

Wellness * Immunity * Soul



Brought to you by

Vinaigrette / Modern General / The Feel Good

the nourishment you need. delivered to your door

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 coriander granola

The Albuquerque (Burrito, Scramble, or Omelette) 11

Hatch green chile, cumin, garlic, sharp cheddar & bacon as an omelette or scramble.

Buttermilk Biscuit Sandy 9

Homemade spicy sausage, fried egg, Tillamook 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 citronette.

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 chilled 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 griddled with basil aioli and provolone, on sourdough bread.

Hot Turkey (vinny) 12.75

House-roasted cumin-rubbed turkey breast with griddled red onion and tomato, avocado, mayo and provolone, on toasted sourdough.

Grilled Cheese (tfg) 9

Cheddar, jack, comte 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

Sateéd 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



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

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 Pineapple Kale, pineapple, spinach, banana, orange, lemon

Blueberry Flax Blueberries, flax, yogurt, chard, orange, banana, lemon

The Anti-inflammatory 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)

Add Adaptogens (cuz shit is stressful) 2



BEVIES

Ginger Tumeric Tonic 5

Liver Love 4.50

Hibiscus or Black Iced Tea 3

Turmeric Immunity Tea 4.50 (growler available)

Rick's Amazing Homemade BREAD & PASTRIES

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

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 DOROTHEY'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.

Jamsetti 45

(We don't know what that means either, and neither did Dorothea, 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.