



# HIGHLAND SQUARE Café Menu



## Café Hours

|               | Breakfast     | Brunch    | Lunch/Dinner | Late Night |
|---------------|---------------|-----------|--------------|------------|
| Mon. - Thurs. | 8am - 11:00am |           | 11 am - 9pm  | 9pm - 10pm |
| Friday        | 8am - 11:00am |           | 11am - 9pm   | 9pm - 11pm |
| Saturday      |               | 8am - 3pm | 3:30pm - 9pm | 9pm - 11pm |
| Sunday        |               | 8am - 3pm | 3:30pm - 9pm |            |



# Breakfast Menu

## Granola Bowl .....\$7

Greek style honey yogurt, crunchy cinnamon granola, bananas, kiwi, pineapple, and seasonal berries

Gf V+ Option Nf Sf Df Option

Substitute Coconut Yogurt for \$1

## Steel Cut Oatmeal .....\$5

Bob's Red Mill® gluten free steel cut oats with seasonal fresh berries, Ohio maple syrup, and choice of organic milk, almond milk or coconut milk.

Gf V+ Option Nf Sf

## Quiche du Jour .....\$8

House-made farm fresh egg quiche of the day served with a side of fresh fruit.

Nf Sf

## Sunrise Croissant .....\$6.5

Farm fresh egg, choice of bacon, turkey bacon or coconut "bacon" (Vegan), cheddar or swiss cheese on a freshly baked croissant.

Gf Option Nf Option Sf Option Df Option

## The Farmers Breakfast .....\$9

Two farm fresh eggs\*, breakfast potatoes, choice of toast, choice of bacon, turkey bacon, country pork sausage patties or Applegate Apple Chicken Sausage.

Gf Option Nf Sf Df Option

Make it Gluten Free with 2 slices of Udi's™ Gluten Free Bread: Add \$1.5

## Egg White Sprouted English Muffin ...\$6.5

Farm fresh scrambled egg whites, smoked Gouda cheese and lemon dressed arugula on a toasted Ezekiel sprouted English muffin.

Gf Option Nf Sf Df Option

Add Avocado Smash: \$1

Add Turkey Bacon, Bacon or Coconut "Bacon" (vegan): \$2

## "NEW ITEM" The Roost .....\$10

2 Poached eggs\* on corn cakes with fresh tomato, avocado, fresh goat cheese, tabasco hollandaise and cilantro oil served with fresh fruit.

Gf Option Nf Sf

## Avocado Toast n' Eggs .....\$7

Two farm fresh eggs\* any style and avocado toast with pink Himalayan salt and extra virgin olive oil

Gf Option Nf Sf Df Option

Make it Gluten Free with 2 slices of Udi's™ Gluten Free Bread: Add \$1.5

## Huevos Rancheros .....\$10

Farm fresh eggs\*, spicy black beans, pico de gallo, cilantro, queso fresco, avocado, crispy corn tortilla, and a lime wedge.

Gf Option Nf Sf Df Option

Add Bacon, Chorizo, Pork Sausage, Turkey Bacon, Applegate Farms Apple Chicken Sausage, Beyond Beef Crumbles  
Coconut "Bacon" (vegan): Add \$2

## The Breakfast Bowl .....\$10

Two farm fresh eggs\* any style, Applegate Apple Chicken Sausage, Roasted Root Vegetables, organic arugula, fresh avocado and hemp seeds with Cindy's™ Tangerine Dressing.

Gf Option Nf Sf Option Df

## Add It On!

Fresh baked croissant with Smucker's™ Natural Jam. . . \$4

Single farm fresh egg\* ..... \$1.25

Substitute fresh egg whites ..... \$2

Toasted Bagel: original or cinnamon raisin with whipped cream cheese and Smucker's™ Natural Jam ..... \$3

Breakfast potatoes ..... \$2.5

Roasted Root Vegetables ..... \$3.5

3 Strips of nitrite & nitrate free bacon ..... \$4

2 Strips of nitrite & nitrate free turkey bacon ..... \$4

2 Country pork sausage patties ..... \$2.5

3 Applegate Farms Apple Chicken Sausage ..... \$3

Smoked Salmon\* 2 oz ..... \$6

½ Avocado ..... \$2

Fresh fruit cup ..... \$4

Toasted bread: 9 grain or sourdough ..... \$2.5

Toasted sprouted Ezekiel English muffin with Smucker's™ Natural Jam ..... \$3

\*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs\* may increase your risk of food borne illness.

Gf : Gluten-Free Friendly V+ : Vegan Nf : Nut-Free Sf : Soy-Free Df : Dairy-Free

All Gluten Free Bread Contains Egg

# Children's Breakfast Menu

Includes choice of 1 breakfast and 1 drink for **\$5**

**Farm fresh scrambled eggs\*** with Organic Valley® American cheese with choice of 1 piece of bacon or turkey bacon **Gf** **Nf** **Sf** **Df** *Option*

**Yogurt parfait** with seasonal fruit, bananas and Annie's Homegrown® Bunny Grahams **Gf** *Option* **V+** *Option* **Nf** **Sf**

**Substitute coconut yogurt for \$1**

**Steel cut oatmeal** with fresh grapes, choice of organic 2% milk, coconut or almond milk **Gf** **Nf** *Option* **Sf** **Df** *Option*

**Orange Juice, Apple Juice, 2% Milk,  
Coconut or Almond Milk, Chocolate Milk**

## Our Menus Follow Our Golden Standards



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# Brunch Menu

## Crème Brûlée French Toast ..... \$8.5

A Mustard Seed Favorite! French baguette with egg custard and warm caramel sauce topped with whipped cream and fresh strawberries

**Sf Nf** Add Candied Pecans for 75¢

## Granola Bowl ..... \$7

Greek style honey yogurt, crunchy cinnamon granola, bananas, kiwi, pineapple and seasonal berries

