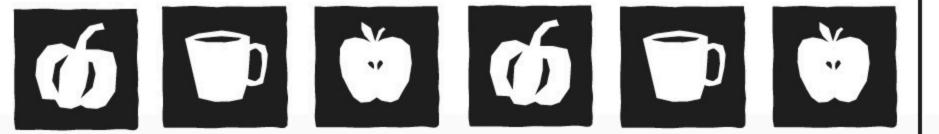
RISE & SHINE Wake up your taste buds! Served until 10:30, weekends until 2. Breakfast Sandwiches are served with fresh sliced seasonal fruit!

2	Cage-Free Egg & Havarti w/ Fresh Dill	7.95
	Cage-Free Egg, creamy havarti and fresh dill on hearty slices of Campagne Loaf	• • • • • • • • • •
	Veggie Sausage & Cage-Free Egg Tasty, toasty sandwich with Veggie Sausage that tastes like the real thing!	8.95
	Virginia Country Ham & Cage-Free Egg Slightly salty from Surry, Virginia, delicious sandwich made with cage-free egg.	8.95
	Virginia Bacon & Cage-Free Egg Pasture raised, cage-free and no hormones or antibiotics used – on Campagne loaf from The Flour Garden.	8.95 m
	Lox & Cream Cheese w/ Fresh Dill* Kosher North Atlantic Salmon (no dyes or artificial preservatives), smoked with oakwood all the fixings - cream cheese, fresh dill and chopped red onion, and those tart little cap on open-face Campagne loaf.	
a t	Irish Oatmeal w/ Fresh Local Fruits (VEGAN) These oats are 100% whole grain, so contain all the combined goodness of the endosperm, bran and germ.	7.35
N	Apple Butter, Unsalted Butter & Breads Deliciously smooth and subtly sweet Apple Butter, unsalted butter, and assorted fresh breads bake daily from the Flour Garden and Prairie Grain Bakery.	8.45 ed
	EXTRA CHEESE 1.90 EXTRA BUTTER 1.30 EXTRA PRESERVES 1.30 EXTRA PROTEIN 4.75 AVOCADO 2.00 SUB FREE RANGE EGG WHITES 1.55 SUB GLUTEN FREE BREAD 2.40 SUB BAGEL 2.90	
N	Fresh Fruit & Yogurt Parfait VEGGIE Made with Organic Vanilla Yogurt and fresh seasonal fruit, topped with Organic Granola.	8.45
	Bagels VEGGIE Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End.	2.40
	w/ Plain Cream Cheese +3.95	
	w/ Homemade Flavored +4.75 Cream Cheese	
	Also, try annaB's Gluten-Free Bagels 3.75 Plain / Everything	
1	Harvest Veggie / Honey Vanilla Walnut / Coyote	
	Seasonal Menu Item	

*Cold smoked salmon is not cooked. Consuming raw or under-cooked seafood may increase your risk of foodborne illness.













WARM UP

CLASSIC ESPRESSO
Espresso (double)
Macchiato
Farmhouse Cappuccin
Cortado
Americano
Latte
Flat White
ADD ORGANIC OR SUGAR FREE Organic: Vanilla / Hazel ADD ESPRESSO SHOT 1.75
BREWED COFFEE C
Freshly Brewed Coffe
COFFEE REFILL 1.05
Cafe au Lait
CAFÉ SPECIALITIES
Café Mocha
Coffee Toffee Latte
Maple Syrup Latte
Chai Tea Latte
Dirty Chai Tea Latte
Matcha Tea Latte
Hot Fairtrade Dark C
Vanilla Steamer
Serendipitea Hot Tea
London Fog
Apple Cider
💦 Caramel Apple Cider
🖨 Organic Pumpkin Ste
Northeast Pumpkin Latte
Y Pumpkin Chai Latte
Bring-your-own-mug and get

Our coffee is freshly roasted by the fine folks from Legacy Coffee Roasters in Hopewell. We offer Organic Half & Half, Vanilla Soy and Almond Milk.

