

BREAKFAST SERVED ALL DAY Bagel or Philly Muffin 🖊 2.5 + plain cream cheese - \$1.25 + flavored cream cheese - \$1.5 + avocado spread - \$1.5 + hummus or goat cheese - \$1.25 Heritage Oatmeal 🥒 3.5 oats, brown sugar, raisins, sea salt Trail Oats 🖊 3.5 oats, brown sugar, pumpkin seeds, almond slivers, walnuts, flax The Fix Oatmeal 🥒 3.5 oats, brown sugar, cranberries, blueberries, pumpkin seeds, almond slivers Sunrise Sandwich 🖊 5.5 eggs, garlic, lemon greens 5.25 Shepherd Sandwich # eggs, goat cheese, tomato, greens Redwood Sandwich 8.85 egg whites, turkey bacon, avocado spread, tomato, greens Garden Wrap 🏉 8.5 eggs, mushrooms, red peppers, onions, garlic, greens Build Your Own 🖊 3 Sandwich or Platter 2 eggs your way with bread: + cheese - \$1 + tomato - \$0.50 + greens - \$0.50 + caramelized onion - \$0.50 + avocado spread - \$1.5 + pork bacon - \$2.5 + sausage/turkey bacon - \$3 Lox or Trox 10 choice of smoked salmon or trout, cream cheese, capers, red onion, tomato, greens **River Hash** 11.5 egg, potato, caramelized onion hash with bacon, poached salmon, hot honey, thick wheat toast **Bison Breakfast** 9.5 2 eggs made to order, housemade bison

9

sausage, seared tomato, thick wheat toast

3 griddle cakes with local maple syrup, butter, seasonal compote, whipped cream

Pancakes 🖊

LUNCH BEGINS AT 11



Veggie Hoagie chili mayo, ginger carrots, watermelon radish, mushroom trio, cucumber, pickled red onion	10
thick brioche, chili mayo, maple pepper bacon or tofu, dressed greens, marinated tomato + avocado spread - \$1.5	9
Chicken and Cheddar ciabatta, seared chicken breast, cheddar, tomato, avocado spread, greens	10.25
Hummus Sandwich // housemade hummus, tomato, cucumber, watermelon radish, greens	7.5
Forager's Salad seasonal greens, pea tendrils, sunflower seeds, mushroom trio, roast beets, vinaigrette	9.75
Better With Greens preens, goat cheese, toasted almonds, dried cranberries, lemon vinaigrette	9
Caesar Salad ≠ romaine, herbed croutons, parmesan, housemade dressing + chicken or salmon – \$3.5	8.25
Cleanup Grain Bowl seasonal greens, grain salad, fresh veggies, vinaigrette	7.25
Soup of the Day choice of meat or vegetarian/vegan soup with toasted baguette + side salad − \$3	5.5

SIDES

grain salad - \$3.75

garden salad - \$3 roast potatoes - \$2 hummus & bagel chips - \$3.5

pork bacon (turkey bacon +\$.50) - \$2.5

SEE OUR WEEKEND MENU FOR EVEN MORE OFFERINGS

UNITED BY BLUE - FLAGSHIP LOCATION 205 RACE ST OLD CITY, PHILADELPHIA 19106