

RISE & SHINE

Wake up your taste buds! Served until 10:30, weekends until 2.

- Egg & Cabot Vermont Cheddar w/ Fresh Tarragon** VEGGIE 8.45

Cage-free egg, Cabot Vermont Cheddar and fresh Tarragon on hearty slices of French style Campagne loaf.

 - Veggie Sausage & Egg** VEGGIE 9.45

Tasty, toasty sandwich with Veggie Sausage that tastes like the real thing!

 - Virginia Country Ham & Cage-Free Egg** 9.45

Slightly salty from Surry, Virginia, delicious sandwich made with cage-free egg.

 - Virginia Bacon & Cage-Free Egg** 9.45

Pasture raised, cage-free and no hormones or antibiotics used – on Campagne loaf from The Flour Garden.

 - Lox & Cream Cheese w/ Fresh Dill*** 11.95

Kosher North Atlantic Salmon (no dyes or artificial preservatives), smoked with oakwood with all the fixings - cream cheese, fresh dill and chopped red onion, and those tart little capers on open-face Campagne loaf.

 - Irish Oatmeal w/ Fresh Local Fruit** VEGAN 7.75

These oats are 100% whole grain, so contain all the combined goodness of the endosperm, brand and germ. With freshly chopped apples, pears, and raisins.

 - Fresh Seasonal Preserves, Unsalted Butter & Bread** VEGGIE 7.45

Organic strawberry preserves, unsalted butter, and assorted fresh breads baked daily from The Flour Garden and Prairie Grain Bakery.

 - Fruits of the Farm** VEGGIE NUTS 8.95

Freshly cut apples and pears, sprinkled with roasted almonds and drizzled with our sweet balsamic syrup. Served with organic seasonal preserves and a Country Roll from The Flour Garden.

 - Fresh Fruit & Yogurt Parfait** VEGGIE 8.75

Made with Organic French Vanilla Yogurt and bright Vitamin C laden oranges and pears, and topped with organic granola.

- EXTRA CHEESE **1.95** EXTRA BUTTER **1.35** EXTRA PRESERVES **1.35** EXTRA PROTEIN **4.95** AVOCADO **2.25**
 SUB FREE RANGE EGG WHITES **1.75** SUB GLUTEN FREE BREAD **2.50** SUB GLUTEN FREE BAGEL **2.95**
- Bagels** VEGGIE 2.75

Kettle boiled, made from scratch each day with unbleached unbromated flour, and no fats or preservatives, from Cupertino's in the West End.
 - w/ Plain Cream Cheese** + 4.70
 - w/ Homemade Flavored Cream Cheese** + 5.50
- Also, try annaB's Gluten-Free Bagels **4.05**
 Plain / Everything
- Spring Veggie / Cinnamon Raisin / Mamma Mia**
 - Seasonal Menu Item*

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

WARM UP

Our coffee is freshly roasted by the fine folks from Legacy Coffee Roasters in Hopewell. Lots of delicious "milk" options: Half & Half, Vanilla Soy and Almond, Oat and Coconut.

CLASSIC ESPRESSO DRINKS

- Espresso (double)** 3.20

 - Macchiato** 4.30

 - Farmhouse Cappuccino** 4.45

 - Cortado** 4.45

- | | | |
|-------------------|-------|-------|
| | 12 oz | 16 oz |
| Americano | 3.20 | 4.30 |
| Latte | 4.60 | 5.30 |
| Flat White | 4.55 | 5.30 |
- ADD ORGANIC OR SUGAR FREE FLAVOR SYRUP **1.35**
 Organic: Vanilla / Hazelnut / Raspberry / Caramel | Sugar Free: Vanilla / Hazelnut / Caramel
 ADD ESPRESSO SHOT **1.90** | SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK **1.35**

BREWED COFFEE CLASSICS

- Freshly Brewed Coffee** 12 oz 16 oz

2.80 3.35

COFFEE REFILL **1.10**

- Cafe au Lait** 3.95 4.55

CAFÉ SPECIALITIES

- Café Mocha** 12 oz 16 oz

5.55 6.20

- Coffee Toffee Latte** 5.55 6.20

- Chai Tea Latte** 5.55 6.20

- Dirty Chai Tea Latte** 6.50 7.15

- Matcha Tea Latte** 6.50 7.15

- Hot Fairtrade Dark Cocoa** 4.95 5.55

- Vanilla Steamer** 4.95 5.55

- Serendipitea Organic Hot Tea** 3.85 4.45

- London Fog** 6.50 7.15

Bring-your-own-mug and get a 35¢ discount.



CAFÉ MENU

EARLY SPRING | March 6th - April 23rd, 2025

🕒 EARLY SPRING HOURS

CARY STREET: Monday – Sunday: 7 AM to 7 PM

EDGEWORTH BUILDING: Monday – Friday: 8 AM to 3 PM

MIDLOTHIAN: Monday – Saturday: 8 AM to 7 PM | Sunday: 8 AM to 6 PM

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.

