

THE URBAN FARMHOUSE MARKET & CAFÉ

WARM UP

Our coffees are sustainably grown and freshly roasted by the fine folks at Iron Clad Coffee Roasters in Scott's Addition. We offer Organic Half & Half, Vanilla Soy and Almond Milk.

BREWED COFFEE CLASSICS	12oz	16 oz
Freshly Brewed Coffee	1.95	2.35
COFFEE REFILL 85¢		
Cafe au Lait	2.85	3.35
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CLASSIC ESPRESSO DRINKS		
Espresso (double)	2.35	
.....		
Macchiatto	3.10	
.....		
Farmhouse Cappuccino	3.25	
.....		
	12oz	16 oz
Americano	2.35	3.10
.....		
Latte	3.40	3.90
.....		
ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP	85¢	
Organic: Vanilla / Hazelnut / Caramel / Raspberry		
Sugar Free: Vanilla / Hazelnut / Caramel		
.....		
ADD ESPRESSO SHOT	1.25	
.....		
SUBSTITUTE SOY OR ALMOND MILK	85¢	

CAFÉ SPECIALITIES	12oz	16 oz
Café Mocha	4.10	4.60
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Coffee Toffee Latte	4.10	4.60
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Chai Tea Latte	4.10	4.60
.....		
Dirty Chai Tea Latte	4.85	5.35
.....		
Matcha Tea Latte	4.85	5.35
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Hot Fairtrade Dark Cocoa	3.60	4.10
.....		
Vanilla Steamer	2.85	3.35
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Serendipitea Hot Tea	2.60	2.60

ALL OF OUR COFFEES ARE SUSTAINABLY GROWN!

REFRESH

Ask about our O-B-S-L wines (Organic-Biodynamic-Sustainable-Local) and carefully selected array of craft beers!

	16oz	20 oz
Iced Cold Brewed Coffee	3.15	3.65
COFFEE REFILL 95¢		
Iced Latte	3.60	4.10
.....		
Iced Mocha	4.35	4.85
.....		
Iced Chai	4.35	4.85
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Iced Dirty Chai	5.30	5.60
.....		
Fresh Brewed Ice Tea	2.60	2.60
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Fresh Brewed Flavored Iced Tea	2.75	3.25
Try our refreshing seasonal blend, lightly sweetened with organic sugar and enhanced with the juices of fresh citrus, berries or local seasonal fruits.		
.....		
Orange Juice	3.50	3.95
.....		
Organic Iced Lemonade	2.75	3.25
.....		
	6oz	
Affogato	4.99	

A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy!

	16oz
FarmFrosts Our own delicious frozen blended beverages!	
Coffee or Vanilla	3.95
.....	
Caramel, Mocha, or Coffee Toffee	4.55
.....	
FarmFrost Chai	4.55
.....	
Farmhouse Smoothies	4.55
Nutter Butter Banana / Ambrosia Berri	
.....	
Smoothies of the Season VEGGIE	4.85
Strawberry Fields - fresh strawberries with organic soy, a hint of organic vanilla and sweetened with local Strawberry Preserves from Rocky Branch Farm in Jetersville, VA.	
.....	
Homestead Shakes	
Made with real ice cream, real milk from real cows at Homestead Creamery in Burnt Chimney, VA.	
.....	
Vanilla	4.85
Chocolate	4.85
Espresso or Mocha	5.85
.....	
Strawberry	5.85



CAFÉ MENU

LATE SPRING | April 26 - June 6, 2018



LATE SPRING HOURS

CARY STREET: Monday - Friday: 6:30AM to 8PM | Saturday: 7AM to 9PM | Sunday: 7AM to 8PM
SCOTT'S ADDITION: Monday - Friday: 6:30AM to 9PM | Saturday: 7AM to 9PM | Sunday: 7AM to 8PM
MIDLOTHIAN: Monday - Saturday: 7AM to 9PM | Sunday: 7AM to 6PM
LINDEN ROW INN: Monday - Thursday: 6:30AM to 8PM | Friday: 6:30AM to 9PM | Saturday: 7AM to 9PM | Sunday: 7AM to 8PM
ROCKETTS LANDING: Monday - Thursday: 7AM to 8PM | Friday - Saturday: 7AM to 9PM | Sunday: 7AM to 8PM

RISE & SHINE

Wake up your taste buds! Served until 10:30, weekends until 2. Check out our website for listing of live local music!