**Gf V+ Option Sf Nf Df Option** Substitute Coconut Yogurt for \$1

## Steel Cut Oatmeal ..... \$5

Bob's Red Mill® Gluten Free Steel Cut Oats with seasonal fresh berries, Ohio maple syrup, and choice of organic milk, almond or coconut milk

**Gf V+ Option Nf Sf**

## Quiche du Jour ..... \$8

House-made farm fresh egg quiche of the day

served with a side of fresh fruit **Nf Sf**

## Sunrise Croissant ..... \$6.5

Farm fresh egg\*, choice of bacon, turkey bacon or coconut "bacon" (vegan), cheddar or swiss cheese on a freshly baked croissant

**Gf Option Nf Option Sf Option Df Option**

## Upstream Bagel ..... \$12

Bakery fresh toasted bagel, smoked salmon\*, cucumbers, house pickled onions, hard boiled egg, fresh tomatoes, capers, and whipped cream cheese **Gf Option Nf Sf Df Option**

Make it Gluten Free with 2 slices of Udi's™ Gluten Free Bread: Add \$1.5

## Fluffy Buttermilk Pancakes ..... \$9

3 fluffy fresh buttermilk pancakes with whipped butter topped with whipped cream, bananas and local maple syrup

**Gf Option Nf Sf Df Option** Add Candied Pecans for 75¢

## Huevos Rancheros ..... \$10

Farm fresh eggs\*\*, spicy black beans, pico de gallo cilantro, queso fresco, avocado, crispy corn tortilla and a lime wedge **Gf Nf Sf Df Option**

Add Bacon, Chorizo, Pork Sausage, Turkey Bacon, Applegate Farms Apple Chicken Sausage, coconut "bacon" (vegan), or Beyond Beef Meat Crumbles: Add \$2

## The Farmers Breakfast ..... \$9

Two farm fresh eggs\*, breakfast potatoes, choice of toast, choice of bacon, turkey bacon, country pork sausage patties or

Applegate Apple Chicken Sausage **Gf Option Nf Sf Df Option**

Make it Gluten Free with 2 slices of Udi's™ Gluten Free Bread: Add \$1.5

## Egg White Sprouted English Muffin ... \$6.5

Farm fresh scrambled egg whites, smoked gouda cheese and lemon dressed arugula on a toasted sprouted Ezekiel english muffin

**Gf Option Nf Sf Df Option**

Avocado smash option \$1

Add Turkey Bacon, Bacon or Coconut "Bacon" (vegan) \$2

## Avocado Toast n' Eggs ..... \$7

Two farm fresh eggs\* any style and avocado toast with, himalayan pink salt and extra virgin olive oil

**Gf Option Nf Sf Df Option**

Make it Gluten Free with 2 slices of Udi's™ Gluten Free Bread: Add \$1.5

## Paleo Waffle ..... \$10

Birch Benders Paleo waffle made with coconut and almond flours with fresh seasonal berries. Served with almond butter and So Delicious Cocowhip **Gf Sf Df**

## Cholula Fried Chicken & Waffles ..... \$12

All natural double brined chicken breast, 2 Belgian waffles with local honey or local maple syrup

**Gf Option V+ Option Nf Sf Option Df Option**

## "NEW ITEM" The Roost ..... \$10

2 poached eggs\* on corn cakes with fresh tomato, avocado, fresh goat cheese, tabasco hollandaise and cilantro oil served with Fresh Fruit **Gf Option Nf Sf**

## The Breakfast Bowl ..... \$10

Two farm fresh eggs\* any style, Applegate apple chicken sausage, roasted root vegetables, organic arugula, fresh avocado, hemp seeds with cindy's™ tangerine dressing

**Gf Option Nf Sf Option Df**

## Breakfast Tacos ..... \$7

2 warm tortillas filled scrambled eggs\*, potatoes, cheddar cheese, red chili sauce, and pico de gallo

**Gf Option V+ Option Nf Sf Df Option**

Add Nitrite & Nitrate free Bacon \$2

Add Mustard Seed Market's Own Chorizo Sausage \$2.5

Add Applegate Apple Chicken Sausage \$2

Add Beyond Beef Meat Crumbles \$2.5

Add Refried Beans \$1

Substitute Tofu Scramble \$2

### Add It On!

|   |              |
|---|--------------|
| Fresh baked croissant with Smucker's™ Natural Jam   | ..... \$4    |
| Single farm fresh egg*  | ..... \$1.25 |
| Substitute fresh egg whites   | ..... \$2    |
| Toasted Bagel: original or cinnamon raisin with whipped cream cheese and Smucker's™ Natural Jam | ..... \$3    |
| Breakfast potatoes  | ..... \$2.5  |
| Roasted Root Vegetables   | ..... \$3.5  |
| 3 Strips of nitrite & nitrate free bacon  | ..... \$4    |
| 2 Strips of nitrite & nitrate free turkey bacon   | ..... \$4    |
| 2 Country pork sausage patties  | ..... \$2.5  |
| 3 Applegate Farms Apple Chicken Sausage   | ..... \$3    |
| Smoked Salmon* 2 oz   | ..... \$6    |
| ½ Avocado   | ..... \$2    |
| Fresh fruit cup   | ..... \$4    |
| Toasted bread: 9 grain or sourdough   | ..... \$2.5  |
| Toasted sprouted Ezekiel English muffin with Smucker's™ Natural Jam                             | ..... \$3    |

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All Gluten Free Bread Contains Egg

# Two Hands

All sandwiches come with your choice of one side.

