



# LUNCH MENU

Monday-Friday from 11 am | Saturday-Sunday from 12 pm

## BOWLS & SALADS

### **Soup \$7.50 / \$10**

Ever-changing, served with buttered sourdough toast.

### **Grazing Bowl \$17.50 AVAILABLE ALL DAY**

Quinoa, chickpeas, vegetables with red lentil hummus, egg, feta, dressing, seeds, served with buttered toast.

### **Field Salad \$16.50**

The field's best, dressed to impress, served with buttered sourdough toast.

### **Half + Half \$17.50**

Half soup, half field salad, served with buttered sourdough toast.

## SOURDOUGH SANDWICHES

### **Market \$14**

Red lentil hummus, seasonal vegetables, pickled slaw and kale pesto. {vegan}

### **Chicken \$14**

Roasted chicken tossed with buttermilk ranch, mayo, greens, slaw.

### **Ham + Maple Apple \$14**

Ham, maple-roasted apple, arugula and gouda, mayo dijon

### **Tomato-Glazed Meatloaf \$14**

Meatloaf (contains gluten), jalapeño havarti, greens, tomato jam and mayo dijon.

### **Chickpea "Not Tuna" Salad \$14**

Chickpeas, scallions, mayo, pickled onion, greens, red lentil hummus

### **Daily Panini \$14**

Ever-changing on sourdough focaccia.

## SOURDOUGH GRILLED SANDWICHES

### **Cheese Toastie \$13 AVAILABLE ALL DAY**

Cheddar with tomato jam.

Add a fried egg +\$2.50

### **Beet + Goat Cheese Toastie \$13.50**

Herbed goat cheese and roasted beets.

### **Ham + Cheese Toastie \$14 AVAILABLE ALL DAY**

Ham and cheddar with tomato jam.

Add a fried egg +\$2.50

### **Fall Toastie \$14.50**

Farm veggies, cheese.

## BURGERS

### **Barnyard Burger \$22**

Beef and pork patty (contains gluten), gouda, mayo, red salsa and greens on a toasted brioche bun, served with paprika greens.

### **Veggie Burger \$21**

Chickpea-pumpkin patty, kale pesto, red lentil hummus, grilled beet, halloumi and greens on a toasted brioche bun served with paprika greens.

### **ADD TO ANY BURGER OR SANDWICH**

**12 oz soup +\$6.50    Field salad +\$8**

**Sub Gluten Free Toast +\$1.50**

## KIDS

### **Kids Picnic Plate \$8**

Sourdough bread, ham, gouda, seasonal fruit, veggies and chips.

## SOURDOUGH MAY CONTAIN SEEDS

Ingredients change seasonally and not all are listed. Please let us know about any allergies or dietary restrictions before ordering.