

## BOWLS

**Grandma's Chicken and Rice** 12.5  
free-range chicken, spanish bone broth rice, braised cabbage, roasted brussels sprouts, cashew white sauce & chili sauce  
+ extra chicken 4 + fried egg 2 meatless 9.95

**Mexican Bowl** 12.5  
free-range chicken, spanish bone broth rice, black beans, guac, pico de gallo & salsa verde  
+ extra chicken 4 + fried egg 2 meatless 9.95

**Substitute Wild-Caught Pollock**  
14.5

**Mushroom Bolognese** **v** 13.5  
zucchini noodles with vegan mushroom ragu  
+ fried egg 2

**Beef Chili Bowl** 13.95  
100% grass-fed beef chili, roasted sweet potatoes, quinoa & pickled onions  
+ fried egg 2 + guac 1.5 + cheddar 1.5

**Seared Wild-Caught Pollock** 14.5  
herb-crusted pollock, quinoa, braised cabbage, roasted sweet potatoes & kimchi  
+ fried egg 2 + guac 1.5

**Chimichurri Steak** 13.95  
100% grass-fed sirloin steak, roasted sweet potatoes, dressed mixed greens & chimichurri  
+ extra steak 6 + fried egg 2 + guac 1.5

**Cider House Salad** **v** 10.95  
dressed mixed greens topped with brussels sprouts, roasted sweet potatoes, braised cabbage, walnuts & apple cider vinaigrette  
+ chicken 4 + fried egg 2 + cheddar 1.5

### ALTERNATE BASES:

quinoa .5  
roasted sweet potatoes .5  
roasted brussels sprouts 1  
dressed mixed greens 1  
garlic herb cauliflower rice 1.5

### SIDES: (two for 7.95)

roasted sweet potatoes 4  
spanish bone broth rice 4  
quinoa 4  
roasted brussels sprouts 5  
dressed mixed greens 6

## BONE BROTH

### JUST THE BROTH S/M/L

**Classic Chicken Broth** 5/7/8.5  
free-range chicken bones simmered with vegetables & herbs

**Classic Beef Broth** 6.5/9/11  
grass-fed beef bones simmered with vegetables & herbs

**Liquid Gold** 6/8.5/10  
classic chicken broth, coconut milk & turmeric

**Immunity Broth** 6/8.5/10  
classic chicken broth, ginger, garlic & vitamin c

**Kimchi Broth** 7/10/12  
classic beef broth with kimchi

**New Roots** 7/10/12  
classic beef broth, ginger, garlic & vitamin c

**Seaweed Mushroom Broth** **v** 5/7/8.5  
kombu seaweed simmered with crimini mushrooms & herbs

**Spicy Vegan** **v** 6/8.5/10  
seaweed mushroom broth, garlic, turmeric & hot sauce

### BROTH SOUPS

**Chicken Zoodle Soup** 8/10/11.5  
classic chicken broth, zucchini noodles & chicken meat

**Bad Hombre Broth** 8.5/10.5/12  
classic chicken broth, spanish rice, chicken meat & salsa verde

**Cowboy Broth** 8.5/10.5/12  
classic beef broth, beef chili & spanish rice

**Shrooms on Shrooms** **v** 7/10/12  
seaweed mushroom broth & mushroom ragu

### BROTH ADD-INS

hot sauce .5 zoodles 1  
lemon wedge .5 golden milk 1  
vitamin c .5 collagen protein 1  
ginger .75 spanish rice 1.5  
turmeric .75 kimchi 1.5  
garlic puree .75 chicken 3

## BREAKFAST ALL DAY

**Soft Scrambled Eggs** **D** 5.95  
three organic scrambled eggs cooked in grass-fed butter  
+ cheddar 1.5 + gluten-free toast 2 + extra egg 1.5  
+ avo mash 1.5 + bacon 3 + kimchi 2.5

**Avocado Toast** **v** 5.5  
avo mash, seaweed flakes & za'atar spice on gluten-free toast  
+ fried egg 2 + kimchi 2.5 + bacon 3

**Breakfast Bowl** **D** 11.5  
spanish bone broth rice, black beans, two organic scrambled eggs, guac, bacon bits & chili sauce  
+ cheddar 1.5 + extra egg 1.5

