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

	Egg & Cabot Vermont Cheddar w/ Fresh Tarragon VEGGIE	7.95
	Cage-free egg, Cabot Vermont Cheddar and fresh Tarragon on hearty slices of French style Campagne loaf.	
	Veggie Sausage & Egg VEGGIE Tasty, toasty sandwich with Veggie Sausage that tastes like the real thing!	8.95
	Virginia Country Ham & Cage-Free Egg Slightly salty from Surry, Virginia, delicious sandwich made with cage-free egg.	8.95
	Virginia Bacon & Cage-Free Egg Pasture raised, cage-free and no hormones or antibiotics used – on Campagne loaf from The Flour Garden.	8.95
	Lox & Cream Cheese w/ Fresh Dill* 1 Kosher North Atlantic Salmon (no dyes or artificial preservatives), smoked with oakwood all the fixings - cream cheese, fresh dill and chopped red onion, and those tart little cape on open-face Campagne loaf.	
۲	Irish Oatmeal w/ Fresh Local Fruit (VEGAN) These oats are 100% whole grain, so contain all the combined goodness of the endosperm, brand and germ. With freshly chopped apples, pears, and raisins.	7.35
۷	Fresh Seasonal Preserves, Unsalted Butter & Bread VEGGIE Organic strawberry preserves, unsalted butter, and assorted fresh breads baked daily fre The Flour Garden and Prairie Grain Bakery. EXTRA CHEESE 1.90 EXTRA BUTTER 1.30 EXTRA PRESERVES 1.30 EXTRA PROTEIN 4.75 AVOCADO 2.00	6.85 om
	SUB FREE RANGE EGG WHITES 1.55 SUB GLUTEN FREE BREAD 2.40 OR BAGEL 2.90	
۷	Fresh Fruit & Yogurt Parfait VEGGIE Made with Organic French Vanilla Yogurt and bright Vitamin C laden oranges and pear and topped with organic granola.	8.45 :s,
	Bagels VEGGIE Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End.	2.40
	w/ Plain Cream Cheese +3.95	
	w/ Homemade Flavored +4.75 Cream Cheese	
	Also, try annaB's Gluten-Free Bagels 3.65 Plain / Everything	
۷	Spring Veggie / Cinnamon Raisin / Mamma Mia	
۷	Seasonal Menu Item	

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)	3.10
Macchiato	4.10
Farmhouse Cappuccino	4.25
Cortado	4.25
Americano	12 oz 16 oz 3.10 4.10
Latte	4.40 5.10
Flat White	4.35 5.10

ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP 1.25

Organic: Vanilla / Hazelnut / Raspberry / Caramel | Sugar Free: Vanilla / Hazelnut / Caramel ADD ESPRESSO SHOT 1.75 | SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK 1.25

BREWED COFFEE CLASSICS	12 oz	16 oz
Freshly Brewed Coffee COFFEE REFILL 1.10	2.60	3.15
Cafe au Lait	3.75	4.35
CAFÉ SPECIALITIES	12 oz	16 oz
Café Mocha	5.35	6.00
Coffee Toffee 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 Organic Hot Tea	3.65	4.25
London Fog	6.30	6.95



CAFÉ MENU EARLY SPRING | March 2nd – April 19th, 2023

(\) EARLY SPRING 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

> RICHMOND 1217 E. Cary Street Richmond, VA 804.325.3988 **EDGEWORTH BUILDING** 2100 E. Cary Street Richmond, VA 804.562.9246

MIDLOTHIAN 13872 Coalfield Commons Place Midlothian, VA

804.378.3366

*Cold smoked salmon is not cooked. Consuming raw or under-cooked seafood may increase your risk of foodborne illness.

	SALADS		alads, paired with fresh baked ve ee to ask for gluten free bread s	
۷	Farmhouse Salad (VEG Mixed greens with grated our Farmhouse Vinaigrett	l carrots and radishe	s and fresh Spring herbs,	9.25 sprinkled with
۷	Asparagus & White Be Lemony white cannellini with mixed greens, serve	beans, fresh early s	0 x 0	11.85 bled feta tossed
۷	Arugula Salad VEGGI Dried apricots, chopped r with our White Wine Vina		bleu cheese atop fresh an	11.85 ugula, drizzled
	Lemony Caesar Salad w/ Antibiotic/Hormone Made with the Farmhouse EXTRA DRESSING 1.15 ADD OU	-free Chicken e's own eggless Caesa		9.75 14.45
۷	Fruits of the Farm VE Freshly cut apples and pe sweet balsamic syrup. Ser from The Flour Garden.	GGIE NUTS ears, sprinkled with :	oasted almonds and drizz	
۷	This & That Plate Some of our homemade Ta atop mixed greens with c	runchy hand-cut car	rot sticks.	12.95 iich Hummus
	FARMHOU		UPS	
	Farmhouse Soups 🛛	EGGIE (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! (Gluten-free options available too!)

