

# DAYTIME FOOD

BY FARMING HOPE

Served from 9AM - 3PM

Farming Hope creates jobs for formerly incarcerated and homeless folks in our kitchen.



## BREAKFAST

|   |    |
|---|----|
| <b>SPICED CHIA PUDDING</b>  | 9  |
| <i>Berries, dried apricot, banana, cacao-rose crunch, honey</i>   |    |
| <b>SEMOLINA WAFFLE</b>  | 14 |
| <i>Whipped yogurt, berries, black sesame, date molasses, mint, jam</i>                                      |    |
| <b>CITRUS TOAST</b>   | 9  |
| <i>Citrus yogurt, grapefruit, orange, tarragon, pistachio, nigella seed</i>                                 |    |
| <b>AVOCADO TOAST</b>  | 9  |
| <i>Olive oil, pickled onion, radish, chili threads</i>  |    |
| <b>"A REAL BREAKFAST"</b>   | 13 |
| <i>Soft scrambled eggs, citrus yogurt, tomato-cucumber salad, toast, butter</i>                             |    |
| <b>FARMING HOPE HASH</b>  | 15 |
| <i>Two poached eggs, smashed and fried potatoes, brussels sprouts, smoked salmon, pickled onions, herbs</i> |    |
| <b>SHAKSHUKA</b>  | 12 |
| <i>Spicy tomato-pepper stew, poached eggs, feta, herbs</i>  |    |

## ADD ONS

|                                   |     |
|-----------------------------------|-----|
| <b>POACHED EGG</b>                | 2   |
| <b>SOFT SCRAMBLED EGGS</b>        | 5   |
| <b>SMOKED SALMON</b>              | 5   |
| <b>AVOCADO</b>                    | 3.5 |
| <b>SMASHED AND FRIED POTATOES</b> | 4   |
| <b>MIXED GREENS</b>               | 3   |
| <b>TOAST OR PITA</b>              | 2   |
| <b>MARKET FRUIT</b>               | 5   |
| <b>HUMMUS</b>                     | 3   |

## LUNCH

### IN A PITA

*All pitas come with pickled cabbage, tomato-cucumber salad, yogurt sauce, and herbs. Ditch the pita and get your fillings as a gluten-free grain bowl for two dollars more.*

|  |    |
|--|----|
| <b>CAULIFLOWER SHAWARMA</b>  | 10 |
| <i>Shawarma-spiced cauliflower with pickled turnips</i>  |    |
| <b>ROASTED EGGPLANT</b>  | 11 |
| <i>Served with hard-boiled egg, pickled cucumber, and spiced mango sauce</i>   |    |
| <b>BEYOND KOFTE</b>  | 14 |
| <i>Grilled Beyond Meat seasoned with spices, onion, and mint. Served with Moroccan herb sauce and pickled radish</i> |    |

### LUNCH SPECIALS

|   |    |
|---|----|
| <b>PITA AND SMALL SALAD</b>   |    |
| <i>Add a small meze salad to any pita and save a dollar</i>   | +4 |
| <b>SOUP AND SMALL SALAD</b>   |    |
| <i>Fight off the winter chills with our daily special. Served hot with toast and your choice of salad</i> | 13 |

### MEZE SALADS

|   | sm / lg |
|---|---------|
| <b>BRUSSELS SPROUTS</b>   |         |
| <b>TABBOULEH</b>  | 5 / 8   |
| <i>Shredded brussels sprouts, bulghur, herbs, tomato, cucumber, pickled onion, lemon-za'atar dressing</i> |         |
| <b>BEETS AND BERRIES</b>  | 5 / 8   |
| <i>Roasted beets, berries, cacao-rose crunch, yogurt</i>  |         |
| <b>FENNEL AND CITRUS</b>  | 5 / 8   |
| <i>Roasted fennel, orange, grapefruit, feta, pomegranate, and Moroccan herb sauce</i>                     |         |

# DAYTIME DRINKS

BY MANNY'S

Served from 9AM - 4:30PM

We offer free coffee and tea to anyone who needs it...no questions asked.

Support Someone in the community by asking to "Pay it Forward" with a donation



## COFFEE

Coffee and espresso beans are sourced from women-owned Ritual Coffee Roasters. Substitute whole/skim milk in your espresso drink with alternative milk for 36 cents more.

|                                  |                |
|----------------------------------|----------------|
| <b>DRIP COFFEE</b>               | 1.75/2.75/3.75 |
| <b>CAFE AU LAIT</b>              | 3.25           |
| <b>COFFEE REFILL</b>             | 2.00           |
| <b>ESPRESSO</b>                  | 3.00           |
| <b>CAPPUCCINO</b>                | 3.25           |
| <b>CORTADO/MACCHIATO</b>         | 3.25           |
| <b>DECAF FRENCH PRESS</b>        | 3.25           |
| <b>COLD BREW</b>                 | 3.00           |
| <b>LATTE</b>                     | 3.75           |
| <i>Can be served iced or hot</i> |                |
| <b>MOCHA</b>                     | 3.95           |
| <i>Can be served iced or hot</i> |                |
| <b>AMERICANO</b>                 | 3.25           |
| <i>Can be served iced or hot</i> |                |
| <b>ADD SINGLE OR DOUBLE SHOT</b> | 1.50/3         |

## TEA

2.75

Sourced from The Republic of Tea

### BLACK TEA

Served hot. Contains caffeine.

BRITISH BREAKFAST  
EARL GREYER  
REPUBLIC CHAI

### GREEN TEA

Served hot. Contains caffeine.

TUMERIC GINGER GREEN  
TEA OF INQUIRY  
SUPER GREEN IMMUNITY

### HERBAL TEA

Served hot. Caffeine-free

CARDAMOM CINNAMON  
ORGANIC MINT FIELDS  
GOOD HOPE VANILLA  
SAFFRON ROSE

### ICED TEA

Naturally caffeine-free

HIBISCUS SANGRIA  
BLUEBERRY LAVENDER  
Contains Caffeine  
PEOPLES BLACK TEA

## NOT COFFEE

|   |      |  |      |
|---|------|--|------|
| <b>CHAI LATTE</b>                               | 3.75 | <b>SYNERGY KOMBUCHA</b>                  | 4.99 |
| <i>Can be served iced or hot</i>                |      | <i>Trilogy, Mango, Original</i>          |      |
| <b>FRUIT JUICES</b>                             | 3.00 | <b>KAVA</b>                              | 7.00 |
| <i>Orange, Grapefruit, Cranberry, Pineapple</i> |      | <i>Made w/ Pineapple Juice</i>           |      |
| <b>GINGER BEER</b>                              | 3.00 | <b>VYBES CBD TONIC</b>                   | 6.75 |
| <b>SPARKLING WATER</b>                          | 3.00 | <i>Strawberry Lavender, Peach Ginger</i> |      |
| <b>HOMEMADE</b>                                 | 3.25 | <b>LAGUNITAS</b>                         | 3.25 |
| <b>ARNOLD PALMER</b>                            |      | <b>HOP REFRESHER</b>                     |      |
|   |      | <i>Non-alcoholic</i>                     |      |

@welcometomannys