DRINKS	8 oz	
	3.10	
	4 10	
no	1 25	
•••••••••••••••••••••••••••••••••••••••	12 oz	16 oz
	3.10	4.10
	4.40	E 10
	(35	F 10

Inut / Raspberry / Caramel | Sugar Free: Vanilla / Hazelnut / Caramel SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK 1.25

LASSICS	12 oz	16 oz
e	2.60	2.95
••••••	• • • • • • • • • • • • • • • • • • • •	
	3.75	4.15
5	12 oz	16 oz
	5.35	6.00
•••••••••••••••••••••••••••••••••••••••	5 35	6.00
•••••••••••••••••••••••••••••••••••••••	E 2E	6.00
	C 20	6.05
•••••••••••••••••••••••••••••••••••••••	6 20	6.05
ocoa	1 75	
	2 75	4 25
	3.65	4.25
	6 30	6 95
•••••••••••••••••••••••••••••••••••••••	4.50	5.25
r 		
eamer		
	6.50	6.95
		6.95





U LATE FALL HOURS

CARY STREET: Monday - Sunday: 7 AM to 7 PM EDGEWORTH BUILDING: Monday - Friday: 8AM to 3PM MIDLOTHIAN: Monday - Saturday: 8AM to 7PM | Sunday: 8AM to 6PM

RICHMOND

1217 E. Cary Street Richmond, VA 804.325.3988

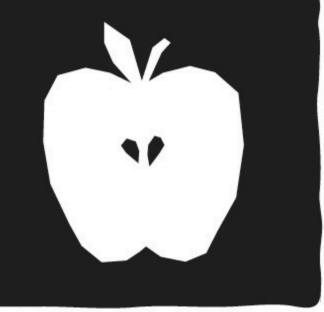
EDGEWORTH BUILDING

2100 E. Cary Street Richmond, VA 804.562.9246

MIDLOTHIAN

13872 Coalfield Commons Place Midlothian, VA 804.378.3366







SALADS

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.

Y	Farmhouse Fall Salad (VEGAN)	9.25
	Mixed greens with fresh squash, zucchini and green peppers, sqrinkled with our Far vinaigrette.	mhouse
Y	Cranberry Bleu Salad VEGGIE NUTS	11.85
	Mixed greens, toasted almonds, red onion, and crumbled bleu cheese tossed with a tangy cranberry dressing.	
3	Apple Almond Crunch Salad VEGGIE NUTS	11.85
	Mixed greens tossed with red onion, sweet raisins, creamy crumbled feta and the cris crunch of tart apples and almonds with our Maple Dressing.	sp
	Lemony Caesar Salad VEGGIE (NUTS)	9.75
	w/ Antibiotic/Hormone-free Chicken	14.45
	Made with the Farmhouse's own eggless Caesar Dressing.	
	EXTRA DRESSING 1.15 ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. 4.75	
Y	Harvest Fruits VEGGIE (NUTS)	8.45
	Fall's harvest of apples and pears with roasted walnuts, drizzled with a sweet Balsam Syrup, with locally made Apple Butter and a Country Roll.	ic
3	This & That Plate	12.95

Some of our homemade Tuna Salad and some of our Pumpkin Hummus atop mixed greens with crunchy hand-cut carrot sticks.

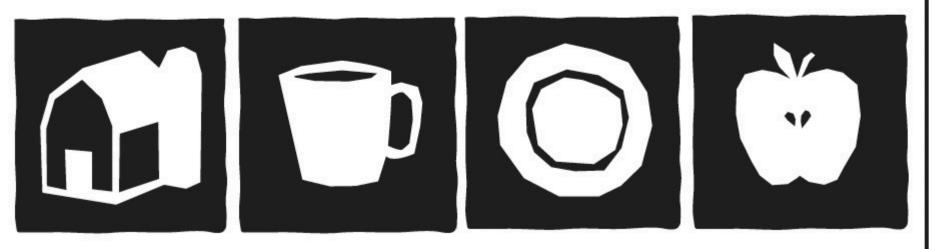
FARMHOUSE SOUPS

Farmhouse Soups VEGGIE (VEGAN)