## Local Ohio Beef\* Cheeseburger ..... \$12

Our local Ohio raised ground beef\* char-grilled with lettuce, tomato, red onion and a pickle. **Gf** Option **Sf** **Nf** **Df** Option

**"NEW ITEM"** Grilled Beyond Meat™ Burger is here! 100% Plant Protein Burger..... \$12

### Customize your burger:

**CHEESE:** Cheddar, Mozzarella, Swiss, Pepper Jack, Gorgonzola, Violife Cheddar or Mozzarella, Smoked Gouda

**TOP IT: (\$1 ea.)** Caramelized Onions, Sautéed Peppers, Garlicky Greens, Local Pasture-Raised Egg Bacon, Turkey Bacon

**TOP IT: (\$4 ea.)**

## Avocado BLT ..... \$11

Your choice of bacon, turkey bacon, or coconut "bacon" (vegan), served with organic leaf lettuce, tomato, avocado, choice of sourdough or 9-grain bread, and a side of mayo or vegan mayo

**Gf** Option **V+** Option **Sf** Option **Nf** Option **Df** Option

## Cholula Fried Chicken Sandwich ..... \$12

All natural double brined chicken breast, coleslaw, and house pickles with honey Sriracha Sauce on a stirato roll with choice of side

**Gf** Option **V+** Option **Nf** **Sf** Option **Df** Option

## Sides

Brown rice, kettle chips, Café coleslaw or vegetable of the day

Upgrade to truffle fries or sweet potato fries ..... \$3.5

Upgrade to a fresh fruit cup ..... \$3

Upgrade to whipped mashed potatoes ..... \$3

## Mustard Seed Signature Bison Meatloaf \$14

A Mustard Seed customer favorite! Naturally raised bison meatloaf, served with mashed potatoes, choice of vegetable, and mushroom gravy **Gf** **Sf** **Nf** **Df** Option

## Loaded Truffle Fries ..... Half \$7 Full \$10

Fresh cut potatoes fried crispy with parmesan cream sauce, roasted garlic and truffle oil, topped with your choice of chopped bacon, turkey bacon or coconut "bacon" (vegan), and scallions

## Thai Coconut Vegetable Soup . Cup \$4 Bowl \$5

Organic coconut milk, Asian vegetables, curry, turmeric, coriander and garnished with cilantro **Gf** **V+** **Sf** **Df**

# Greens

## Grilled Salmon\* Greens ..... \$14

Grilled black pearl salmon\* over organic mixed spring greens with Greek feta cheese, Kalamata olives, red onions, cherry tomatoes, and cucumbers with a side of white balsamic vinaigrette **Gf** **Nf** **Sf** **Df** Option

## Maple Kale Salad ..... Half \$7 Full \$12

Massaged kale with chili roasted walnuts, red & yellow peppers, organic beets, feta cheese and finished with maple rosemary vinaigrette **Gf** **V+** Option **Nf** Option **Sf** **Df** Option

## Pesto Chicken Caesar Salad ..... \$12.5

Fresh organic romaine lettuce tossed with Caesar dressing, Cherry Tomatoes, house croutons and parmesan cheese, topped with pesto grilled all natural chicken breast

**Gf** Option **Nf** Option **Sf**

## "NEW ITEM" Pear and Goat Cheese Salad ..... \$12

Romaine lettuce, sliced pears, crumbled goat cheese, red onion, beets, dried cranberries, candied walnuts, balsamic drizzle served with white balsamic dressing.

**Gf** Option **V+** Option **Nf** Option **Sf** **Df** Option

# Children's Breakfast \$5

Includes choice of 1 breakfast and 1 drink

**Traditional pancakes** with seasonal fruit and whipped cream with choice of 1 piece of bacon or turkey bacon

**Gf** Option **Nf** **Sf** **Df** Option

**Farm fresh scrambled eggs\*** with Organic Valley®

American Cheese with choice of 1 piece of bacon or turkey bacon

**Gf** **Nf** **Sf** **Df** Option

**Yogurt parfait** with seasonal fruit, bananas and Annie's

Homegrown® Bunny Grahams **Gf** Option **V+** Option **Nf** **Sf**

**Substitute coconut yogurt for \$1**

**Steel cut oatmeal** with fresh grapes choice of organic 2% milk, coconut or almond milk **Gf** **Nf** Option **Sf** **Df** Option

**Orange Juice, Apple Juice, 2% Milk, Coconut or Almond Milk, Chocolate Milk**

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# Lunch and Dinner

## To Share

**Fresh Smashed Guacamole with Corn Chip** .....\$8

Fresh smashed avocados with lime, tomatoes, fresh cilantro, garlic, spices, and blue corn chips. **Gf V+ Nf Sf Df**

## Wings

6 for .....\$8 12 for .....\$12

All natural local chicken wings tossed with your choice of buffalo sauce, BBQ sauce, garlic parmesan or honey sriracha sauce. Served with celery and your choice of ranch or blue cheese.

All flats or all drummies add \$1 **Nf Sf Df Option**

## Loaded Truffle Fries

Half .....\$7 Full .....\$10

Fresh cut potatoes fried crispy with parmesan cream sauce, roasted garlic and truffle oil, topped with your choice of chopped bacon, turkey bacon, or coconut "bacon" (vegan) and scallions. **Gf V+ Option Nf Option Sf Option**

**Quinoa Nachos** .....\$10

Organic blue corn chips smothered with zesty quinoa, black beans, red peppers, scallions, black olives, Pepperjack Blanco cheese sauce or vegan cheddar cheese, and house-made salsa served with your choice of sour cream or vegan sour cream. **Gf V+ Option Df Option**

Add Chorizo Sausage \$4

Add Fiesta Seasoned Beyond Meat™ "Meat Free" Crumbles \$5

**Crispy Buffalo Cauliflower** .....\$9

Fresh cauliflower batter dipped and flash fried crispy in coconut oil, tossed with buffalo wing sauce, served with buttermilk blue cheese dip and celery. **Gf Sf**

## Thai Coconut Vegetable Soup

Cup .....\$4 Bowl .....\$5

Organic coconut milk, Asian vegetables, curry, turmeric coriander and garnished with cilantro. **Gf V+ Sf Df**

## Something Sweet

### Mustard Seed made Signature Desserts:

**Signature Carrot Cake with Cream Cheese Frosting** ..

.....\$5

**Sf**

**Vegan Chocolate Avocado Mousse with Espresso Syrup and Candied Pecans** .....\$6

**Gf V+ Sf Nf Option Df**

**Ultimate Vegan Brownie Sundae** .....\$6

Mustard Seed Market vegan brownie topped with So Delicious™ salted caramel cashew ice cream, chocolate ganache, So Delicious™ coconut whipped cream and a maraschino cherry

**V+ Sf Df**

## Greens

**House Salad** .....\$5

Organic spring mix, cucumbers, cherry tomatoes and shredded carrots with your **choice of house dressing**: Caesar, Creamy Red Beet, Ranch, White Balsamic, Tahini (Vegan), Turmeric Dressing or Maple Rosemary

**Gf V+ Option Nf Sf Option Df Option**

**Grilled Salmon\* Greens** .....\$14

Grilled black pearl salmon\* over organic mixed spring greens with Greek feta cheese, Kalamata olives, red onions, cherry tomatoes, and cucumbers with a side of white balsamic vinaigrette.

