

real FOOD. *real* PEOPLE. *real* CONNECTION.



We are a sanctuary for locals and travelers serving great organic, fair-trade coffee and delicious, handmade, vegetarian food from carefully-sourced ingredients. That's what makes us REAL.

GF Gluten-free* GFO Gluten-free option* V Vegan VO Vegan Option

*We cannot guarantee any item is gluten-free due to airborne flour.

ALL DAY BREAKFAST

BISCUITS & GRAVY

Two homemade butter biscuits smothered with soysage milk gravy. Organic home fries on the side 7 / 10

BREAKFAST TACOS VO/GF

Free-range egg, homemade soysage, cheddar cheese and cilantro 4

Organic potatoes, free-range egg, cheddar cheese and cilantro 4

Organic black beans, seasonal veggies and cilantro V 4

All tacos are served with non-GMO corn tortillas and Tina's homemade salsa

STUFFED BISCUIT

A butter biscuit stuffed with a homemade soysage patty, scrambled egg & cheddar. Organic home fries on the side 8

WAFFLES

Belgian waffle with Nutella, hazelnuts, butter & whipped cream 12 With organic blueberry compote, butter & whipped cream 12

With butter & real maple syrup 10

THE NINJA

One butter biscuit & soysage milk gravy with two free-range eggs and seasonal grilled veggies 12

BREAKFAST BURRITO

Whole wheat tortilla, two scrambled eggs, organic black beans, salsa, cheddar, onion & bell pepper.

Topped with sour cream, salsa, crushed red pepper & cilantro. Organic home fries on the side 13

NINA'S OMELETTE GFO

Two eggs, cheddar, bell pepper & onions, sour cream, salsa & cilantro. Served with a soysage patty, home fries & biscuit 13

HUEVOS RED GF

Two corn tortillas, two free-range eggs, black beans, cheddar cheese, sour cream, salsa, crushed red pepper & cilantro 9/13

BOWLS

COMFORT BOWL

Soysage gravy smothered with grilled organic potatoes, onions, cheddar cheese & cilantro, topped with a free-range egg 12

SOUTHWEST BREAKFAST BOWL GF

Creamy organic black beans topped with fresh grilled vegetables, a free-range egg, cilantro, sour cream and homemade salsa 12

GAME DAY BOWL GF

Grilled organic potatoes, onions, cilantro & cheddar topped with a free-range egg & homemade salsa 12

SHANGHAI BOWL V/GF

Veggies, organic tofu, carrots, cucumbers, edamame, ginger-sesame sauce and sesame seeds on a bed of rice noodles 13

BUDDHA BOWL V/GF

Organic tofu, seasonal veggies, fresh basil, cashews and red curry-coconut sauce on a bed of rice noodles 13

SALADS

WALNUT APPLE

Organic spring mix with sliced apple, toasted walnuts, goat cheese and organic red onion 12

BRANCH V

Organic spring mix, tomato, carrot and cucumber 5/10

BURGER SALAD

Our homemade veggie burger, organic spring mix, kale, avocado, sunflower seeds and organic red onion 14

Homemade Dressings: Choice of Creamy Dill / Lemon-Garlic V / Balsamic Vinaigrette

LUNCH

SPICY CHINESE NOODLES **GF0**

Wheat noodles tossed in a rich ginger-peanut sauce, topped with sesame seeds, crushed red pepper & scallions 8
Add grilled veggies 4 Organic tofu steak 5 Sub rice noodles **GF** 3

VEGETARIAN HARVEST **V/GF**

Grilled vegetables with organic tofu and sesame seeds. Served with organic brown rice & garlic-ginger sauce 9/12

BLACK BEANS & RICE **VO/GF**

Organic black beans and brown rice topped with salsa, sour cream, cilantro, crushed red pepper. Side of corn tortillas 13

HUMMUS KALAYA **V**

Fresh grilled veggies on a bed of homemade organic hummus drizzled with olive oil. Served with toasted pita 14

