

# RISE & SHINE

Breakfast served all day!

Our breakfast sandwiches are served with a side of freshly sliced fruit.

## \* Egg & Vermont Cheddar w/ Fresh Rosemary VEGGIE 8.45

Cage-Free egg, New England Cheddar with fresh rosemary on hearty slices of French style Campagne loaf.

## Veggie Sausage & Cage-Free 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 Fruits VEGAN 7.75

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

## \* Fresh Seasonal Preserves, Unsalted Butter & Bread VEGGIE 7.45

Sweet and tart Sour Cherry Preserves, unsalted butter, and assorted fresh breads baked daily from The Flour Garden and Prairie Grain Bakery.

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 BAGEL **2.95**

## Fresh Fruit & Yogurt Parfait VEGGIE 8.75

Made with Organic Vanilla Yogurt and fresh seasonal fruit, topped with organic granola.

## \* Fruits of the Farm VEGGIE NUTS 8.75

Freshly cut apples, pears and Vitamin C laden honey oranges, sprinkled with roasted walnuts, dried cranberries and drizzled with our sweet balsamic syrup. Served with Sour Cherry Preserves and a Country Roll from The Flour Garden.

## Bagels VEGGIE 2.75

Cupertino's in the West End isn't New York but that's where our Bagel Maker is from - making kettle boiled, from scratch each morning with unbleached, unbromated flour, and no fats or preservatives!

w/ Plain Cream Cheese **+4.70**

w/ Homemade Flavored Cream Cheese **+5.50**

Also, try annaB's Gluten Free Bagels **4.05**  
Plain / Everything

\* Winter Veggie / Craisin & Walnut / Artichoke Parmesean

\* 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**

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 / Lavender

Sugar Free: Vanilla / Hazelnut / Caramel

ADD ESPRESSO SHOT **1.90** | SUBSTITUTE SOY, ALMOND, COCONUT, OR OAT MILK **1.35**

BREWED COFFEE CLASSICS **12 oz** **16 oz**

Freshly Brewed Coffee **2.80** **3.35**

COFFEE REFILL **1.25**

Cafe au Lait **3.95** **4.55**

CAFÉ SPECIALITIES **12 oz** **16 oz**

Café Mocha **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**

\* Dark Chocolate Raspberry Mocha **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.



URBAN  
FARMHOUSE  
MARKET & CAFÉ™



# CAFÉ MENU

WINTER | January 9<sup>th</sup>, 2025 - March 5<sup>th</sup>, 2025

## 🕒 WINTER 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 winter root veggies like parsnips and radishes, along with grated carrots, a sprinkling of bright oranges and drizzled with our Farmhouse vinaigrette.
  - ❄️ **Winter Beet Salad w/ Oranges, Fennel & Mint** (VEGGIE) 12.45  
Winter's bountiful beets with nature's natural defense - oranges! Also, fresh fennel and fresh mint, sprinkled with creamy goat cheese and drizzled with our homemade Citrus Vinaigrette.
  - ❄️ **Candied Walnut Gorgonzola Salad** (VEGGIE) (NUTS) 12.45  
Sweetness of candied walnuts and dried cranberries with crumbles of gorgonzola atop mixed greens and sprinkled with our own freshly made Raspberry Vinaigrette.
  - Lemony Caesar Salad** (VEGGIE) (NUTS) 10.25  
**w/ Antibiotic/Hormone-free Chicken** 15.20  
Made with the Farmhouse's own eggless Caesar dressing!
  - ❄️ **Fruits of the Farm** (VEGGIE) (NUTS) 8.95  
Freshly cut apples, pears and Vitamin C laden honey oranges, sprinkled with roasted walnuts, dried cranberries and drizzled with our sweet balsamic syrup. Served with Sour Cherry Preserves and a Country Roll from The Flour Garden.
  - ❄️ **This & That Plate** (VEGGIE) 13.45  
Some of our homemade Tangy Curry Tuna Salad and some of our Homemade Farmhouse 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!

