**JUICE BAR**

- **Spicy Apple Juice:**
  - Apple and ginger
  - 12oz · 6 & 16oz · 8

- **Fuchsia Fusion:**
  - Orange juice, carrot, beet
  - 12oz · 6 & 16oz · 8

- **Go Green:**
  - Cucumber, celery, apple, kale
  - 12oz · 6 & 16oz · 8

- **Mighty Mingle:**
  - Carrot, beet, celery, cucumber, ginger, apple, kale
  - 12oz · 6 & 16oz · 8

- **Orange Juice:**
  - 12oz · 5.50 & 16oz · 7

- **Virginia Juice:**
  - Cucumber, celery, apple, lemon, spinach, ginger
  - 12oz · 9 & 16oz · 12

- **Virginia Smoothie:**
  - Virginia juice blended with banana
  - 16oz · 12

- **Antioxidant Smoothie:**
  - Berries, bananas, choice of apple juice or almond milk
  - 16oz · 9

- **Ginger Shots:**
  - With apple, lemon, ginger
  - 2oz · 2.5 & 4oz · 5

**COLD BAR**

Our hand crafted beverages are always unsweetened

- **Filtered Vero Water** · 1
- **House Iced Tea, Ginger Peach:**
  - One complimentary refill · 3.5
  - additional refill · 1.5
- **Lemon Water** · 3.5
- **Seasonal Infused Water** · 2.5
- **Pellegrino** · 3
- **Soda Beverage** · 1.25

**COFFEE BAR**

Unsweetened Almond Milk Available*

- **Espresso** · 1.5
- **Latte** · 3.5
- **Cappuccino** · 3.5 *Add · 1
- **Macchiato** *Add · 1
- **Cortado** · 2 *Add · .50
- **Colada** · 2.25 *Add · .50
- **Coffee** · 3
- **Organic Hot Cocoa** · 4

**TEA BAR**

- **Green Tea** · 2.75
- **Chamomile Tea** · 2.75
- **Bombay Chai Tea** · 2.75
- **Blushing Geisha Steep City Tea** · 3.5

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**DAILY FARM TO TABLE SPECIALS**

**SMALL PLATES**

- **Hummus:** Paprika, olive oil, whole wheat pita bread · 8
  - Add carrots or blue corn chips · 2

- **Petit Salad:** Baby greens, tomatoes, carrots, sesame seeds, miso dressing · 6

- **Curry Chicken Salad:** Made with Greek yogurt, golden raisins, honey, balsamic onion garnish · 8

**SALADS**

- **The Cobb:** Baby greens, avocado, tomato, hard-boiled egg, blue cheese, diced apple, balsamic vinaigrette · 11

- **The Citrus Cilantro:** Romaine lettuce, tomato, avocado, red onions, cilantro, Parmesan cheese, citrus cilantro dressing · 10

- **New Mediterranean:** Baby greens, sundried tomatoes, goat cheese, red onions, sprouted lentils, oregano dressing · 12

- **Add Protein:**
  - Tuna Salad (mayo-less) · 2
  - Pulled Turkey Breast · 4
  - Smoked Salmon · 5
  - Diced Chicken Breast · 4
  - Turkey “Vaca Frita” · 5
  - Mahi Filet · 9

**DESSERTS**

- **Carrot Cake** · 4
- **Whole Wheat Chocolate Chip Cookies** · 1
- **Raw Coconut Cacao Macaroons** · 1.75
- **UnReal Cupcakes** · mini 3.50 regular 4.50
- **UnReal Brownie** · 5
- **Chocolate Pecan Brownies** · 4
- **Ginger Maple Macaroons** · 1.75

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* **VEGAN**
^ **VEGETARIAN**
° **GLUTEN FREE**
‡ **PALEO**

Please be advised, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
We respectfully decline substitutions. Please view a la carte.

**BURGERS & HOUSE SPECIALTIES**

We respectfully decline substitutions. Please view a la carte.

- **Green Gables Burger**: Black bean veggie patty*, avocado, tomato, miso dressing, sprouted wheat bun, baked sweet potato home fries · 15  Add Cheese · 1
- **Chipotle Turkey Burger**: Grilled onions, tomato, cheddar cheese, chipotle aioli, sprouted wheat bun · 15
- **Pesto Marinated Wild Caught Mahi Filet**: Quinoa, sautéed kale · 16
- **Turkey Picadillo**: Basmati brown rice, baby greens, balsamic vinaigrette · 12
- **Turkey Vaca Frita**: Basmati brown rice, black beans, baby greens, balsamic vinaigrette · 15

**WONDER BOWLS**

A full meal in a single bowl, wonderfully!

- **Deconstructed Turkey Burrito**: Black beans soup, basmati brown rice, turkey “picadillo”, avocado, scallions, jalapeño aioli · 13  Sub Quinoa for Rice · 14.5
- **Queen Quinoa**: Choice of soup, quinoa, turkey “vaca frita”, avocado, scallions · 14
- **Full Harvest**: Herb roasted seasonal vegetables, sautéed kale, turkey “vaca frita” · 17

**Super Food Salad Bowl**: Sautéed kale, Basmati brown rice, fresh spinach, tomato, sesame seeds, scallions, avocado, miso dressing · 12

  - Add Turkey “Picadillo” · 3.5
  - Add Turkey “Vaca Frita” · 5
  - Add Crumbled Veggie-Burger Patty · 6
  - Add Pulled Turkey Breast or Chicken · 4

**Lunch Bowl**: Choice of Soup, basmati brown rice, avocado, scallions · 10

  - Add Turkey “Picadillo” · 3.5
  - Add Turkey “Vaca Frita” · 5
  - Add Crumbled Veggie-Burger Patty · 6
  - Add Pulled Turkey Breast or Chicken · 4

A FOOD ALLERGY is a medical condition.

