

## STARTERS

### BAJA BRUSCHETTA - 13

housemade grass fed cheese crisps filled w/guacamole, salsa, black beans, housemade coconut chipotle sauce, micro greens

### DEVILED EGGS - 12

whipped w/our avocado oil mayo and our cashew & herb spread topped w/Pederson Farm bacon crumble, scallions

### "PIGS" IN A BLANKET - 12

organic grass fed beef hot dogs grilled to perfection in grass fed butter. then we wrap them up in our organic gluten free dough. served w/ side of stone ground mustard. kid & adult approved!

## SALADS (or make it a wrap)

### THAI - 14

cashews roasted in coconut oil, cucumber, avocado, fermented ginger carrots, green onion, raw cabbage, sunflower sprouts, w/spicy peanut thai dressing. add Pasture Bird chicken - 18

### COBB - 19

butterleaf, cherry tomatoes, sheep and goat feta, avocado, Pederson Farm bacon, turkey, red onion, HB egg, served with ranch

### TURKEY GREEK - 14

turkey, olive, sheep & goat feta, tomato, onion, cucumber, avocado w/vinaigrette

### SPROUT PROBIOTIC - 14

kale, spinach, butterleaf, fermented ginger carrots, sprouts, avocado, tomato, cucumber, cashew & herb spread w/ranch

### TUNA SALAD - 14

scoop of wild, pole caught American Tuna salad, avocado, tomato, cucumber, red onion, sheep & goat feta, sunflower sprouts w/vinaigrette

### SIDE SALAD - 5

butterleaf, tomato, cucumber, drizzled w/vinaigrette

#### HOUSEMADE DRESSINGS

vinaigrette (V) • spicy peanut thai (DF) • ranch

#### TORTILLA OPTIONS

nut free. plant based

Mi Rancho  
Siete Foods

organic flour or organic spinach  
coconut cassava (+ \$4 grain free)

## BURRITOS + QUESADILLAS

### BBQ CHICKEN QUESADILLA - 12

housemade bbq sauce, Pasture Bird chicken, grass fed cheddar and jack w/ranch on the side for dipping (add avocado +3)

### VEGGIE BURRITO - 12

sweet potato hash cooked in coconut oil, avocado, black beans, spinach, mushrooms, cashew & herb, salsa  
add Pasture Bird chicken +4 | add sheep/goat feta +3 | add housemade pesto +2 | rice & quinoa blend +2

### CHICKEN CHIPOTLE BURRITO - 14

Pasture Bird chicken, rice & quinoa blend, black beans, shredded mozzarella, salsa and chipotle sauce (add guac +3)

## BURGERS & DOGS

Burgers served w/pickle spear, fries baked in coconut oil and coconut chipotle sauce

### CLASSIC - 15

grass fed cheddar, butterleaf, tomato, not so secret sauce, grilled or fresh red onion

### CALI - 15

butterleaf wrap, sheep & goat feta, cherry tomato, avocado, sunflower sprouts, w/ranch on side

### MUSHROOM - 15

grass fed jack cheese, tomato, housemade avocado oil mayo, fresh arugula, stone ground mustard and grilled crimini mushrooms

Choose from -

- organic grass fed and finished beef
- housemade plant based patty

Choose from -

- Rudy's Organic white bun, Happy Camper GF multigrain bun, or butterleaf wrap

### HOT DOG STACK - 12

100% grass fed beef hot dogs, grilled up in grass fed butter. served open faced on sourdough w/whole grain spicy mustard, sauerkraut and housemade pickles

## BOWLS

a powerhouse blend of 2 kinds of heirloom fair trade rice, rainbow sprouted quinoa with chilled and fresh toppings  
(sub sauteed greens for the rice/quinoa - no charge)

### MEXI - 12

chipotle black beans, guacamole, salsa, grass fed cheddar, butterleaf, cilantro with coconut chipotle sauce  
(add Pasture Bird chicken +4)

### THAI - 14

cashews roasted in coconut oil, avocado, raw cabbage, green onion, fermented ginger carrots, cucumber, sunflower sprouts w/ thai dressing  
add Pasture Bird chicken - 18

### PESTO SHREDDED CHICKEN - 16

Pasture Bird chicken simmered in bone broth, housemade pesto, cherry tomato, arugula, spinach & kale chiffonade, walnuts, cucumbers, sheep & goat feta

### PLANT BASED - 15

sunflower sprouts, cashew & herb spread, raw cabbage, sauteed baby kale and spinach in coconut oil, arugula chiffonade, walnuts, and micro green garnish served w/vinaigrette  
choice of sauerkraut or fermented ginger carrots. both +2

### GREEK - 16

Pasture Bird chicken simmered in bone broth, cucumber, olive, cherry tomato, spinach chiffonade, grilled sheep & goat feta w/vinaigrette

## BONE BROTH

SERVED IN AN OVERSIZED MUG \$1.00/ounce • 4oz minimum

add in: cilantro, cayenne, turmeric, red or green onions (no charge). coconut oil, butter, ghee (+.75) GOODONYA collagen (+1.50)

## TACO TUESDAY! TUESDAY ONLY

### 101 TACOS

Coyotas Cassava grain free tortillas filled w/cilantro, pickled red onions, housemade slaw. served w/a side of salsa, lime wedge, our rice & quinoa blend and chipotle black beans

- chipotle avocado - 14 or • shredded Pasture Bird chicken - 16 or • 100% grass fed ground beef - 16