.	Chutney and
Farmhouse Chicken Salad Sandwich	12.9
Our Chicken Salad Recipe is from Grandma! We've created our Farmhouse twis our oven roasted chicken breast with lots of crunchy celery, fresh parsley, Veg lots of tangy lemon!	
Q Bleu Chicken	12.9
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creat and birched onions.	amy bleu cheese
Virginia Ham Cubano	13.9
Bountiful combination of Virginia Ham from Padow's, here in Richmond, ar sliced with dill pickles and Swiss Cheese, with a tangy contrast of sharp An	
Farmhouse Pimento Grilled Cheese with Crispy Bacon	12.9
Back by popular demand! But with lots of crispy bacon - messy and delicio	us!
AB^2 VEGGIE (NUTS)	9.9
A perfect formula! Almond butter and local Apple Butter from Tastes Like Stuarts Draft, VA.	Grandma's in
TOAST! (VEGAN)	8.4
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house 9-Grain. Try Half of Each! Double Toast + <b>3.50</b>   Add our Oakwood Smoke	
EXTRA CHEESE 1.90 EXTRA ALMOND BUTTER 1.30 ADD PROTEIN 4.75	
•••••••••••••••••••••••••••••••••••••••	12.9
TWOSOME	
TWOSOME Half-Soup / Half-Salad / Half-Sandwich Are you urban or are you farmhouse? Can't decide? Enjoy a taste of both - p from a Half-Soup or Half-Salad or Half-Sandwich!	pick any twosom

JUICES 🖸	Detox		Energy I Imm	unity
				16oz
Cold War 🗊				9.25
Ginger, Garlic, Orange, & Carrot. Sa	vory vege	table juice	e perfect for fighting off your w	rinter's cold
Clean Green 💿				9.25
Kale, Greens, Celery, Pear & Lemon. great day!	. Plenty o	f greens t	o help cleanse your system and	start a
	•••••	•••••		
Juice Boost (E) Orange, Apple, Carrot, Kale & Ginge natural boost to your day. Perfect h			es wrapped up in one to give y	<b>9.25</b> ou that
<b>Dropping Beets</b> (E) (I) Beets, Orange & Carrot. Beets comp	limented	with carro	ts and oranges to create that e	<b>9.25</b> energy
your body needs.				
Helen's Recipe 🗉 🗉				9.25
Carrot, Apple, Lemon, & Ginger. Sw your outdoor adventures to stay he				s before
Build Your Own				9.25
Customize your juice to how you lil	ke it. Cho	ose up to	five ingredients.	
Apple / Beets / Carrot / Celery / G	arlic / Gi	naer / Gre	ens / Kale / Lemon / Orange /	 Poar
Iced Cold Brewed Coffee	16oz <b>4.55</b>	20 oz <b>4.85</b>	FarmFrosts	16oz
COFFEE REFILL 1.15			Our own delicious frozen blene	
Iced Latte	4.75	5.25	Coffee or Vanilla	5.20
Iced Mocha	 5.70	 6 <b>.</b> 20	Caramel, Mocha, or	5.90
Iced Maple Syrup Latte			Coffee Toffee	
•••••••••••••••••••••••••••••••••••••••	5.70	6.20	FarmFrost Chai	6.30
Iced Chai Latte	5.70	6.20	Farmhouse Smoothies	5.90
Iced Dirty Chai Latte	6.90	7.30	Nutter Butter Banana / Aml	orosia Berri
Iced Matcha Tea Latte	6.90	7.30	A Smoothies of the Season	6.30
Iced Coffee Toffee Latte	5.70	6.20	A Perfect Pair - Pairing of Pear milk, lightly sweetened with I	
Fresh Brewed Ice Tea	3.45	3.75	a touch of vanilla!	
Fresh Brewed Flavored Iced Tea		 4 <b>.</b> 25	Farmhouse Shakes	
Viced Apple Cider	4.30	4.95	Made with Trickling Springs Ice GMO antibiotics-free, hormone-	
Made with 100% Pure Cider with no ad		4.70	the cows are treated through ho health management!	
Orange Juice	4.60	 5 <b>.</b> 20	Vanilla	6.30
Organic Iced Lemonade	 3 <b>.</b> 95	 4 <b>.</b> 25	Chocolate	6.30
ADD ORGANIC RASPBERRY SYRUP 1.25	5.55		Espresso or Mocha	7.45
Affogato	 6oz	 6 <b>.</b> 95		
A scoop of delicious Homestead Cr				
(your choice - vanilla or chocolate	× · · · ·	with		