**Gf Nf Sf Df Option**

**Pesto Chicken Caesar Salad** .....\$12.5

Fresh organic Romaine lettuce tossed with Caesar dressing, cherry tomatoes, house croutons and parmesan cheese, topped with pesto grilled all natural chicken breast.

**Gf Option Nf Option Sf**

## Maple Kale Salad

Half .....\$7 Full .....\$12

Massaged kale with chili roasted walnuts, red & yellow peppers, organic beets, feta cheese, and finished with maple rosemary vinaigrette.

**Gf V+ Option Nf Option Sf Df Option**

## Maggie's Chicken Salad Greens

Half .....\$7 Full .....\$12

Our signature Maggie's chicken salad served on a bed of spring greens with cherry tomatoes and cucumbers topped with shredded carrots, and served with your choice of café dressing.

**Gf Nf Sf Df**

## Anti-Inflammatory Salad

Half .....\$7 Full .....\$12

Fresh organic spinach & kale with golden pineapple, fresh blueberries, tamari almonds tossed in a lemony turmeric dressing.

Every ingredient in this recipe follows the Anti-inflammatory Lifestyle and was selected for your health. Ask for a copy of the Anti-Inflammatory Food List!

**Gf V+ Option Nf Option Sf Df Option**

**"NEW ITEM" Pear and Goat Cheese Salad** .....\$12

Romaine lettuce, sliced pears, crumbled goat cheese, red onion, beets, dried cranberries, candied walnuts, balsamic drizzle served with white balsamic dressing.

**Gf Option V+ Option Nf Option Sf Df Option**

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All Gluten Free Bread Contains Egg

# Two Hands

All sandwiches come with your choice of one side.

## Local Ohio Beef\* Cheeseburger .....\$12

Our local Ohio raised ground beef\* char-grilled with lettuce, tomato, red onion and a pickle. **Gf** Option **Sf** **Nf** **Df** Option

## "NEW ITEM" Grilled Beyond Meat™ Burger is here! 100% Plant Protein Burger .....\$12

Customize your burger:

**CHEESE:** Cheddar, Mozzarella, Swiss, Pepper Jack, Gorgonzola, Violife Cheddar or Mozzarella, Smoked Gouda

**TOP IT: (\$1 ea.)** Caramelized Onions, Sautéed Peppers, Garlicy Greens, Local Pasture-Raised Egg

**TOP IT: (\$4 ea.)** Bacon, Turkey Bacon

## Roasted Beet and Black Bean Burger ... \$10

VOTED "AKRON'S BEST VEGGIE BURGER"

Organic brown rice, beets, quinoa and toasted walnut burger, topped with sautéed garlicky greens and fire roasted red pepper aioli.

Add coconut "bacon" (vegan) for \$2 **Gf** Option **V+** **Sf**

## Cholula Fried Chicken Sandwich .....\$12

All natural double brined chicken breast, coleslaw, and house pickles with honey sriracha sauce on a stirato roll with choice of side

**Gf** Option **V+** Option **Nf** **Sf** **Df** Option

## Our Reuben ..... \$13

Your choice of naturally raised oven roasted turkey breast or organic tempeh grilled with sauerkraut and swiss cheese or Violife mozzarella cheese on marbled rye bread, served with vegan 1000 island dressing

**Gf** Option **V+** Option **Sf** **Nf** **Df** Option

## Rubber City Melt .....\$12

Grilled chicken breast or Gardein™ chick'n (vegan), tri-colored peppers, smoked caramelized onions, mozzarella or Violife mozzarella, pesto aioli and spinach on a bakery fresh bun

**Gf** Option **V+** Option **Sf** Option **Nf** **Df** Option

## Avocado BLT .....\$11

Your choice of bacon, turkey bacon, or (vegan) coconut "bacon", served with organic leaf lettuce, tomato, avocado, choice of sourdough or 9-grain bread, and a side of mayo or vegan mayo

**Gf** Option **V+** Option **Sf** Option **Nf** Option **Df** Option

## Taco Taco .....\$13

Twin tacos filled with chorizo sausage, spicy black beans, pico de gallo, queso fresco cheese, cilantro and fresh lime in flour tortillas

Substitute Pulled Chicken \$1

Add Chicken \$2

Substitute Gluten Free Plantain Wraps \$2

Substitute Beyond Beef Meat Crumbles \$2.5

**Gf** Option **V+** Option **Nf** **Sf** Option **Df** Option

## Sides

Brown Rice, Kettle Chips, Café Coleslaw or Vegetable of the Day

Upgrade to Truffle Fries or Sweet Potato Fries .....\$3.5

Upgrade to a Fresh Fruit Cup .....\$3

Upgrade to Whipped Mashed Potatoes .....\$3

## Stir Fry Bowls ..... \$10

Select: Organic brown rice, organic quinoa, gingered smashed sweet potatoes or cauliflower "rice"

