

## Organic Soups & Salads

### Fresh House Made Soups of the Day

Bowl 5.75 Cup 3.95

- Beet Salad . . . . . 8.95  
(greens, roasted beets, hazelnuts, hemp seeds & vegan dill ranch dressing)
- Caesar Salad . . . . . 8.95  
(greens, shredded parmesan & croûtons tossed in Cesar dressing)
- Gardentastic Salad . . . . . 8.95  
(veggies galore, greens & roasted seeds in garlic mustard vinaigrette)
- Kale Tahini Quinoa Salad . . . . . 9.95  
(Kale tossed in tahini garlic dressing, topped with quinoa, cranberries & roasted seeds)
- Mediterranean Salad . . . . . 8.95  
(greens, cucumber, tomato, red onion, Kalamata olives & feta in balsamic)
- Simple Green Salad . . . . . 4.75  
(House salad with cucumbers, veggies & balsamic vinaigrette)

We are forced to say "consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness", but that's for factory food!

Serving Lunch from 9am-7:30pm Mon-Sat 9am-5:30pm Sun  
1009 12th St. Hood River, OR 97031 Phone 541-386-4203



# MENU

## Vegetable Style

- \* means available in 1/2 sandwich 5.00
- The Benevolent Burrito . . . . . 8.95  
(cabbage & carrot slaw, black bean corn salsa & avocado in a flour wrap)
- Big Easy Sandwich . . . . . 9.95  
(roasted veggies, olive-sun dried tomato tapenade, greens & garlic herbed aioli on ciabatta bread)
- Radical Ruben Sandwich . . . . . 9.95  
(marinated tempeh, house made kraut, cashew-sunflower cheese & 1000 island on toast)
- \*T-Blat . . . . . 8.95  
(tempeh bacon, lettuce, avocado, tomato & grape seed veganise on toast)
- \*Typical Veggie Sandwich . . . . . 7.95  
(avocado, hummus, cucumber, red onion, tomato & greens on bread)
- Grilled Cheese, Organic . . . . . 5.00
- Soup Salad or Sandwich Combo 8.25  
(Cup of Soup with House Salad or half Sandwich)

## Animal Style

- Turkey Club . . . . . 9.95  
(Diestel Turkey, bacon lettuce, tomato, mayo & 3 slices of toast)
- the Tonya Wrap . . . . . 9.95  
(Diestel Turkey, bacon, avocado, lettuce, tomato & red onion in a coconut wrap)
- Italian Sandwich . . . . . 9.95  
(ham, hot capicola, prosciutto, provolone, pesto, mama's lil's on ciabatta bread)
- \*Dilly Tuna Organic Sandwich . . . . . 9.95  
(Oregon albacore tuna, apples, celery, mayo, mustard, dill & lettuce on bread)
- \*Organic Chicken Salad Sandwich 9.95  
(Chicken breast, cranberries, celery, scallion, walnuts, mayo & lettuce on bread)
- Organic Asian Chicken Slaw Wrap 9.95  
(Chicken Breast, cabbage, carrot, cucumber, red onion, tomato & Asian dressing in a flour wrap)
- Grass Fed Ruben Sandwich . . . . . 11.00  
(Grass fed pastrami, house made kraut, swiss cheese & 1000 island on toast)

### ~ Add On to Anything~

- Organic Chicken Breast 3.00
- Bacon, Uncured 2.00
- Avocado, Organic 1.50
- Paleo Coconut Wrap 1.00
- Gluten Free bread or wrap .50

## Breakfast Menu

Veggie Breakfast Burrito, Organic	7.95
(2 eggs, sautéed veggies, beans, potatoes, tomato & cheese in a flour tortilla with a side of salsa)	
Ultimate Organic Breakfast Burrito	9.95
(2 eggs, chicken basil sausage or grass-fed beef sausage, beans, potatoes, veggies, tomato & cheese in a flour wrap with a side of salsa)	
Bacon Potato Breakfast Burrito . . .	9.95
(2 eggs, bacon, potatoes, sautéed veggies, tomato & cheese in a flour wrap & side of salsa)	
Organic Vegetarian Breakfast Bowl	7.95
(2 eggs, sautéed veggies, beans, potatoes, tomato & cheese with a side of salsa)	
Organic Meat Breakfast Bowl . . .	9.95
(2 eggs, chicken basil sausage or grass-fed beef sausage, sautéed veggies, cheese, beans, potatoes & tomato with a side of salsa)	
Chicken N' Egg Sandwich, Organic	8.95
(1 Egg, chicken sausage patty, tomato, onion, lettuce, cheese, mayo & mustard on toast)	
Egg Sandwich, Organic . . .	6.95
(1 Egg, tomato, onion, lettuce, cheese, mayo & mustard on toast)	

Serving Breakfast Mon-Fri 7am to 11am Sat-Sun 8am to noon  
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## Fruits & Grains

Paleo "Good Waffle" 2 squares	7.95
(Served with organic Butter & Maple Syrup made of Almond & egg white)	
Multi-Grain Pancakes, Organic	8.95
(Served with Butter, Pancake Syrup & Seasonal Fruit)	
Yogurt Parfait, Organic 15 oz.	7.95
(whole milk or coconut yogurt or kefir, granola & seasonal fruit)	
Hot Oatmeal, Organic . . . 14oz	5.95
(Oatmeal with your choice of raisins, Organic Milk, Kefir, Coconut or Almond Milk.)	
Seasonal Fruit Dish, Organic . . .	6.95

Here at Farm Stand in the Gorge, Integrity to the highest quality food Ingredients is a Core Value! Welcome, and enjoy Clean, Quality food prepared for you with Love! All of our eggs, veggies, chicken, beef, beans, grains, dairy & oil ingredients are Organic or Grass-fed. In our kitchen you will only find Sunflower, Coconut & Olive oil. Here's to your taste buds & your health!

## To Drink

Bulletproof Coffee Brain Octane	4.95
(Upgraded Coffee, Bulletproof® Brain Octane™ Oil & grass-fed Butter)	
House Coffee, Organic . . . 16oz	2.25
Hot Tea of Choice . . . .	1.50
Bulletproof Hot Chocolate 16oz	6.25
(raw cacao, grass-fed butter, Brain Octane Oil, Collagen Protein, cinnamon & monk fruit)	
Hot Cocoa, Organic 3.50	
(Sugar Cane Juice, Nonfat Dry Milk, Cocoa, Guar Gum, Sea Salt, Carob Gum & Vanilla Powder)	
Raw Kombucha . . . . . 16oz	3.50
Smoothie, Organic . . . 16oz	5.25
Protein Boost 1.25	Super Food Boost .50
(See Smoothie Menu for flavors & boosters)	
Organic Ice Cream cone or bowl 5 oz.	3.75
Three Twins Ice Cream add a scoop 4 oz.	2.00

~ Add On to Anything~

Organic Egg	1.50
Organic Chicken Sausage	3.00
Bacon, Uncured	2.00
Avocado, Organic	1.50
Sour Cream, Organic	1.00
Paleo Coconut Wrap	1.00
Gluten Free bread or wrap	.50