LEMON GARLIC FETTUCCINE **V/GF0**

Fresh grilled veggies on a bed of fettuccine noodles tossed in lemon-garlic sauce 13 Sub rice noodles **GF** 3

QUESADILLA

12" honey whole wheat tortilla, black beans, fresh tomato, scallions & cheddar, sour cream, salsa, fresh cilantro & crushed red pepper 12

SOUP

Made daily from scratch 3 cup / 5 bowl

GRILLED CHEESE

On homemade organic bread 5 half / 8 whole

SANDWICHES

HARVEST WRAP

Honey whole wheat tortilla wrapped around soysage, mozzarella/provolone, hummus, tomato and greens with a side salad 11

VEGGIE BURGER

Homemade organic kidney beans, local organic brown rice, beets, carrots, free-range eggs & Parmesan on a homemade organic bun. Served with an organic spring mix salad and a pickle 12

BURGER WRAP

12" honey whole wheat tortilla wrapped around our veggie burger, melted cheddar, organic spring mix, tomato, red onion and pickle. Served with a cup of our famous daily special soup or an organic spring mix salad 14

SAVE ROOM FOR DESSERT

Check out the pastry case!



SIDES

Avocado \$2

Biscuit \$2

Organic Grilled Potatoes \$3

Homemade Soysage Gravy \$3

Egg \$2/each

Grilled Veggies \$4

Homemade Organic Toast \$2

Tortilla \$1/each

FOR KIDS

Buttered Noodles \$5

Grilled Cheese on homemade organic bread \$5

Plain Quesadilla \$5



Our coffee is
FAIR-TRADE, ORGANIC & DELICIOUS!

DRINKS

HOT

HOUSE COFFEE 3 / 3.50

CAPPUCCINO 4.25 / 4.75

LATTÉ 4.25 / 4.75

ESPRESSO 2 / 4

ESPRESSO SHOT 1.50

CUBAN COFFEE 4

AMERICANO 3 / 4

BREVÉ 4 / 5

PILE DRIVER 3.50 / 4.50

HOT CHOCOLATE 4.25 / 4.75

CHAI LATTÉ 4 / 5

TEA PARTY POT 6

LONDON FOG 5 / 6

EXTRAS

FLAVORED SYRUP 1

SOY, ALMOND OR OAT MILK .75 / 1

SPECIALTY COFFEES

12 oz 4.50 / 16 oz 5.50 / iced 5.50

WIL'S CUBAN cinnamon, vanilla, brown sugar, half & half

CAFÉ MOCHA homemade chocolate

NUTTY IRISHMAN hazelnut, Irish cream

WHITE MOCHA Homemade white chocolate

HEAVENLY NUT hazelnut, vanilla

CARAMEL MACCHIATO **VO** vanilla, homemade caramel

ORGANIC TEAS 3.50

Blueberry Hibiscus

Chamomile Medley

Earl Grey

Decaf Earl Grey

English Breakfast

Jasmine

Mango Chile

Masala Chai

Matcha Green

Peppermint

Rooibos

ORGANIC JUICES

BUILD YOUR OWN - CARROT BASED

Add Apple, Beet, Kale & Ginger

12 oz 7 / 16 oz 9

COLD

ICED LATTÉ 4.75

ICED CHAI 5

ICED COFFEE 5

ICED TEA 2.50

MILK OR KID'S MILK 3 / 1.50

SOY, ALMOND OR OAT MILK 5

SPECIALTY ICED TEAS & LEMONADES 4

Ambrosia Tea

Ginger Green Tea

Strawberry Matcha Lemonade

SMOOTHIES 16 oz 7

Add protein 1.50

DREAM BOAT strawberry, banana, pineapple juice

NUTTY PEACH peach, yogurt, honey, walnuts, apple juice

TOOTY FRUITY blueberry, banana, yogurt, honey, grape juice

FRAPPÉ 6

VIETNAMESE

COFFEE 6