❄️ *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 made Winter Slaw, Potato Chips with a sprinkle of freshly cracked black pepper, or an apple or orange AND hand-cut carrot sticks!*

- ❄️ **Havarti & Mushrooms** (VEGGIE) 11.25  
A Grilled Cheese Sandwich perfect for Winter with creamy Havarti covered with our homemade mushroom spread (assorted winter mushrooms, fresh garlic, EVOO and a dash of our House Red), grilled to provide a warm, savory delight!
  - ❄️ **Hummus & Winter Root Veggies** (VEGGIE) 11.95  
The Farmhouse's freshly made hummus with crunchy winter root veggies - shredded carrots, radishes and parsnips, on 9-Grain with a drizzle of Balsamic.
  - ❄️ **Portabella Mushrooms & Winter Veggies w/ Horseradish Cream** (VEGGIE) 11.95  
Portabella Mushrooms marinated in balsamic vinegar and local honey for a tangy sweet taste, topped with mixed greens and freshly grated winter root veggies like parsnips, radishes and carrots and drizzled with our homemade Horseradish Cream, made with freshly grated horseradish - watch out! On 9-Grain Bread from Prairie Grain Bakery.
  - ❄️ **Tangy Curry Tuna Salad** 13.45  
The Farmhouse's own tuna salad with a tangy twist on 9-Grain from Prairie Grain Bakery on the Southside.
  - ❄️ **Turkey & Sesame w/ Fresh Scallions** 13.45  
With ginger garlic aioli, crunchy toasted sesame seeds & fresh scallions
  - Q Bleu Chicken** 13.45  
Our own unique Buffalo Bleu taste with a snappy vinegar based sauce, creamy bleu cheese and birched onions.
  - 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!
  - 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** (VEGGIE) (NUTS) 9.95  
Almond Butter and locally made Sour Cherry Preserves, from Rocky Branch Farm in Jetersville, VA, on 9-Grain.
  - TOAST!** (VEGGIE) 8.95  
Avocado Toast or Hummus Toast. Simple but delicious! Both made in-house, on a slice of 9-Grain. Try Half of Each! 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** 12.95  
**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



Detox



Energy



Immunity

- Cold War** (I) 16oz 9.75  
Ginger, Garlic, Orange, & Carrot. Savory vegetable juice perfect for fighting off your winter's cold
- 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!*

- |  |           |            |  |
|--|-----------|------------|--|
| <b>Iced Cold Brewed Coffee</b>   | 16oz 4.75 | 20 oz 5.05 | <b>FarmFrosts</b> 16oz   |
| COFFEE REFILL 1.40   |           |            | Our own delicious frozen blended beverages!  |
| <b>Iced Latte</b>  | 4.95      | 5.45       | <b>Coffee or Vanilla</b> 5.45  |
| <b>Iced Mocha</b>  | 5.90      | 6.40       | <b>Caramel, Mocha, or Coffee Toffee</b> 5.95   |
| <b>Iced Chai Latte</b>   | 5.90      | 6.40       | <b>FarmFrost Chai</b> 6.50   |
| <b>Iced Dirty Chai Latte</b>   | 7.10      | 7.55       | <b>Farmhouse Smoothies</b> 6.25  |
| <b>Iced Matcha Tea Latte</b>   | 7.10      | 7.55       | Nutter Butter Banana / Ambrosia Bern   |
| <b>Iced Coffee Toffee Latte</b>  | 7.10      | 7.55       | ❄️ <b>Smoothies of the Season</b> 6.75   |
| <b>Fresh Brewed Ice Tea</b>  | 3.55      | 3.95       | Spiced Apple - Freshly chopped Apple and Banana, spiced with warm flavors from our own Gingerbread Syrup and creamy Soy Milk.                              |
| <b>Orange Juice</b>  | 4.80      | 5.40       | <b>Farmhouse Shakes</b>  |
| <b>Affogato</b>  | 6oz 7.15  |            | Made with Trickling Springs Ice Cream. It's non-GMO antibiotics-free, hormone-free, Kosher and the cows are treated through homeopathic health management! |
| A scoop of delicious Homestead Creamery ice cream (your choice - vanilla or chocolate), topped with 2 shots of our steaming hot Espresso. Yummy! |           |            | <b>Vanilla</b> 6.75  |
|  |           |            | <b>Chocolate</b> 6.75  |
|  |           |            | <b>Espresso or Mocha</b> 7.75  |

*Let us cater your cozy office chats or casual get-togethers!  
Email cateringandevents@theurbanfarmhouse.net or call 804.486.6925*