A DIETARY PREFERENCE means you rather have something else. In both cases, we will do our best to accommodate your needs. We take your health seriously!

**SOUPS**

- **Cup** · 5.5  **Bowl** · 8.5

**MONDAY**

- **Red Lentil with Vegetables**

**TUESDAY**

- **Carrot Ginger**

**WEDNESDAY**

- **Green Lentil with Vegetables**

**THURSDAY**

- **Butternut Squash**

**FRIDAY**

- **Split Pea with Vegetables**

**EVERYDAY**

- **Black Beans**

**a la carte**

- **Side Pulled Turkey Breast** · 8  Half · 4
- **Side Turkey “Vaca Frita”** · 9.5  Half · 5
- **Side Turkey “Picadillo”** · 7  Half · 3.5
- **Side Light Tuna Salad** · 5
- **Mahi Filet** · 9
- **Turkey Patty** · 5
- **Black Bean Veggie Patty** · 6
- **Baked Sweet Potato Home Fries** · 4.5
- **Sautéed Kale** · 4.5
- **Sautéed Spinach** · 7
- **Side Brown Rice** · 2.5
- **Side Quinoa** · 4.5
- **Side Avocado** · 3
- **Baby Greens, Balsamic Vinaigrette** · 3
- **Carrot Sticks, Aioli** · 3
- **Blue Corn Tortilla Chips** · 3
- **Side of Fruit** · 7  Petit 3.50

**LITTLE Extras**

- **Basil Pesto** · 3
- **Cilantro Aioli** · 2
- **Citrus Cilantro Dressing** · 2
- **Balsamic Vinaigrette** · 1.5
- **Garlic Aioli** · 2
- **Miso Dressing** · 2
- **Honey Butter** · 1
- **Jalapeño Aioli** · 2
- **Chipotle Aioli** · 2
- **Organic Sriracha** · 1
- **Oregano Dressing** · 1.5

Split plate charge · 2.5
BREAKFAST

Simple Breakfast: Two eggs any style, honey butter toast, fresh fruit or small orange juice · 8

Lox Bagel: Wild caught smoked salmon, sprouted wheat bagel, shaved cucumbers, cream cheese, thin red onion · 10

▲Parfait: Greek yogurt, maple-almond granola, fresh fruit · 5.5

Ham and Cheese Panini: Virginia ham, cheddar cheese, whole wheat baguette · 7 Add 2 Eggs · 10.5

▲ Toast: Whole wheat baguette, honey butter · 2.5

° 2 Eggs: Any style · 4 Egg Whites Only · 6

▲ Sprouted Wheat Bagel: Cream cheese or honey butter · 3

HOUSE SPECIALTIES

* Oatmeal Emma
  Old fashioned oats, almond milk, tahini, brown sugar, cinnamon · 8
  Half Order · 5
  Additional ingredients · 1 each: Nuts, Fruits

° Scramble Sandwich: Scrambled eggs, Swiss cheese, Virginia ham, wrap or choice of bread · 9

° Breakfast Turkey Patty: Baked sweet potato home fries, fried egg · 10

‡ Naked Lox: Wild caught smoked salmon, thin red onions, avocado, walnuts, two poached eggs, arugula · 12

▲ Morning Glory Muffin
  Whole wheat flour, carrot, coconut, pineapple, golden raisins · 3
  Ask your server about our seasonal muffins

▲ Avocado Toast: Multigrain toast, avocado, Za’atar · 6
  Add tomato · 1 Add hummus · 3

▲ Egg Panini: Spinach and tomato omelet, balsamic onions, garlic aioli, whole wheat baguette or wheat wrap · 9

° Gluten Free Pancakes: Fruit, maple syrup · 6 Add Bacon · 10

OMELETS

Served with baked sweet potato home fries

▲ Garden Grown: Mushrooms, bell peppers, onions, spinach · 8.5

▲ White Light: Egg whites, tomato, spinach, goat cheese · 10

▲ Cheesy Breezy: Cheddar, parmesan · 8

▲ Chic Fare: Spinach, goat cheese, onion, sundried tomato · 8

Additional ingredients · 1 each:
  Virginia Ham, Pulled Turkey Breast, Avocado, Cheese, Bacon

Additional ingredients · 2 each:
  Egg, Smoked Salmon

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  Macchiato *Add · 1
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Organic Hot Cocoa · 4

TEA BAR

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  Chamomile Tea · 2.75
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  Blushing Geisha Steep City Tea · 3.5

* VEGAN

▲ VEGETARIAN

° GLUTEN FREE

ǂ PALEO

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ORGANIC FOOD LOCAL FLAVOR

We only source organic vegetables and fruits from companies we know and trust. We serve grass fed beef and our poultry is organic when available and always antibiotic free. Our kitchen uses safflower oil and virgin olive oil and we hand craft our dressings and aiolis in small batches. The eggs and milk we serve are organic. Thank you for supporting our family business since 2007!