Egg & Cabot Vermont Cheddar w/ Fresh Chives VEGGIE	5.95	Fresh Fruit & Yogurt Parfait VEGGIE
Free range egg, delicious Cabot Vermont Cheddar and fresh chives on French style Campagne loaf.		Made with Brown Cow Humanely Certified Non-GMO Yogurt and fresh strawberries and bananas, topped with organic granola.
.....		5.65
Veggie Sausage & Egg VEGGIE	6.45	Bagels VEGGIE
Tasty, toasty sandwich with Veggie Sausage from Twin Oaks in Louisa, Virginia - tastes like the real thing!		Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End.
.....		2.75
Virginia Country Ham & Egg	6.45	Plain / Everything
Slightly salty from Surry, Virginia, delicious sandwich made with cage-free egg.		w/ Plain Cream Cheese
.....		3.00
Virginia Bacon & Egg	6.45	w/ Homemade Flavored Cream Cheese
Pasture raised, cage-free and no hormones or antibiotics used - on Campagne loaf from The Flour Garden.		Spring Veggie / Cinnamon Raisin / Tangy Spring Herb
.....		<i>Seasonal Menu Item</i>
Lox & Cream Cheese w/ Fresh Dill*	8.45	
Kosher Oakwood Smoked North Atlantic Salmon (no dyes or artificial preservatives) with all the fixings - cream cheese, fresh dill and chopped red onion, and those tart little capers on Campagne loaf.		
.....		
Irish Oatmeal w/ Fresh Local Strawberries VEGAN	4.95	
Sliced bananas AND the first strawberries of the season! These oats are 100% wholegrain, so contain all the combined goodness of endosperm, bran and germ.		
.....		
Fresh Seasonal Preserves, Unsalted Butter & Breads VEGGIE	4.95	
Locally made Strawberry Preserves, from Rocky Branch Farm in Jetersville, VA, unsalted butter, and assorted fresh breads baked daily from The Flour Garden and Prairie Grain Bakery.		
.....		
EXTRA CHEESE 1 EXTRA BUTTER 1 EXTRA PRESERVES 1 EXTRA PROTEIN 2		
SUB FREE RANGE EGG WHITES 1 SUB GLUTEN FREE BREAD 1 OR ANNAB'S BAGEL 2		

ADDRESS

1217 E. Cary St. | Richmond, VA | 804.325.3988
 4821 Old Main St. | Henrico, VA | 804.222.4700
 13872 Coalfield Commons Pl. | Midlothian, VA | 804.378.3366
 3015 Norfolk St. | Richmond, VA | 804.254.8188
 100 E Franklin St. | Richmond, VA | 804.562.0907
 theurbanfarmhouse.net

*Consuming raw or under-cooked seafood may increase your risk of foodborne illness, especially if you have a medical condition. theurbanfarmhouse.net

SALADS & SOUPS

Pure joyful gluten free salads, paired with fresh baked vegan breads from The Flour Garden. Feel free to ask for gluten free bread substitutes from AnnaB's.

Farmhouse Salad VEGAN **6.95**
Mixed greens with grated carrots and radishes and fresh Spring herbs, sprinkled with our Farmhouse Vinaigrette.

Strawberry & Spinach Salad w/ Almonds VEGAN NUTS **8.95**
Fresh local strawberries and baby spinach sprinkled with healthy, fresh roasted almonds and lightly drizzled with our Honey Lemon Dressing.

Spinach & Baked Tofu Salad w/ Miso Dressing VEGAN **9.95**
Fresh Spring spinach tossed with tofu from Twin Oaks in Louisa, VA and sprinkled with our low fat Miso Dressing and toasted sesame seeds. **Or ask to substitute for our Antibiotic Hormone-free Chicken.**

Lemony Caesar Salad VEGGIE NUTS **7.45**
Made with the Farmhouse's own eggless Caesar Dressing. Vegans rejoice! We now offer a delicious Vegan Caesar Dressing - you won't be able to tell the difference! *Shredded Parmesan is on the salad so please ask if you do not want!*

EXTRA DRESSING 1 ADD OUR ANTIBIOTIC/HORMONE-FREE CHICKEN OR OUR HOUSE-MARINATED AND BAKED TOFU FROM TWIN OAKS. **3.50**

Fruits of the Farm VEGGIE NUTS **6.95**
Fresh strawberries drizzled with our Brown Cow Humanely Certified Non-GMO Honey Vanilla Yogurt, served with sliced bananas and also drizzled with our Sweet Balsamic Syrup and sprinkled with freshly roasted chopped almonds.

Farmhouse Soups VEGGIE VEGAN **4.85 CUP / 5.85 BOWL**
Ask about today's seasonal soup offerings. We have a variety of healthy, all natural soups. Nothing artificial, stocks made from scratch with fresh, hand-prepared veggies. No MSG or yeast extracts. No preservatives, additives, hydrogenated oils or modified food starches. Just yummy goodness!