Select: sautéed garlic greens OR roasted root vegetables OR 1/2 & 1/2 veggies

Select: Ginger lime broth with fresh cilantro **Gf** **V+** or

Red curry sauce finished with crushed peanuts **Gf** **V+** **Sf**

Add Marinated Organic Tempeh .....\$4

Add All Natural Chicken .....\$4.5

Add Black Pearl Salmon\* .....\$7

## Mustard Seed Signature Bison Meatloaf .. \$14

A Mustard Seed Customer favorite! Naturally raised bison meatloaf, served with mashed potatoes, choice of vegetable, and mushroom gravy

**Gf** **Nf** **Sf** **Df** Option

## Flatbreads

### BBQ Chicken .....\$12

Grilled chicken breast or Gardein™ chick'n (vegan), mozzarella and cheddar cheese or Violife cheese, red peppers, anaheim peppers and pineapple on top of our house made BBQ sauce and finished with balsamic gastrique

Add Bacon, Turkey Bacon or coconut "bacon" (vegan) for \$2

**Gf** Option **V+** Option **Sf** Option **Nf** Option **Df** Option

### Artichoke Bianco Pizza .....\$12

Roasted garlic oil with charred artichokes, castelvetrano olives, arugula and mozzarella cheese or Violife cheese

Add naturally raised chicken or Gardein™ chick'n (Vegan) \$4

**Gf** Option **V+** Option **Sf** Option **Nf** **Df** Option

### "NEW ITEM" Roasted Root Vegetable Flatbread .....\$12

Root vegetable medley, roasted garlic oil, provolone cheese, finished with arugula tossed in a maple vinaigrette

**Gf** Option **Sf** **Nf** **Df** Option

## Extras **Gf** **V+** **Sf** **Nf** **Df**

Truffle Fries with Truffle Aioli ..... Small \$4 Large \$5

Sweet Potato Fries with

Ohio Maple Syrup. .... Small \$4 Large \$5

Signature Coleslaw .....\$3

Organic Brown Rice .....\$3

Organic Quinoa .....\$3

Gingered Smashed Sweet Potatoes .....\$3

Sautéed Garlic Greens .....\$4

Roasted Root Vegetables .....\$4

Steamed Vegetable of the Day .....\$3.5

Side of Fresh Fruit .....\$4

Whipped Mashed Potatoes.....\$3

Cauliflower "rice".....\$3

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# Juice Bar Menu

## Fresh Fruit Juices

### Natalie's Orchid Island™ Orange Juice

8oz. . . . . \$3      12oz. . . . . \$4.5

**Strawberry Lemonade** 16oz . . . . . \$4.5

Lemonade mixed with fresh strawberry pureé and served over ice.

### Sunrise Sunset

8oz. . . . . \$4.5      12oz. . . . . \$6.5

Fresh juiced pineapple, Natalie's oj, and pureéd strawberries

## Vegetable Juices

### Carrot Juice

8oz. . . . . \$4      12oz. . . . . \$6

Fresh juiced Organic Carrots

### Green Drink

8oz. . . . . \$4      12oz. . . . . \$6

All freshly juiced kale, cucumber, celery, spinach, basil, cilantro, parsley and mint - lemon and/or ginger optional

### Beet Me Up Scotty

8oz. . . . . \$4      12oz. . . . . \$6

Fresh juiced carrots, beets, spinach and parsley

### Wheatgrass Shot

1oz. . . . . \$3      2oz. . . . . \$5

Fresh pressed organic wheat grass juice

### Ginger Shot

1oz. . . . . \$3

Fresh pressed ginger juice

### Turmeric Green Drink

8oz. . . . . \$5      12oz. . . . . \$7

Gaia Herbs™ turmeric powder, all freshly juiced kale, cucumber, celery, spinach, basil, cilantro, parsley and mint - lemon and/or ginger optional

## Combination Juices

**Grasshopper** 8oz . . . . . \$6

Fresh juiced wheatgrass, pineapple, apple and mint

### Energizer

8oz. . . . . \$4.5      12oz. . . . . \$6.5

Fresh juiced carrot, ginger, oj and lemon

### Refresher

8oz. . . . . \$4.5      12oz. . . . . \$6.5

Fresh juiced carrot, apple, celery and ginger

### Rejuvenator

8oz. . . . . \$4.5      12oz. . . . . \$6.5

Fresh juiced apples, kale, beets, cucumber and ginger

**Turmeric Glow** 8oz . . . . . \$5.5

Gaia Herbs™ turmeric powder, lemon, honey, ginger, cayenne and fresh pineapple, 8 oz. Served over ice

### Sweet Greens

8oz. . . . . \$4.5      12oz. . . . . \$6.5

Fresh apple juice, kale, spinach, basil, cilantro, mint - lemon and/or ginger optional

### Tropical Zinger

8oz. . . . . \$4.5      12oz. . . . . \$6.5

Fresh juiced pineapple, fresh juiced apples, natalie's oj, and fresh ginger

## Smoothies 12 oz.

**Strawberry Blossom** . . . . . \$5

Coconut water, pineapple, banana and strawberry

**Blue Moon** . . . . . \$5

Apple juice, blueberry and banana

**Razzamatazz** . . . . . \$5

Apple juice, raspberry and banana

**Tropical Dream** . . . . . \$5

Orange juice, pineapple and banana

**Strawberry Mint Breeze** . . . . . \$5

Strawberry, lemonade and fresh mint

**Tropical Greens** . . . . . \$5

Orange juice, pineapple, banana, kale and spinach

**Berry Delicious** . . . . . \$5

Apple juice, blueberry, strawberry, raspberry and cherry

## Speciality Smoothies 12 oz.

**Berry Amazing Antioxidant** . . . . . \$7

Pineapple, blueberry, strawberry, raspberry, goji berries and acai berries

**Choco-Maca-Nana-Love** . . . . . \$6

Maca powder, cacao nibs and banana with your choice of dairy, almond or coconut milk

**Honey Banana Protein Shake** . . . . . \$6

Garden of Life™ Plant Protein, flaxseed oil, green spirulina, Banana and your choice of honey or maple syrup