7.95 CUP / 8.95 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!

Seasonal Menu Item



SANDWICH

2	Farmer's Grilled Che Delicious classic combin
	Smith Apples on Campag
A T	Pumpkin Hummus Hummus with a delicion Rosemary and Sage, a h
	Coyote Cream Chees
	A Southwestern flavor i jalapeno peppers, toppe
N	Flipper Friendly Tuna Yellow Fin Tuna, diced
Ň	Turkey & Havarti w/ (
	Sliced turkey breast, cr Campagne loaf.
	Farmhouse Chicken
	Our Chicken Salad Recipe our oven roasted chicken lots of tangy lemon!
	Q Bleu Chicken
	Our own unique Buffalo and birched onions.
	Virginia Ham Cubano
	Bountiful combination dill pickles and Swiss C
	Farmhouse Pimento
	Back by popular deman
ĩ	AB^2 VEGGIE (NUTS
	A perfect formula! Almo in Stuarts Draft, VA.
	TOAST! VEGGIE
	Avocado Toast or Humn 9-Grain. Try Half of Eac
	EXTRA CHEESE 1.90 EXTRA A
	TWOSOME
	Half-Soup / Half-Sal Are you urban or are yo from a Half-Soup or Hal

Please Note:

	Our breads are baked fresh daily by The Flour Garden and Prairie
	Bakery and we offer gluten-free breads from AnnaB's. Sandwiche
ES	served with your choice of freshly made Fall Slaw, hand-peppered
	Kettle Potato Chips, OR an Apple, Orange, Pear, or Banana AND ha
	carrot sticks!

eese w/ Apples VEGGIE

nation of Cabot Vermont Cheddar and locally harvested, tart Granny

Flour Garden and Prairie Grain from AnnaB's. Sandwiches are

, Pear, or Banana AND hand-cut

10.75

gne loaf.	
VEGGIE	11.45
us Fall twist - our Homemade Hummus enhanced with fresh unt of Nutmeg and topped with crunchy Roasted Pumpkin Se	
e & Harvest Veggies VEGGIE in our homemade cream cheese with cumin, chili, cheddar an ed with fresh squash, zucchini, and green pepper on 9-Grain	11.45 Id fresh bread.
Salad red onions, kosher dill pickles and crisp romaine on 9-grain l	12.95 bread.
Cranberry Salsa	12.95
eamy Havarti and our tangy homemade Cranberry Salsa on	
Salad Sandwich	12.95
e is from Grandma! We've created our Farmhouse twist by comb n breast with lots of crunchy celery, fresh parsley, Vegan Mayo	-
• • • • • • • • • • • • • • • • • • • •	12.95
Bleu taste with a snappy vinegar based sauce, creamy bleu	cheese
	13.95
of Virginia Ham from Edwards Farms and pork, thinly sliced w heese, with a tangy contrast of sharp American mustard!	
Grilled Cheese with Crispy Bacon	12.95
d! But with lots of crispy bacon - messy and delicious!	
\mathbb{D}	9.95
ond butter and local Apple Butter from Tastes Like Grandma's	
• • • • • • • • • • • • • • • • • • • •	8.45
nus Toast. Simple but delicious! Both made in-house, on a sli h! Double Toast + 3.50 Add our Oakwood Smoked Salmon	+ 4.75
ALMOND BUTTER 1.30 ADD PROTEIN 4.75	
ad / Half-Sandwich	12.45

ou farmhouse? Can't decide? Enjoy a taste of both - pick any twosome alf-Salad or Half-Sandwich!

