GOOD MORNINGS (available til 2pm)
Salad-Faro-Breakfast 8
Mixed greens and kale, XVOO, lemon, parmesan, avocado, poached egg.
The Albuquerque Burrito or Scramble 11
Hatch green chile, cumin, garlic, sharp cheddar & bacon.
BLT 12
Tomato, lettuce, bacon, mayo on sourdough.
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.
Eat Your Peas 14
Fresh baby lettuce and sweet green peas with crunchy bacon shards, savory white mushroom sauce and Asiago cheese with a tart vinaigrette.
Asian Chopped 13.25
Chopped Napa & red cabbage and rice noodles, with julienened red bell peppers, scallions, shredded carrots, cilantro and peanuts. Tossed with a miso ginger vinaigrette and topped with crispy noodles.
Cobb 13.75
Tomato, avocado, hard boiled egg, bacon, roast chicken, blue cheese chopped & tossed with romaine & classic cobb vinaigrette. 11.75
Greek 12.75
Chopped cucumber, tomato, bell pepper, red onion, crumbled feta cheese and kalamata olives. Tossed in our classic vinaigrette.

PAIR YOUR SALAD
Grilled Marinated Baby Artichokes 5.50
Grilled Tofu 6
Lemon-herb Chicken Breast 6
Sautéed Cilantro Lime Shrimp 7.50
Grilled Pork Tenderloin 6

SANDIES
Roasted Veggie & Provolone 13.50
Roasted bell peppers, onions and squash grilled with basil aioli and provolone, on sourdough bread.
Hot Turkey 13.75
House-roasted cumin-rubbed turkey breast with griddled red onion and tomato, avocado, mayo and provolone, on toasted sourdough.
Grilled Cheese 9
Cheddar, jack, on MG-baked sourdough. (add chopped shallots 1)
Cuban Torta 14.50
Mustard-roasted pork shoulder, green chile ham, griddled red onions and Swiss cheese, avocado, mayo, chipotle and relish on a split roll.

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

SIDES & SNACKS
Sautéed 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.

DESSERTS BY THE SLICE
(order a whole cake with 24 hr. notice)
Mercedes’ Carrot Cake 7
Evette’s Apple Pie 6

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

SMOOTHIE-OF-THE-DAY
Call us for today’s phyto-licious combination.

COFFEE & TEA DRINKS
Black or Hibiscus Tea 5
Hot Tea 5
Cold Brew 4

WHOLE WINE LIST
Gruet Domaine St. Vincent NV Bubbles 30/btl
2017 36/btl
Red
Mayu Pedro Ximenez 2018 30/btl
Ostatu, Rioja Alavesa

SOLD SATISFYING FAMILY STYLE DINNER
(Pre-order by 7pm previous day)
Kitchen Sam’s Chicken Parmesan 40
Breaded, pan fried chicken cutlets, tomato sauce, monterey jack, parmesan, secrets.
Family-sized Mac & Cheese 25
Family-sized Mashers & Gravy 18

COCKTAILS & WINE
Fresh Juice-based Batch Cocktail Kit
Serves 4
Call us for the buzz of the day.

MINI WINE LIST
White Mayo-Pedra Ximenez 2018 30/btl
Rose Ostatlu, Rioja Alavesa 2018 39/btl
Red Altas Las Hormigas Malbec 2017 36/btl
Bubbles Gruet Domaine St. Vincent NV 30/btl

Liver Love
Turmeric, cayenne, ginger, lemon & filtered water.

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.
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.