**Peanut Butter & Jelly** . . . . . \$6

Apple juice, blueberry, raspberry, strawberry, peanut butter

**Peanut Butter Protein Shake** . . . . . \$6

Garden of Life™ Plant Protein, peanut butter, banana, choice of dairy, almond or coconut milk and choice of honey or maple syrup

**Anti-Inflammatory Turmeric Smoothie** . . . . . \$7

Gaia Herbs™ turmeric powder, cherries, banana, spinach, cinnamon, ginger, chia seeds and coconut water

**Vanilla Bone Broth Protein Smoothie** . . . . . \$7

Ancient Nutrition™ Vanilla bone broth protein, raw cacao, banana, cherry, choice of dairy, almond or coconut milk

**PGX™ Slim Smoothie** . . . . . \$8

PGX™ slim granules, coconut water, Gaia Herbs™ turmeric powder, MCT Oil, Garden of Life™ Plant Protein, banana and blueberry

## Smoothie Bowls

Our smoothie bowls are a blend of organic fruits and superfoods, thick enough to eat with a spoon and can be topped with as many toppings as you'd like!

**Acai Bowl** . . . . . \$6

Acai, Banana, Blueberry, Milk of Choice

Gf Nf Sf Df Option

**Golden Milk Bowl** . . . . . \$6

Gaia Golden Milk, Banana, Honey, Milk of Choice

Gf Nf Sf Df Option

**Matcha Bowl** . . . . . \$6

Matcha green tea, Banana, Pineapple, Honey, Milk of Choice

Gf Nf Sf Df Option

**Toppings: 50¢ ea.**

Banana, blueberries, strawberries, raspberries, blackberries, goji berries, kiwi, chia seeds, hemp seeds, granola, peanut butter, bee pollen, cacao nibs, coconut flakes, honey



## Shakes

|                      |                   |
|----------------------|-------------------|
| <b>Vanilla</b>       | <b>Blueberry</b>  |
| <b>Chocolate</b>     | <b>Strawberry</b> |
| <b>Peanut Butter</b> |                   |
| 12oz. . . . . \$5    | 22oz. . . . . \$7 |

## Speciality Shakes

|  |                      |
|--|----------------------|
| <b>Cowabunga Milkshake</b>   |                      |
| 12oz. . . . . \$5.5  | 22oz . . . . . \$7.5 |
| Chocolate sauce, hazelnut syrup, ice cream and milk  |                      |
| <b>Mocha Express</b>   |                      |
| 12oz. . . . . \$5.5  | 22oz . . . . . \$7.5 |
| Espresso, chocolate sauce, ice cream and milk  |                      |
| <b>Chocolate Peanut Butter</b>   |                      |
| 12oz. . . . . \$5.5  | 22oz . . . . . \$7.5 |
| <b>Make any milkshake vegan for \$1 more with Coconut Bliss Vanilla and your choice of almond or coconut milk.</b> |                      |

## Sodas and Sparkling

|   |       |
|---|-------|
| <b>Rocky Mountain Soda - Root Beer, Cola, Lemon-Limeade, Blackberry, Grape, and Orange Cream</b> 16oz . . . . . | \$2   |
| <b>Oogave Natural Soda-Gingerale and Diet Cola</b> 16oz   | \$2   |
| <b>Zevia - All Natural Zero Calorie Soda - Cola, Rootbeer, Lemon Lime, Black Cherry</b> . . . . .               | \$2.5 |
| <b>Maine Root Ginger Brew</b> . . . . .   | \$3   |
| <b>Voss Sparkling</b> . . . . .   | \$3.5 |
| <b>Pellegrino Sparkling</b> . . . . .   | \$3   |
| <b>Q tonic™ Premium Tonic Water</b> . . . . .   | \$3   |
| <b>Fresh Ginger Ale</b> 16oz. . . . .   | \$5   |
| Fresh ginger, agave, club soda, muddled mint and lime, served over ice  |       |

## Hot Teas

|  |     |
|--|-----|
| <b>Choice® Organic Teas</b> . . . . .  | \$2 |
| Black tea, green tea, white tea, & decaf earl grey   |     |
| <b>Yogi® Teas</b> . . . . .  | \$2 |
| Green tea berry slim, chai rooibos, ginger, tahitian vanilla hazelnut, kava stress relief, berry detox |     |
| <b>Inca® Tea</b> . . . . .   | \$2 |
| CUSCO chamomile, machu picchu mango, punchau peach   |     |
| <b>Numi® Organic Tea</b> . . . . .   | \$2 |
| Mate lemon, golden chai  |     |
| <b>Celestial Seasonings®</b> . . . . .   | \$2 |
| Black cherry, peppermint, chamomile, red zinger  |     |

## Iced Tea

|  |     |
|--|-----|
| <b>China Mist®</b> . . . . .                             | \$2 |
| Black tea, raspberry hibiscus tea (decaf) - free refills |     |

## Java

|  |                         |
|--|-------------------------|
| <b>Mustard Seed Market's Organic Fair Trade Coffee</b>                         | \$2.5                   |
| <b>Espresso</b>  |                         |
| Single Shot . . . . . \$1.5  | Double . . . . . \$2.75 |
| <b>Cappuccino</b>  |                         |
| 8oz. . . . . \$3   | 12oz . . . . . \$4      |
| Espresso with your choice of dairy, almond or coconut milk                     |                         |
| <b>Cafe Latte</b>  |                         |
| 8oz. . . . . \$3   | 12oz . . . . . \$4      |
| Espresso with your choice of dairy, almond or coconut milk                     |                         |
| <b>Cafe Mocha</b>  |                         |
| 8oz. . . . . \$4   | 12oz . . . . . \$5      |
| Espresso with your choice of dairy, almond or coconut milk and chocolate sauce |                         |
| <b>Cafe Au Lait</b>  |                         |
| 8oz. . . . . \$3   | 12oz . . . . . \$4      |
| Organic fair trade coffee with your choice of dairy, almond or coconut milk    |                         |
| <b>Hot Cocoa</b>   |                         |
| 8oz. . . . . \$2.5   | 12oz . . . . . \$3.5    |
| Chocolate sauce with your choice of dairy, almond or coconut milk              |                         |
| <b>Chai</b>  |                         |
| 8oz. . . . . \$3.5   | 12oz . . . . . \$4.5    |
| Delicious chai steamed with your choice of dairy, almond or coconut milk       |                         |