EVENING FARE

Fresh Cheese Plate VEGGIE NUTS **14**
Assortment of carefully selected fine and local cow and goat milk cheeses, with fresh breads from The Flour Garden. SERVES 1-2

Charcuterie Plate **18**
Selection of hand cut meats, sourced from Olli Salumeria in Mechanicsville, VA, and seasonal cheeses, with fresh breads from The Flour Garden, and a delicious dollop of local Chutney from Virginia Chutney Co., in Washington, VA. SERVES 1-2

This & That Plate **9.95**
Some of our homemade Tarragon Tuna Tuna Salad and some of our Homemade Spinach Hummus atop mixed greens with crunchy hand-cut carrot sticks.

Crunchie Munchies VEGGIE NUTS **8.95**
Easy and quick snack with our Farmhouse Sweet & Spicy Nuts - almonds and walnuts roasted and glazed with True Source Certified Clover Honey and Sriracha, our Farmhouse Hummus with fresh baked Focaccia or Subrosa Crackers from The Flour Garden and crunchy hand-cut carrot sticks!

Bread & Oil VEGAN **3.95**
Bread and oil do mix! Idle Hands Classic Baked Bread, warmed with a side of EVOO, drizzled with Aged Balsamic.

Breads & Spreads VEGGIE **8.95**
Idle Hands Classic Baked Bread and The Flour Garden Country White, with three delicious spreads - our freshly made Spinach Hummus, Spring Herb Cream Chesse and locally made chutney or preserves.

Also check out our fresh baked goods, including gluten-free!

SANDWICHES

Our breads are baked fresh daily by The Flour Garden and Prairie Grain Bakery and we offer gluten free breads from AnnaB's in Richmond, VA. Sandwiches are served with freshly sliced fruit - crisp slices of Bosch Pears and grapes, and sprinkled with a light drizzle of our Sweet Balsamic Syrup AND hand-cut carrot sticks!

Farmer's Grilled Cheese w/ Fresh Chives VEGGIE **8.25**
The sharp tang of a melting Cabot Vermont Cheddar sprinkled with fresh Spring chives on Campagne loaf.

Fresh Spinach Hummus Sandwich VEGGIE **8.95**
Fresh spinach hummus topped with grated carrots and radishes, drizzled with balsamic vinegar on 9-Grain bread.

Spring Spinach with Feta Crème VEGGIE **8.95**
Delicious fresh and crisp spinach with our special Feta Crème spread, grated organic carrots and radishes on Campagne bread.

Tarragon Tuna Salad **9.95**
Mayonnaise-free tuna salad made with fresh tarragon, carrots, fresh Italian parsley and a dash of EVOO, served on Praire Grain's 9-Grain bread.

Turkey w/ fresh Cilantro & Curry Yogurt Sauce **9.95**
Sliced turkey breast topped with fresh mixed greens and crunchy cucumbers with a light, low-fat curried yogurt spread with fresh cilantro on Campagne loaf.

Q Bleu Chicken **9.95**
Our own unique Buffalo Bleu taste, with a snappy vinegar based sauce, creamy bleu cheese and birched onions.

Virginia Ham Cubano **10.95**
Bountiful combination of Virginia Ham from Edwards Farms and pork, thinly sliced with dill pickles and Swiss Cheese, with a tangy contrast of sharp American mustard!

AB&J VEGGIE NUTS **7.95**
Almond Butter and locally made Strawberry Preserves, from Rocky Branch Farm in Jetersville, VA, on 9-Grain from Prairie Grain Bakery in Southside.

CAB&H VEGGIE NUTS **8.25**
Delicious Chocolate Almond Butter Panini with Banana and a touch of honey. Be forewarned for warm, gooey deliciousness!

TWOSOME **9.65**
Half-Soup / Half-Salad / Half-Sandwich

Are you urban or are you farmhouse? Can't decide? Enjoy a taste of both - pick any twosome from a Half-Soup or Half-Salad or Half-Sandwich!

Please note w/ Half Cubano **10**

Sweet Treats
Homestead Creamery Ice Cream **3.50**
ADD FRESH FRUIT **95¢** ALMONDS OR PECANS **75¢** ORGANIC CHOCOLATE SAUCE **75¢**
WHIPPED CREAM **50¢** THE WHOLE KIT & CABOODLE **5.95**
Homemade Bread Pudding **4.50**
Our unique recipe made with locally made pastries!
A LA MODE **1.50** WHIPPED CREAM **50¢** FULL PAN Serves 9-18 **32**

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