

BUTTERMILK

# Gluten and Vegan

## Breakfast

### CHIA BREAKFAST BOWL (GF/V/VEG) \$13.99

Chia seed porridge with almond milk, bananas, blueberries, gluten free granola, coconut, and almonds.

### POWER OATMEAL (GF/V/VEG) \$11.59

Gluten free oats with super seeds chia, hemp and buckwheat topped with bananas & blueberries and cocoa nibs.

### IRON MAN SCRAMBLER (GF) \$15.49

Scrambled egg whites cooked in heart healthy olive oil, with sautéed spinach and wild mushrooms, served with nitrate free chicken sausage and gluten free toast.

### NO YOLK SCRAMBLER (GF) \$14.99

Scrambled egg whites cooked in heart healthy olive oil, with tomatoes and avocado, served with gluten free toast and a cup of fresh fruit.

### THE PARFAIT (GF) \$10.99

Greek yogurt topped with crunchy gluten-free granola, fresh berries, local honey, toasted walnuts and cinnamon.

### QUINOA BREAKFAST BOWL (GF) \$11.99

Greek yogurt, quinoa, blackberries, almonds, sunflower seeds, local honey and mint.

### BUTTERMILK PANCAKES (GF) \$12.49

Fluffy gluten free buttermilk pancakes served with butter and warm syrup. Add fresh blueberries, strawberries, bananas or chocolate chips +\$1.69.

### AVOCADO TOAST (GF) \$15.99

Grilled gluten free bread, avocado, feta, pickled red onions, chives, and drizzle of calabrian chili oil served with field greens.

## Lunch

### KALE SALAD (GF/V/VEG) \$15.99

Chopped kale, green apples, dates, toasted sunflower seeds, and creamy champagne vinaigrette. Add chicken +\$3.

### FARMHOUSE SALAD (GF/V/VEG) \$15.49

Field greens and arugula blend, roasted beets, julienned green apple, red onion, sugar glazed pecans and balsamic vinaigrette. Add chicken +\$3.

### QUINOA AVOCADO POWER SALAD (GF) \$14.99

Gluten free quinoa, tender spinach, cherry tomatoes, avocado slices and green onions with a light red wine vinaigrette. Add chicken +\$3.

### VEGGIE WRAP (V/VEG) \$14.99

Roasted garlic hummus, cucumber, shaved red onion, cherry tomato, cilantro, a drizzle of balsamic reduction sauce in a wrap. Add chicken +\$2.

### GRILLED CHEESE (GF) \$13.99

Gluten free bread, Havarti & cheddar cheese, avocado, seasoned tomato and crispy bacon served with your choice of field green salad lightly dressed or a fresh cup of fruit.

VEG-VEGETARIAN V-VEGAN GF- GLUTEN FREE

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