## Specialty Java

|   |                    |
|---|--------------------|
| <b>Matcha Green Tea Latte</b>   |                    |
| 8oz. . . . . \$4  | 12oz . . . . . \$5 |
| Matcha green tea powder, choice of dairy, almond or coconut milk and choice of honey or maple syrup   |                    |
| <b>Iced Matcha Green Tea Latte</b>  |                    |
| 16 oz . . . . .   | \$4                |
| Matcha green tea, honey or maple syrup, choice of dairy, almond or coconut milk, served over ice  |                    |
| <b>Golden Milk</b>  |                    |
| 12 oz . . . . .   | \$6                |
| Almond, coconut, or dairy milk, Gaia Herbs™ golden milk turmeric powder, honey or maple syrup<br>*add 1 shot of espresso \$1 *add double shot \$2 |                    |
| <b>Aztec Latte</b>  |                    |
| 12 oz . . . . .   | \$5                |
| Chocolate sauce, cayenne, cinnamon, nutmeg, espresso with your choice of dairy, almond or coconut milk  |                    |
| <b>Dirty Chai</b>   |                    |
| 12 oz . . . . .   | \$5                |
| Chai, 2 shots espresso, with your choice of dairy, almond or coconut milk   |                    |
| <b>Turmeric Latte</b>   |                    |
| 12oz. . . . .   | \$6                |
| Almond, coconut, or dairy milk, gaia herbs® turmeric powder, honey or maple syrup<br>*add 1 shot of espresso \$1 *add double shot \$2             |                    |
| <b>Bullet Proof Coffee</b>  |                    |
| 12 oz . . . . .   | \$5                |
| Organic coffee, mct oil, Kerrygold pasture butter, cream or coconut milk creamer  |                    |
| <b>Vegan Bullet Proof Coffee</b>  |                    |
| 12 oz . . . . .   | \$5                |
| Organic coffee, MCT oil, so delicious coconut milk creamer  |                    |
| <b>Bazooka Proof Coffee</b>   |                    |
| 12 oz . . . . .   | \$6                |
| Organic coffee, MCT oil, kerrygold pasture butter, Ancient Nutrition™ Vanilla bone broth protein  |                    |

# Specialty Drinks

## Handcrafted Cocktails

|  |             |
|--|-------------|
| <b>Margarita Fresca</b> .....  | <b>\$10</b> |
| Patron®, triple sec, house sour and a pink himalayan salt rim  |             |
| <b>Cilantro Jalapeño Margarita</b> .....   | <b>\$10</b> |
| Milagro®, blue agave, house sour, fresh jalapeño, cilantro and a pink himalayan salt rim   |             |
| <b>Prickly Pear Margarita</b> .....  | <b>\$11</b> |
| Milagro®, triple sec, house sour, prickly pear puree, and natalie's orange juice   |             |
| <b>Galaxy Paloma</b> .....   | <b>\$10</b> |
| Banhez mezcal, triple sec, house blueberry compote, lemon and grapefruit juice   |             |
| <b>Cucumber Gin Lemonade</b> .....   | <b>\$10</b> |
| Hendrick's® gin, house simple, lemon juice, cucumber juice, and soda   |             |
| <b>St. Rosemary Citrus Martini</b> .....   | <b>\$11</b> |
| Watershed gin, St. Germain, blood orange puree, lemon juice, and a sprig of rosemary   |             |
| <b>Blueberry Mint Mojito</b> .....   | <b>\$9</b>  |
| Bacardi, house simple, fresh mint, house blueberry compote, and soda   |             |
| <b>Apple Brandy</b> .....  | <b>\$10</b> |
| Watershed apple brandy, maple syrup, lemon juice, and Natalie's orange juice   |             |
| <b>Apple Royale</b> .....  | <b>\$8</b>  |
| Crown royal, freshly juiced apples, house simple, and lime juice   |             |
| <b>Blood Orange Bourbon Lemonade</b> .....   | <b>\$10</b> |
| Makers Mark, house simple, blood orange puree, lemon juice, and Natalie's orange juice   |             |
| <b>Paris Manhattan</b> .....   | <b>\$11</b> |
| Bulleit rye® whiskey, St. Germain liqueur, dry vermouth, served up   |             |
| <b>Basil Quencher</b> .....  | <b>\$9</b>  |
| Titos, muddled orange and basil, topped with blackberry soda   |             |
| <b>Bloody Mary</b> .....   | <b>\$8</b>  |
| Prairie organic vodka, house bloody mary, lemon, lime, celery, and olives  |             |
| <b>Pineapple Strawberry Smash</b> .....  | <b>\$10</b> |
| Titos, freshly juiced pineapple juice, house strawberry puree, and lemon juice   |             |
| <b>Strawberry Basil Spritzer</b> .....   | <b>\$10</b> |
| Titos, blue agave, fresh muddled strawberry and basil, house lemonade, and soda  |             |
| <b>Chocolate Nocino Martini</b> .....  | <b>\$11</b> |
| Prairie organic vodka, Watershed nocino black walnut liquor, Baileys and house chocolate   |             |
| <b>Moscow Mule</b> .....   | <b>\$10</b> |
| Titos, Maine root ginger brew & muddled mint leaves, garnished with a lime wedge & Reed's ginger candy, served in a traditional copper mug |             |

Also available are our Kentucky, Mexican, Irish and Dutch Mules!