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 VEGGIE	10.75
A yummy melting Cabot Vermont Cheddar, topped with fresh baby arugula on The Flo Garden's Campagne bread.	ur
Fresh Spinach Hummus Sandwich VEGGIE	11.45
Fresh spinach hummus topped with grated carrots and radish, drizzled with balsamic vinegar on 9-Grain bread.	
Spring Spinach with Feta Crème VEGGIE	11.45
Delicious fresh and crisp spinach with our special Feta Crème spread, grated organic carrots and radish on Campagne bread.	11.45
Tarragan Tuna Salad	12.95
Tarragon Tuna Salad Mayonnaise-free tuna salad made with fresh tarragon, carrots, fresh Italian parsley ar a wee dollop of Dijon and Greek Yogurt, served on Prairie Grain's 9-Grain bread.	
Mango Turkey	12.95
Turkey breast served with our homemade Mango Chutney and caramelized onions on The Flour Garden's Campagne bread.	
Farmhouse Chicken Salad Sandwich	12.95
Our Chicken Salad Recipe is from Grandma! We've created our Farmhouse twist by combi our oven roasted chicken breast with lots of crunchy celery, fresh parsley, Vegan Mayo a lots of tangy lemon!	
Q Bleu Chicken	12.95
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy bleu ch and birched onions.	neese
Virginia Ham Cubano	13.95
Bountiful combination of Virginia Ham from Edwards Farms and pork, thinly sliced w dill pickles and Swiss Cheese, with a tangy contrast of sharp American mustard!	rith
Farmhouse Pimento Grilled Cheese with Crispy Bacon	12.95
Back by popular demand! But with lots of crispy bacon - messy and delicious!	
AB&J (NUTS)	9.95
Almond Butter and Organic Strawberry Preserves, on 9-Grain from Prairie Grain Baker in Southside.	
TOAST! (VEGAN)	8.45
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slid9-Grain. Double Toast + 3.00Add our Oakwood Smoked Salmon + 4.75	ce of
EXTRA CHEESE 1.90 EXTRA ALMOND BUTTER 1.30 ADD PROTEIN 4.75	
TWOSOME	12.95
Half-Soup / Half-Salad / Half-Sandwich	12.95
Are you urban or are you farmhouse? Can't decide? Enjoy a taste of both - pick any to from a Half-Soup or Half-Salad or Half-Sandwich!	wosome

HALF CUBANO +50¢ Please Note:

JUICES D Detox E Energy I Immunity	
Cold War (I) Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your Spring	16oz 9.25 sniffles
Clean Green (D) Kale, Greens, Celery, Pear & Lemon. Plenty of greens to help cleanse your system and start great day!	9.25 a
Juice Boost 🗉	9.25
Orange, Apple, Carrot, Kale & Ginger. All of our favorites wrapped up in one to give you the natural boost to your day. Perfect before working out!	at
Dropping Beets 🗉 I	9.25
Beets, Orange & Carrot. Beets complimented with carrots and oranges to create that energy your body needs.	
Helen's Recipe 🗉 I	9.25

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

9.25
9.25

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

Build Your Own

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 4.55	20 oz 4.85	FarmFrosts Our own delicious frozen blended	16oz
COFFEE REFILL 1.15			Coffee or Vanilla	5.20
Iced Latte	4.75	5.25	Caramel, Mocha, or	5.90
lced Mocha	5.70	6.20	Coffee Toffee	
Iced Matcha Tea Latte	6.90	7.30	FarmFrost Chai	6.30
Iced Chai Latte	5.70	6.20	Farmhouse Smoothies 5. Nutter Butter Banana / Ambrosia Ber	
Iced Coffee Toffee Latte	5.70	6.20	Smoothies of the Season	• • • • • • • • • • • • • • • • • • • •
Iced Dirty Chai Latte	6.90	7.30	Blueberry Mango – Chunks of mango and blueberries,	VEGGIE
Fresh Brewed Ice Tea 3.45		3.75	sweetened with banana, Brown Humanely Certified Non-GMO	
Orange Juice	4.60	5.20	orange juice with lots of pulp!	5
Affogato 6oz 6.95 A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy!			Farmhouse Shakes Made with Homestead Creamery Ic It's non-GMO antibiotics-free, horn Kosher and the cows are treated th homeopathic health management!	e Cream. none-free, nrough
Let us cater your cozy office chats o get-togethers!	r casual		Vanilla	6.30

Email cateringandevents@theurbanfarmhouse.net

or call 804.486.6925

nomeopathic neatth management.	
Vanilla	6.30
Chocolate	6.30
Espresso or Mocha	7.45