



LOCAL



REGIONAL



ORGANIC



SEED OIL FREE



GLUTEN FREE



GBCFC APPROVED



VEGAN



PALEO

SMOOTHIE BOWLS

BEE'S KNEES SUNSHINE BOWL (VEGAN OPTIONAL) -

*Banana, *Mango, *Freshly Squeezed Orange Juice, *Greek Yogurt, *Ground Chia, *GF Granola, *Seasonal Fruit (LOCAL when available), *Hemp Seeds, LOCAL Honey drizzle (Al Bees), Bee Pollen, Maldon Sea Salt

\$13.99      | 

BERRY IN LOVE (VEGAN) -

*Banana, *Acai, *Strawberry, *Blueberry, *Ground Chia, *Housemade Almond Milk, *Vegan Almond & Coconut Yogurt, *GF Granola, *Seasonal Fruit (LOCAL when available), *Housemade Peanut Butter Maple Drizzle, *Hemp Seeds, Maldon Sea Salt

\$13.99    

ADD-ONS FOR SMOOTHIE BOWLS -

Grass Fed Collagen \$1.99

Adaptogenic Mushroom Blend \$1.99

TOASTS

Sub GF Bread Srsly \$1.99

Sub *Miyoko's Vegan Butter - no charge

THE GOAT -

*Butter-Toasted LOCAL Perenn Sourdough Bread, House-Whipped Chive Goat Cheese, LOCAL Honey Drizzle (Al Bees), *LOCAL Chili Oil (Radish Hotel), *LOCAL Shoots (Little Frog Farm), Maldon Sea Salt

\$11.99     

CLASSIC AVO TOASTY (VEGAN OPTIONAL) -

*Butter-Toasted LOCAL Perenn Sourdough Bread, *Avocado Smash, *LOCAL Shoots (Little Frog Farm), LOCAL Spicy Seaweed Gomasio (Mountain Song)

\$11.99     |  

ADD-ONS FOR TOASTS -

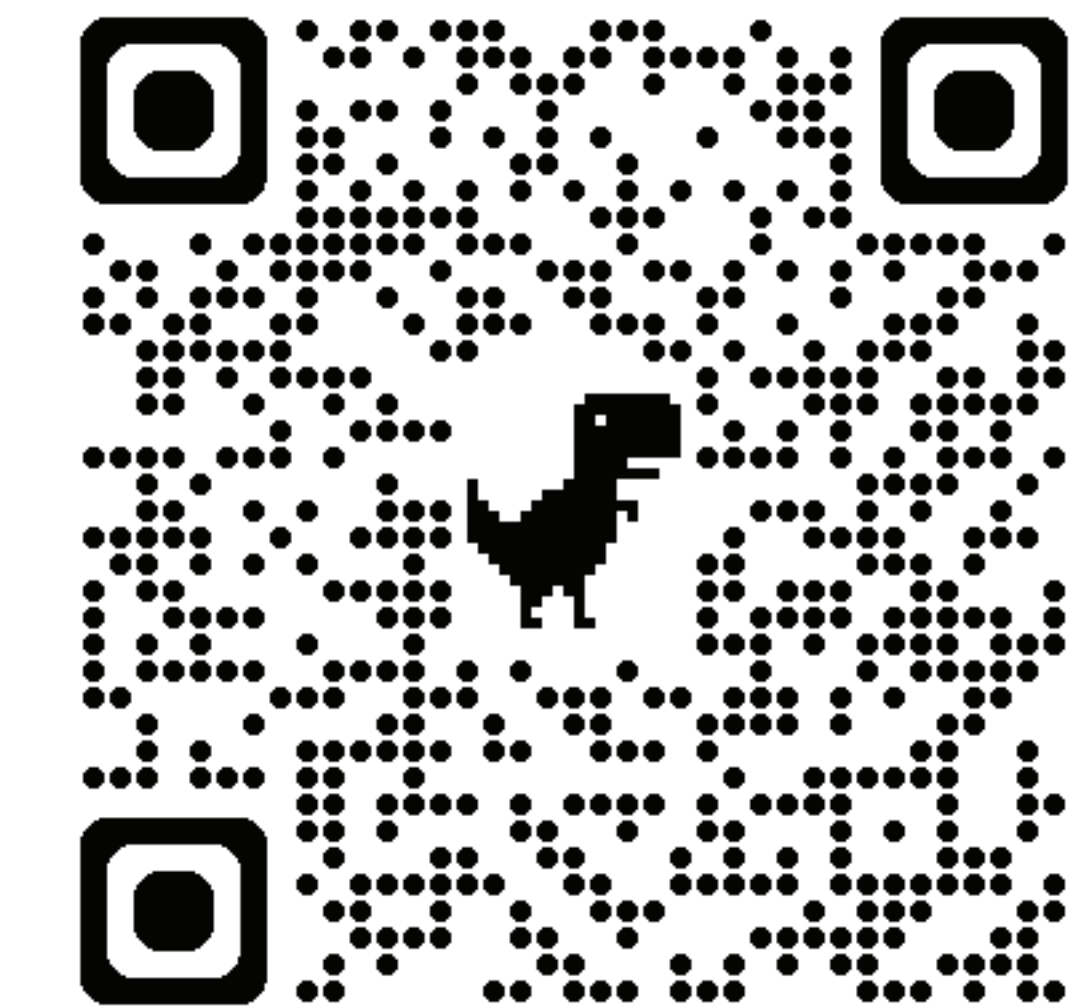
LOCAL Tamari-Sauteed Mushrooms (Mountain Mushrooms) \$3.99