- Farmhouse Salad** VEGAN 9.75
Mixed greens with grated carrots and radishes and fresh Spring herbs, sprinkled with our Farmhouse Vinaigrette.
 - Asparagus & White Bean Salad** VEGGIE 12.45
Lemony white cannellini beans, fresh early spring asparagus and crumbled feta tossed with mixed greens, served with our homemade Balsamic Vinaigrette.
 - Arugula Salad** VEGGIE NUTS 12.45
Dried apricots, chopped roasted almonds and bleu cheese atop fresh arugula, drizzled with our White Wine Vinaigrette.
 - Lemony Caesar Salad** VEGGIE NUTS 10.25
w/ Antibiotic/Hormone-free Chicken 15.20
Made with the Farmhouse's own eggless Caesar dressing!
 - This & That Plate** 13.45
Some of our homemade Tarragon Tuna Salad and some of our Fresh Spanish Hummus atop mixed greens with crunchy hand-cut carrot sticks.
- EXTRA DRESSING 1.25 ADD OUR HOUSE MARINATED & BAKED TOFU FROM TWIN OAKS. 4.95

FARMHOUSE SOUPS

- Farmhouse Soups** VEGGIE VEGAN 8.25 CUP / 9.25 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! *(Gluten-free options available too!)*

Seasonal Menu Item



SANDWICHES

Our breads are baked fresh daily by The Flour Garden and Prairie Grain Bakery and we offer gluten-free breads from AnnaB's. Sandwiches are served with your choice of freshly sliced pears and grapes, sprinkled with a light drizzle of our Sweet Balsamic Syrup, Potato Chips with a sprinkle of freshly cracked black pepper, or an apple or orange AND hand-cut carrot sticks!

- Farmer's Grilled Cheese** VEGGIE 11.25
A yummy melting Cabot Vermont Cheddar, topped with fresh baby arugula on The Flour Garden's Campagne bread.
- Fresh Spinach Hummus Sandwich** VEGGIE 11.95
Fresh spinach hummus topped with grated carrots and radish, drizzled with balsamic vinegar on 9-Grain bread.
- Spring Spinach with Feta Crème** VEGGIE 11.95
Delicious fresh and crisp spinach with our special Feta Crème spread, grated organic carrots and radish on Campagne bread.
- Tarragon Tuna Salad** 13.45
Mayonnaise-free tuna salad made with fresh tarragon, carrots, fresh Italian parsley and a wee dollop of Dijon and Greek Yogurt, served on Prairie Grain's 9-Grain bread.
- Mango Turkey** 13.45
Turkey breast served with our homemade Mango Chutney and caramelized onions on The Flour Garden's Campagne bread.

- Farmhouse Chicken Salad Sandwich** 13.45
Our Chicken Salad Recipe is from Grandma! We've created our Farmhouse twist by combining our oven roasted chicken breast with lots of crunchy celery, fresh parsley, Vegan Mayo and lots of tangy lemon!

- Q Bleu Chicken** 13.45
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy bleu cheese and birched onions.

- Virginia Ham Cubano** 14.45
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!

- Farmhouse Pimento Grilled Cheese with Crispy Bacon** 13.45
Back by popular demand! But with lots of crispy bacon - messy and delicious!

- AB&J** NUTS 9.95
Almond Butter and Organic Strawberry Preserves, on 9-Grain from Prairie Grain Bakery in Southside.

- TOAST!** VEGAN 8.95
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slice of 9-Grain. Double Toast + 3.75 Add our Oakwood Smoked Salmon + 4.95

- EXTRA CHEESE 1.95 EXTRA ALMOND BUTTER 1.45 ADD PROTEIN 4.95

- TWOSOME** 13.45
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: HALF CUBANO +50¢

JUICES

D Detox E Energy I Immunity

- Cold War** I 16oz 9.75
Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your Spring sniffles.
- Clean Green** D 9.75
Kale, Greens, Celery, Pear & Lemon. Plenty of greens to help cleanse your system and start a great day!
- Juice Boost** E 9.75
Orange, Apple, Carrot, Kale & Ginger. All of our favorites wrapped up in one to give you that natural boost to your day. Perfect before working out!
- Dropping Beets** E I 9.75
Beets, Orange & Carrot. Beets complimented with carrots and oranges to create that energy your body needs.
- Helen's Recipe** E I 9.75
Carrot, Apple, Lemon, & Ginger. Sweet and tangy for a great immune boost. Have this before your outdoor adventures to stay healthy and energized.
- Build Your Own** 9.75
Customize your juice to how you like it. Choose up to five ingredients.
Apple / Beets / Carrot / Celery / Garlic / Ginger / Greens / Kale / Lemon / Orange / Pear

REFRESH

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

- | | | | |
|---------------------------------|-----------|------------|---|
| Iced Cold Brewed Coffee | 16oz 4.75 | 20 oz 5.05 | FarmFrosts 16oz |
| COFFEE REFILL 1.40 | | | Our own delicious frozen blended beverages! |
| Iced Latte | 4.95 | 5.45 | Coffee or Vanilla 5.45 |
| Iced Mocha | 5.90 | 6.40 | Caramel, Mocha, or Coffee Toffee 5.95 |
| Iced Matcha Tea Latte | 7.10 | 7.55 | FarmFrost Chai 6.50 |
| Iced Chai Latte | 5.90 | 6.40 | Farmhouse Smoothies 6.60 |
| Iced Coffee Toffee Latte | 7.10 | 7.55 | Nutter Butter Banana / Ambrosia Berri |
| Iced Dirty Chai Latte | 7.10 | 7.55 | Smoothies of the Season 6.95 |
| Fresh Brewed Ice Tea | 3.55 | 3.95 | Blueberry Mango - Chunks of mango and blueberries, sweetened with banana, Brown Cow Humanely Certified Non-GMO Yogurt and orange juice with lots of pulp! |
| Orange Juice | 4.80 | 5.20 | Farmhouse Shakes |
| Affogato | 6oz 7.15 | | Made with Homestead Creamery Ice Cream. It's non-GMO antibiotics-free, hormone-free, Kosher and the cows are treated through homeopathic health management! |
- Let us cater your cozy office chats or casual get-togethers!*
Email cateringandevents@theurbanfarmhouse.net or call 804.486.6925
- | | |
|--------------------------|------|
| Vanilla | 6.75 |
| Chocolate | 6.75 |
| Espresso or Mocha | 7.75 |