

Menu



Organic Salads

Served from 11:00 a.m. until closing ~ All salads are gluten-free

House Salad

Spring mix, spinach, grated beets and carrots, cucumbers, red cabbage, alfalfa sprouts, dried cranberries and raisins, seasonal fruit, toasted pumpkin and sunflower seeds, cherry tomatoes. Small ~ \$4.95 Half ~ \$9.95 Full ~ \$13.95

Dinner Salads Full ~ \$12.95 Half ~ \$9.95

All dinner salads contain organic seasonal greens, sprouts, cucumbers, red cabbage, beets, carrots, onions, and seeds. Add your favorite toppings.

Fruity

Seasonal berries, dried fruit, curry cashews

Pickled

Pickled red onions and beets, feta or vegan parmesan, figs

Spiced

Sriracha almonds, cumin seasoned quinoa, onions, tomatoes, bell peppers

Keto Cobb

Cheese, hard-cooked eggs, cherry tomatoes, spinach, salad greens, almonds

Not From the Hen House Egg Salad

House salad, dressed-up vegan egg salad (cranberries, seeds, parsley, turmeric)
Add tempeh bacon to any salad for \$2.50

Salad Dressings

Sesame Ginger, Vegan Ranch, Tangerine Vinaigrette, Vegan Thousand Island, Garlic Mustard, Tahini Goddess, Olive Oil & Balsamic Vinegar.

Our house-made dressings are vegan and gluten-free.

Daily Soup Offering

10 oz \$6.95 ~ 6 oz \$4.95

6 oz soup and House Salad combo \$8.95

Vegan cheese and gluten-free bread are available for an extra charge.

Please tell us about any allergies before ordering.



Menu



Between Bread

Served with your choice of Rt. 11 chips or house salad

JS Reuben

Ginger-baked tofu, sharp cheddar or vegan cheddar, sauerkraut, our vegan Thousand Island, whole grain bread \$9.95

Nut Burger or Power Burger

Lettuce, tomato, red onion, vegan mayo, sesame bun \$11.95

Almost Heaven

Cheddar or vegan cheese, walnut pesto, fresh tomato, whole grain bread \$8.95

Shawarma

Chicken Seitan, tahini garlic aioli, shepherd's salad, flatbread \$10.95

Ciabatta Chick

Seasoned chicken seitan, romaine, red onions, cucumbers, jalapeño cream, Tribeca whole grain stirato square \$10.95

"Sasquash"

Roasted butternut squash, sun-dried tomato, caramelized onion, goat cheese or vegan parmesan, kale, parsley mayo, Tribeca rustic club hero \$10.95

Tempeh BLT

Marinated Tempeh, lettuce, tomato, whole grain bread \$9.95

Teriyaki Trumpet

Trumpet mushrooms, braised greens, roasted pepper, onions, stirato \$10.95

Coconut Barbecue

Barbecue tofu, house-made coconut-ginger red cabbage slaw, ciabatta \$9.95

Breakfast Burger

Our house-made vegan dill sausage made with French lentils, brown rice, sun-dried tomatoes, mushrooms. Topped with fried egg, tomato, cheddar or vegan cheese. Seasonal fruit cup \$9.95 ~ House salad \$11.95

Vegan Option ~ tempeh bacon \$2.50

~ Vegan and Gluten-Free Sandwich Options for an extra charge ~

Little Northern Bakehouse Bread ~ Select Vegan Cheeses

Our seitan is not gluten-free.



Menu



Small Plates

House-Made Hummus ~ gluten-free option
Served with pita, cucumbers, carrots, olives \$8.95

The Trio

Slider size versions of our daily nut burger, power burger, and breakfast sausage.
Served with aioli, salad greens, organic sprouts \$9.95

Cheese Boards ~ Wine Pairing ~ gluten-free option
Assorted artisan cheeses, nuts, olives, rustic bread \$9.95

Herb & almond encrusted goat cheese, jam, rustic bread \$6.95
With house wine add \$5.00 per glass or organic wine \$7.00

Entrees and Bowls Served with chips or House Salad

Forager Egg Quiche ~ gluten-free

House-made garlic almond crust topped with seasonal organic produce, select cheeses, organic herbs, local eggs \$9.95

Flower Power Pie ~ gluten-free

Cauliflower, garlic & herb cheddar, local eggs, cream, onion, almond crust \$9.95

Fusion Grain Bowl ~ gluten-free

Organic quinoa, sautéed greens, caramelized onion, cherry tomato, smoked tofu, local kimchee \$13.95

Teriyaki Trumpet Bowl ~ gluten-free

Trumpet mushrooms, sautéed greens, zucchini, roasted peppers, onions, cauliflower rice, pea sprouts \$13.95

Sasquash Bowl ~ gluten-free

Oven-roasted butternut squash, sun-dried tomatoes, caramelized onions, goat cheese or vegan feta, kale, parsley mayo \$11.95

Extras

Black Russian bead \$2.50 Deland Millet Bread ~ Gluten-free \$3.50
Additional salad dressings or spreads \$.50 Tri-Color Quinoa Salad \$3.95

Under Twelve

PBJ \$4.95 ~ Grilled cheese \$4.95 ~ Fruit cup \$3.95 ~ Yogurt/Fruit \$5.95
Other options may be available by request.



Menu



Breakfast

Served from 10:00 a.m. until 11:30 a.m.

Bagels from NY

Everything bagel, chive cream cheese \$4.95

Over-Easy Egg on Artisan Bread

Cheese, tomato, herbed-butter \$6.95

Cheese, tomato, mushrooms, caramelized onions, herbed-butter \$8.95

Breakfast Burger

Our house-made vegan dill sausage made with French lentils, brown rice, sun-dried tomatoes, mushrooms. Topped with fried egg, tomato, cheddar or vegan cheese. Seasonal fruit cup \$9.95 House salad ~ \$11.95

Vegan Option ~ tempeh bacon \$2.50

Hemp and Oat Granola with Yogurt

Plain or lightly sweetened yogurt, seasonal fruits \$7.95

Entrees

Forager Egg Quiche ~ gluten-free

House-made garlic almond crust topped with seasonal organic produce, select cheeses, organic herbs, local eggs \$9.95

Flower Power Pie ~ gluten-free

Cauliflower, garlic & herb cheddar, local eggs, cream, onion, almond crust \$9.95