Non-GMO Bacon \$4.99

*Indicates organic ingredient or is made with organic ingredients

DON'T FORGET YOUR HOT COFFEE, ESPRESSO, OR TEA (SEE OUR FULL MENU TO THE RIGHT OF THE REGISTER)

TO STAY UP-TO-DATE WITH THE LATEST FOODSHED CAFE & GBCFC NEWS, CONNECT WITH US!



MONTHLY E-NEWSLETTER



@GREATBASINFOODCOOP

GRILLED BREAKFAST BURRITOS

Sub GF Food For Life Brown Rice Tortilla - no charge
Sub Non-GMO Vegan Violife Cheese - no charge

SUN'S UP - *Flour Tortilla, LOCAL Sausage (Holley Family Farm), Organic or LOCAL Eggs (Kool Kids Ranch), *Cheddar, *Breakfast Potatoes, *Housemade Chipotle Salsa (LOCAL when available)

\$14.99    | 

OLD FAITHFUL (VEGAN OPTIONAL) - *Flour Tortilla, Organic or LOCAL Eggs (Kool Kids Ranch), *Cheddar, *Breakfast Potatoes, *Roasted Seasonal Vegetables, *Housemade Chipotle Salsa (LOCAL when available)

\$14.99    |  

GRILLED BREAKFAST SANDWICHES

Sub GF Bread Srsly \$2.99
Sub Non-GMO Vegan Violife Cheese - no charge
Sub Miyoko's Vegan Butter - no charge

YOUR MOM'S - *Butter-Toasted LOCAL Perenn Sourdough Bread, Non-GMO Bacon, Organic or LOCAL Eggs (Kool Kids Ranch), *Cheddar, Chipotle Mayo (made with Vegan Mayo)

\$13.99    | 

LOCAL FUNGI & EGGS (VEGAN OPTIONAL) - *Butter-Toasted LOCAL Perenn Sourdough Bread, Organic or LOCAL Eggs (Kool Kids Ranch), LOCAL Tamari-Sauteed Mushrooms (Mountain Mushrooms), *Cheddar, *Housemade Vegan Pesto (LOCAL when available)

\$13.99     |  

ADD-ONS

TOPPINGS

1/4 *Avocado \$1.99 1/2 *Avocado \$2.99
*Lime Crema \$0.99
*Breakfast Potatoes \$3.99
*Extra Cheese \$2.99
*Housemade Chipotle or Verde Salsa (LOCAL when available) \$1.99
*Housemade Vegan Pesto (LOCAL when available) \$2.99

PROTEINS

LOCAL Sausage (Holley Family Farm) \$5.99
NON-GMO Bacon \$4.99
*Scrambled Tofu \$3.99
LOCAL Tamari-Sauteed Mushrooms (Mountain Mushrooms) \$3.99

*Indicates organic ingredient or is made with organic ingredients