## COFFEE & TEA

**Butter Coffee** **D** 4/5/6.25  
Abbotsford Road drip, grass-fed butter, MCT oil

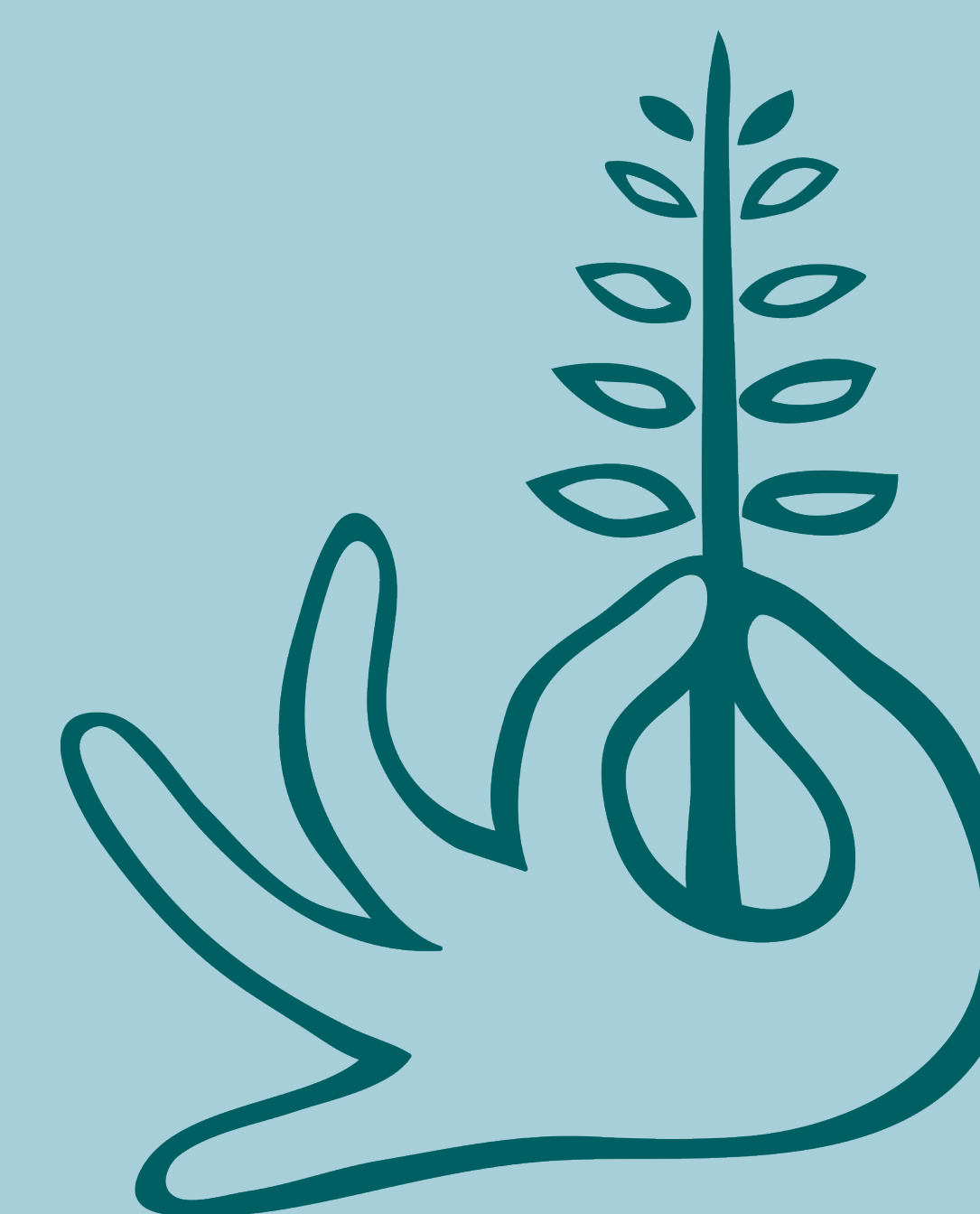
**Drip Coffee** 2/3/4  
by Abbotsford Road

nutrient dense is delicious

less grain  
minimal sugar  
more vegetables  
better meat

100% grass-fed  
free-range meats

100% gluten-free  
100% soy free  
no refined sugars  
no canola oil



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**v** vegan **D** contains dairy