

GLUTEN + VEGAN MENU

BREAKFAST

CHIA BREAKFAST BOWL (GF/V/VEG)

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

POWER OATMEAL (GF/V/VEG)

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

IRON MAN SCRAMBLER (GF)

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)

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)

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

QUINOA BREAKFAST BOWL (GF)

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

BUTTERMILK PANCAKES (GF)

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

AVOCADO TOAST (GF)

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)

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

FARMHOUSE SALAD (GF/V/VEG)

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

QUINOA AVOCADO POWER SALAD (GF)

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

VEGGIE WRAP (V/VEG)

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

MEAN BLACK BEAN BURGER (VEG OR GF)

Chipotle black bean burger, topped with avocado slices and a homemade pico on a toasted brioche bun or gluten free bread. Choice of fries, salad or fruit.

OPEN FACED MASH (GF)

Chickpea avocado mash with tomato, watercress sprouts, served open-face on gluten free toast. Your choice of a field green salad or a cup of fresh fruit.

GRILLED CHEESE (GF)

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