# Wine and Beer

## White Wine

### Seven Daughter's Moscato

Bottle . . . . . \$9.99    Glass . . . . . \$6

### Kung Fu Girl Riesling

Bottle . . . . . \$12.99    Glass . . . . . \$8

### Domaine de Tourelles Rosé

Bottle . . . . . \$13.99    Glass . . . . . \$8

### Perlage Pinot Grigio

Bottle . . . . . \$12.99    Glass . . . . . \$8

### Chateau la Gabarre Bordeaux Blanc

Bottle . . . . . \$13.99    Glass . . . . . \$8

### Kim Crawford Sauvignon Blanc

Bottle . . . . . \$17.99    Glass . . . . . \$10

### Mojo California Chardonnay

Bottle . . . . . \$9.99    Glass . . . . . \$6

### Natura Chardonnay

Bottle . . . . . \$10.99    Glass . . . . . \$6

### Masterpiece Vineyards Chardonnay

Bottle . . . . . \$14.99    Glass . . . . . \$9

## Red Wine

### Vina Galana

Bottle . . . . . \$11.99    Glass . . . . . \$7

### Stump Jump Shiraz

Bottle . . . . . \$12.99    Glass . . . . . \$8

### Farnese Fantini Montepulciano d' Abruzzo

Bottle . . . . . \$9.99    Glass . . . . . \$6

### Queen of Hearts Pinot Noir

Bottle . . . . . \$14.99    Glass . . . . . \$9

### Meomi Pinot Noir

Bottle . . . . . \$21.99    Glass . . . . . \$12

### Gen 5 Merlot

Bottle . . . . . \$10.99    Glass . . . . . \$7

### OZV Zinfandel

Bottle . . . . . \$12.99    Glass . . . . . \$8

### La Posta Pizzella Malbec

Bottle . . . . . \$14.99    Glass . . . . . \$9

### Force of Nature

Bottle . . . . . \$15.99    Glass . . . . . \$9

### Chianti Classico L'aura

Bottle . . . . . \$15.99    Glass . . . . . \$8

### Frey Agriculturist Red (sulfite-free)

Bottle . . . . . \$11.99    Glass . . . . . \$7

### Joel Gott Cabernet

Bottle . . . . . \$17.99    Glass . . . . . \$10

### Highgate Cabernet

Bottle . . . . . \$18.99    Glass . . . . . \$10

## Sparkling Wine

### New Age

Bottle . . . . . \$8.99    Glass . . . . . \$5

### Dibon Rose

Bottle . . . . . \$14.99    Glass . . . . . \$8

### Clara C Prosecco

Bottle . . . . . \$14.99    Glass . . . . . \$8

### Dibon Brut

Bottle . . . . . \$9.99    Glass . . . . . \$6

## Keg

### Rotating Taps Featuring Seasonal Selections

## Bottle

Anderson Valley Briney Melon Gose . . . . . \$4

Modelo Especial . . . . . \$4

Stella Artois Belgian Pilsner . . . . . \$4

Heineken Lager . . . . . \$4

Heineken Light Lager . . . . . \$4

Fulton Lager . . . . . \$5

Dortmunder Gold Lager . . . . . \$5

Platform Seasonal . . . . . \$5

Du Claw Sweet Baby Jesus Porter . . . . . \$5

Fat Tire Belgian Style Ale . . . . . \$5

Avery Brewing White Rascal Belgian White . . . . . \$5

Columbus Brewing Thunder Lips IPA . . . . . \$5

Rhinegeist Bubbles Rose Ale . . . . . \$5

Fat Heads Bumble Berry Ale . . . . . \$5

Lagunitas Lil Sumpin' Sumpin' Ale . . . . . \$5

Stone IPA . . . . . \$5

Bells Two Hearted IPA . . . . . \$5

Hobo Life Session IPA . . . . . \$5

Saucy Brew Works Fauxbia White Stout . . . . . \$5

Guinness Stout . . . . . \$6

Ommegang Hennepin Saison . . . . . \$6

Victory Sour Monkey American Wild Ale . . . . . \$6

## Gluten Free

Shaksbury Dry Cider . . . . . \$5

Shaksbury Rose Cider . . . . . \$5

Glutenberg Beer . . . . . \$6

## Beers

# Kids Seedling Menu



For kids 12 and under



## Snacks

**Farmers vegetables with dip or hummus** ..... \$3

A variety of fresh cut vegetables and your choice of ranch or hummus

**Gf** **V+** Option **Df** Option

**Chips and Salsa** ..... \$3

Add guacamole \$1

## Eat

All kids' meals include choice of beverage, fresh fruit & Annie's Homegrown® Bunny Grahams.

**Pizza** ..... \$5.99

Fresh house marinara, mozzarella cheese with optional choice of veggies.

**Gf** Option **V+** Option **Df** Option

**Mac and Cheese** ..... \$5.99

Classic cheddar cheese sauce served with pasta

**Gf** Option **Df** Option

**Grilled Chicken Strips** ..... \$5.99

All natural grilled chicken breast with your choice of ranch, BBQ or ketchup

**Gf** Option **V+** Option **Df** Option

**Peanut Butter and Jelly** ..... \$4.99

Smucker's® Natural Jam and organic peanut butter on your choice of white sourdough or whole wheat bread

**Gf** Option **V+** Option **Df** Option

**Two Hamburger Whole Wheat Sliders** ..... \$5.99

Grass fed beef\*, choice of cheddar, American or mozzarella cheese

**Gf** Option **Df** Option

**Grilled Cheese** ..... \$5.99

Organic Valley® American Cheese on your choice of white sourdough or whole wheat bread

**Gf** Option **V+** Option **Df** Option

## Dessert

**Kids Ice Cream Sundae** ..... \$2.50

Choice of vanilla ice cream or soy ice cream topped with strawberry or chocolate sauce

**Gf** Option **V+** Option **Df** Option

## Beverages

**2% Milk, Chocolate Milk, Almond Milk, Coconut Milk, Orange Juice, Apple Juice**

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

**Gf** : Gluten-Free Friendly   **V+** : Vegan   **Nf** : Nut-Free   **Sf** : Soy-Free   **Df** : Dairy-Free

\*All Gluten Free Bread Contains Egg