

# BONE BROTH: Protein & vitamin-packed beverage served in a coffee cup

Small 10oz Medium 16oz Large 20oz

## FREE-RANGE CHICKEN BROTH

Classic Chicken Broth	5/7/8.5
chicken bones simmered with vegetables & herbs	quart (frozen) 14
Liquid Gold	6/8.5/10
classic chicken broth, coconut milk & turmeric	
Chicken Zoodle Soup	8/10/11.5
classic chicken broth with zucchini noodles & chicken meat	
Immunity Broth	6/8.5/10
classic chicken broth, garlic, ginger & vitamin c	
Bad Hombre Broth	8.5/10.5/12
classic chicken broth, Spanish rice, chicken meat & salsa verde	
<i>a portion of proceeds goes to the ACLU</i>	

## SEAWEED MUSHROOM BROTH <sup>V</sup>

Spicy Vegan <sup>V</sup>	5/7/8.5
seaweed mushroom broth with garlic, turmeric & hot sauce	6/8.5/10
Vegan Pho <sup>V</sup>	7/10/12
seaweed mushroom broth with mushroom, pepper, scallion, ginger & lemon	

## GRASS-FED BEEF BROTH

Classic Beef Broth	6.5/9/11
beef bones simmered with vegetables & herbs	quart (frozen) 19
New Roots	7/10/12
classic beef broth with ginger, garlic & vitamin c	
Beef Pho	8/11/13.5
beef broth with mushroom, pepper, scallion, ginger & lemon	
Kimchi Broth	7/10/12
classic beef broth with kimchi	

*Ask about our Box of Broth for catering*

## BROTH ADD-INS

ginger	.75	lemon wedge	.5	kimchi	1.5
turmeric	.75	vitamin c	.5	Spanish rice	1.5
garlic pureé	.75	zoodles	1	mushroom medley	2.5
hot sauce	.5	collagen protein	1	chicken meat	3

## LUNCH & DINNER

Wholesome food with honest ingredients

Grandma's Chicken & Rice	12.5
free range chicken, Spanish bone broth rice, arugula & frisée, roasted brussels sprouts, cashew white sauce, Tango Chili Sauce	
+ extra chicken 4 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 meatless 9.95	
"Spaghetti" Ragù	13.5
zucchini noodles with a 100% grass-fed beef & lamb tomato sauce	
Fungi Bowl <sup>V</sup>	12.5
oyster mushroom medley, lentils, roasted sweet potato, arugula & frisée, heirloom cherry tomatoes, cashew white sauce	

### ALTERNATE BASE:

lentils	.5	roasted brussels sprouts	1
roasted sweet potato	.5	garlic herb cauliflower rice	1.5
arugula & frisée	1	fried egg (add to bowl)	2

## Lamb Merguez Bowl <sup>D</sup> 13.95

grilled lamb sausage, lentils, roasted sweet potato, arugula & frisée, heirloom cherry tomatoes, babaganoush, goat cheese aioli

+ extra sausage 3 meatless 9.95

## Avocado Salmon Salad 14.5

Sixty South sustainable salmon, arugula & frisée, lentils, heirloom cherry tomatoes, avocado vinaigrette

+ extra salmon 5.5 meatless 9.95

## Ropa Vieja 12.5

Cuban-style braised 100% grass-fed flank steak served with Spanish bone broth rice & black beans

+ guac 1.5

## 100% Grass-fed Burger 13.95

100% grass-fed beef burger topped with caramelized onion & served with roasted sweet potatoes

Choose a bun: gluten-free, paleo (+1), or organic bibb lettuce

+ double patty 6 + guac 1.5 + cheddar 1 + bacon 3 + fried egg 2

### SIDES:

roasted sweet potato	4	roasted brussels sprouts	5
Spanish bone broth rice	4	dressed arugula & frisée	6
lentils	4	combine any two sides	7.95

## BREAKFAST ALL DAY

Three Organic Scrambled Eggs <sup>D</sup>	5.95
+ gluten-free toast 2 + extra egg 1.5 + avo mash 1.5 + bacon 3 + kimchi 2 + organic cheddar 1	
Avocado Toast <sup>V</sup>	5.5
avo mash, seaweed flakes & za'atar spice on gluten-free toast	
+ organic fried egg 2 + kimchi 2 + bacon 3	
Breakfast Bowl <sup>D</sup>	11.5
Spanish rice, black beans, two scrambled eggs, guac, bacon bits & hot sauce	
ABE Open Face <sup>D</sup>	8.5
avocado, bacon, organic fried egg & hot sauce on gluten-free bread	

<sup>V</sup> VEGAN <sup>D</sup> CONTAINS DAIRY

## COFFEE & TEA

Butter Coffee <sup>D</sup>	4/5/6.25
Abbotsford Road drip, grass-fed butter, MCT oil, unsweetened almond milk	
Drip Coffee	2/3/4
by Abbotsford Road	
Cold Brew Coffee	4
by Abbotsford Road – 16 oz	
Hot/Iced Matcha Latte	5/5.5
Matchaful ceremonial grade matcha, unsweetened almond milk, monk fruit extract	
Zen Matcha	6.5
Matchaful ceremonial grade matcha, unsweetened almond milk, MCT oil, maple syrup, vanilla, cinnamon	
Hot Tea	3.5/4/4.5
Sullivan Street Tea Co.: green or herbal blend	

*consuming raw or undercooked meats, poultry, shellfish, or eggs may increase your risk of foodborne illness*