HALF CUBANO + 50¢

JUICES D Detox E Energy Cold War 🗉 Ginger, Garlic, Orange, & Carrot. Savory vegetable juice pe Clean Green 💿 Kale, Greens, Celery, Pear & Lemon. Plenty of greens to he great day! Juice Boost (E) Orange, Apple, Carrot, Kale & Ginger. All of our favorites v natural boost to your day. Perfect before working out Dropping Beets 🗉 🗉 Beets, Orange & Carrot. Beets complimented with carrots a your body needs. Helen's Recipe 🗉 🗊 Carrot, Apple, Lemon, & Ginger. Sweet and tangy for a greater your outdoor adventures to stay healthy and energized. **Build Your Own** Customize your juice to how you like it. Choose up to five Apple / Beets / Carrot / Celery / Garlic / Ginger / Greens

REFRESH Ask about our O-B-S-L wir and carefully selected arr

2 shots of our steaming hot Espresso. Yummy

load Cold Drowed Coffee	16oz	20 oz	FarmFrosts	16oz
Iced Cold Brewed Coffee	4.55	4.85	Our own delicious frozen blended	beverages!
COFFEE REFILL 1.15	• • • • • • • • • • • • • • • •	•••••	Coffee or Vanilla	5.20
Iced Latte	4.75	5.25	Caramel, Mocha, or	5.90
Iced Mocha	5.70	6.20	Coffee Toffee	
Y Iced Maple Syrup Latte	5.70	6.20	FarmFrost Chai	6.30
Iced Chai Latte	5.70	6.20	Farmhouse Smoothies	5.90
lced Dirty Chai Latte	6.90	7.30	Nutter Butter Banana / Ambros	
Iced Matcha Tea Latte	6.90	7.30	Smoothies of the Season	6.30
Iced Coffee Toffee Latte	5.70	6.20	Cran-ban-go - Fresh cranberries, h mango juice and a sprinkle of org	
Fresh Brewed Ice Tea	3.45	3.75	cinnamon.	
Y Iced Pumpkin Latte	7.25	7.95	Farmhouse Shakes Made with Trickling Springs Ice Cre	am. It's non
V Iced Pumpkin Chai	7.25	7.95	GMO antibiotics-free, hormone-free the cows are treated through home	, Kosher and
Y Iced Apple Cider	4.30	4.95	health management!	6.30
Made with 100% Pure Cider with no additives!			Chocolate	6.30
Orango luigo		F 20	Espresso or Mocha	7.45
Orange Juice	4.60	5.20	Pumpkin	7.95
Affogato	6oz	7.25		
A scoop of delicious Homestead (your choice - vanilla or chocola				

I Immunity

	16oz
	9.25
erfect for fighting off your winter	's cold
	9.25
elp cleanse your system and start	
	9.25
wrapped up in one to give you th	at
•••••••••••••••••••••••••••••••••••••••	
and oranges to create that energy	9.25
• • • • • • • • • • • • • • • • • • • •	9.25
eat immune boost. Have this befo	
• • • • • • • • • • • • • • • • • • • •	9.25
e ingredients.	
s / Kale / Lemon / Orange / Pear	• • • • • • • • • •
nes (Organic-Biodynamic-Sustainable-Lo ay of craft beers!	cal)
FarmFrosts	16oz
FarmFrosts Our own delicious frozen blended be	
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or	verages!
Our own delicious frozen blended be Coffee or Vanilla	verages! 5.20
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or	verages! 5.20
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or Coffee Toffee	verages! 5.20 5.90
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai	verages! 5.20 5.90 6.30 5.90
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambrosia	verages! 5.20 5.90 6.30 5.90
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambrosia Smoothies of the Season Cran-ban-go - Fresh cranberries, ban mango juice and a sprinkle of organi	verages! 5.20 5.90 6.30 5.90 Berri 6.30 ana,
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambrosia Smoothies of the Season Cran-ban-go - Fresh cranberries, ban	verages! 5.20 5.90 6.30 5.90 Berri 6.30 ana,
Our own delicious frozen blended be Coffee or Vanilla Caramel, Mocha, or Coffee Toffee FarmFrost Chai Farmhouse Smoothies Nutter Butter Banana / Ambrosia Smoothies of the Season Cran-ban-go - Fresh cranberries, ban mango juice and a sprinkle of organi cinnamon.	verages! 5.20 5.90 6.30 5.90 Berri 6.30 ana, ic . It's non- osher and