GOOD MORNINGS (available til 2pm)
from the MG Kitchen
Chia Lime Pudding or HM Yogurt with Granola 8
Raspberries & passion fruit curd, with black sesame conifer granola
The Albuquerque (Burrito, Scramble, or Omlette) 11
Hatch green chile, cumin, garlic, sharp cheddar & bacon as an omlette or scramble.
Buttermilk Biscuit Sandy 9
Homemade spicy sausage, fried egg, Tampoook Cheddar. (sub avocado for sausage)
BLT 12
Tomato, lettuce, bacon, mayo on homemade whole wheat.
Add egg 2
Add avocado 2

VINAIGRETTE SALADS
The Omega 13.25
Leafy greens and kale chopped and tossed with sweet corn, diced bell pepper, tomato, avocado, red onion, cilantro and toasted pine nuts. Dressed with blue cheese vinaigrette.
La Pepita 13.95
Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepitas and a lemon-cumin cirniterre.
All Kale Caesar! 12.25
Shredded super-food kale with a zingy, zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies.
The Beet Goes On 13.75
Fresh baby greens and arugula tossed with tangy goat cheese, chopped pistachios, balsamic roasted beets and honey-balsamic vinaigrette.
Cherry Tart 12.25
Sweet dried cherries, crumbled feta and chiled pecans tossed with arugula, bright Champagne vinaigrette.

PAIR YOUR SALAD
Grilled Marinated Baby Artichokes 5.50
Grilled Tofu 6
Lemon-herb Chicken Breast 6
Grilled Flank Steak 7.50
Grilled Pork Tenderloin 6

SANDIES
Roasted Veggie & Provolone (vinny) 12.50
Roasted bell peppers, onions and squash grilled with basil aioli and provolone, on sourdough bread.
Hot Turkey (vinny) 12.75
Hause-roasted cumin-rubbed turkey breast with grilled red onion and tomato, avocado, mayo and provolone, on toasted sourdough.
Grilled Cheese (tfg) 9
Cheddar, jack, came on MG-baked sourdough. (add chopped shallots 1)
Ham, Brie & Arugula (tfg) 13
Pressed, with whole grain mustard and cultured butter.

SOUPS
Mushroom Stew 5/8
Tomato Soup 4/7 (try with grilled cheese!)
Albondigas 5/8

SIDES & SNACKS
Sateed Kale 6.50 With garlic and ginger.
Erin’s Mac & Cheese 8 With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies.
Mashed feel good Russets 7

DESSERTS BY THE SLICE
(order a whole cake with 24 hr. notice)
Rick’s Chocolate Cake w/ Robin’s Chocolate Butter Cream 8
Mercede’s Carrot Cake 7
Evette’s Apple Pie 6

JUICE 8.25/9.50
Fresh OJ (6.00)
Immune Support Celery, cucumber, apple, lemon, parsley
Sweet Green Kale, spinach, cucumber, apple, ginger, lemon
Spicy Carrot Carrot, ginger, turmeric, orange, bee pollen, lemon

SMOOTHIES 8/9.25
Kale Peach Pineapple Kale, pineapple, spinach, banana, orange, lemon
Blueberry Feta Blueberries, feta, yoghurt, chard, orange, banana, lemon
The Anti-inflammalicious Strawberry, mango, carrot, ginger, fresh turmeric, coconut oil

HEALTH SHOTS 4
(can be added to any juice or smoothie, too)
Ginger With apple and honey garnish
Turmeric Garnished with coconut oil, black pepper, orange

COFFEE & HOT DRINKS
Bone Broth 4 You really need this right now!
Healing Hot Chocolate 5
Perfect Drip 3
Latte 4.75 Mocha 5
Chai Latte 4.75
Golden Milk 5 (because turmeric)
MG Cold Brew 4 (growlers available too)

BEVIES
Ginger Turmeric Tonic 5
Liver Love 4.50
Hibiscus or Black Iced Tea 3

THE FEEL GOOD’S Brined Spicy Battered Fried Chicken 16
Support our amazing bakers by buying your baked goods through us, for delivery. Join our bread club online for weekly delivery at moderngeneralfeedandseed.square.site

BREAD & PASTRIES
Sourdough 8 | Whole Wheat 9
Cookies 3 each, 12 per 6
Spicy Ginger (wheat free), Whole Wheat Chocolate Chip, Chocolate Chubby Chewy, Peanut Butter Sesame
Muffins 3.50 each, 15 per 6
Blueberry Corn Poppy Seed

SOUL SATISFYING FAMILY STYLE DINNER
(Pre-order by 7pm previous day)
the feel good’s Brined Spicy Battered Fried Chicken small bucket 14 | big bucket 30 (feeds 4)
With Fixins (sm. 5, lg 10)
biscuits & jam, mashers & gravy
Family-sized Mac & Cheese 25
Family-sized Mashers & Gravy 18

GRANDMA DOROTHY’S DELICIOUS CASSEROLES AKA DISASTEROLES
(Pre-order by 7pm previous day)
(Feeds family of 6 with leftovers)
Lasagna 40
Stewed tomato sauce, seasoned beef, cotija, monterey jack. Let us know if you want to heat at home.
Jambalaya 45
(We don’t know what that means either, and neither did Dorothy, but it’s curiously delicious). Tender pork, tomato sauce, fusilli, cheddar, bell peppers.
Bowl of Arugula, Chopped Kale, or Mixed Greens 10
(Serves family of 4)
With a jar of Vinaigrette’s champagne or honey balsamic vinaigrette.

GOODNIGHTS

Call Vinaigrette to place your order
Santa Fe 505 820 9205 | ABQ 505 842 5507
Or go to moderngeneralfeedandseed.square.site to preorder your meals online for the following day!
Hours: Open at 8am / MG breakfast items
Vinaigrette open 11am-7pm / lunch & dinner items

Modern General / The Feel Good
Brought to you by
The nourishment you need, delivered to your door

8am breakfast items

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