



**AVOCADO TOAST : \$5**

Nashoba Bakery sourdough toast topped with Avocado and Himalayan pink salt,

**SPICY AVOCADO: \$6.50**

Avocado toast with Hosta Farm Kimchi

**GOAT CHEESE TOAST : \$5**

Nashoba Bakery sourdough toast topped with creamy Goat Cheese Spread

**CHEESE & FRUIT : \$6.50**

Goat Cheese Toast with Fruit Preserves

**MUSHROOM TOAST : \$7**

Goat Cheese toast with herb sautéed Mushrooms

**SLICE OF HEAVEN : \$7**

Nashoba Bakery sourdough toast topped with almond butter, bananas, walnuts and honey

**ADD :**

fried organic egg \$1 gf  
house fruit preserves \$1.5 gf, v  
sautéed mushrooms \$2 gf, v

**EGG SANDWICH : \$6**

Nashoba Bakery Roll, one fried egg, cabot sharp cheddar, & Avocado-kimchi spread

**YOGURT PARFAIT : \$6 (GF)**

Low fat Greek yogurt with Fisher House granola & fruit preserves

**GRANOLA BOWL : \$6 (GF)**

Choice of milk & 3 toppings

**BLISS BOWL: \$7 (GF)**

Greek yogurt with 4 toppings

**AÇAI BOWL: \$8 (GF,V)**

Acai & guarana blended with banana and hemp milk choice of 4 toppings

**3 EGG SCRAMBLE: \$8**

3 organic eggs, scrambled with 3 items from below served with toast

choose from : spinach, kale, red pepper, onion, mushrooms, avocado, pesto, cheddar, mozzarella

**SAUTÉED GREENS & VEGETABLES: \$12 (GF,V)**

Locally grown dark leafy greens sautéed with seasonal vegetables, cider dressing

**TOPPINGS:**

- Fisher House Granola
- Chia Seeds, Coconut, Almonds
- Walnuts, Banana
- Dried Cranberries
- Apples
- Agave
- Maple Syrup
- Honey
- Cacao nibs

**ADD TO LUNCH PLATES**

**AND SALADS :**

- fried organic egg \$1
- sautéed mushrooms \$2
- roasted chicken \$4

## SALADS

THE NATHAN  
FISHER HOUSE: \$12

Local mixed greens, cucumber, red bell pepper, carrot, radish, cabbage, dried cranberries, walnuts, camembert cheese, house vinaigrette (GF)

THE BUDDHA: \$12

Local mixed greens, cucumber, shredded carrot, cabbage, radish, avocado, almonds, sesame seeds, orange-miso-sesame vinaigrette. (GF, V)

THE DEEPLY  
ROOTED: \$12

Local mixed greens with rosemary, sage & thyme roasted winter vegetables, quinoa & pecans, cider house vinaigrette (GF,V)

## PANINI

\*GLUTEN-FREE BREAD AVAILABLE\*

TWO CHEESE & APPLE: \$8

Sharp cheddar cheese and fresh goat cheese spread with apple-ginger chutney on Nashoba sourdough\*

POWER VEGGIE: \$10

Hass avocado, roasted red peppers, house-made hummus, and baby spinach on Nashoba sourdough\* (V)

CHICKEN PESTO: \$12

Herb Roasted chicken, fresh mozzarella cheese, roasted red peppers, and our nut-free pesto on Nashoba sourdough\*



# Smoothies

20 oz \$10

<input type="checkbox"/>	Funky Monkey	Organic coffee, banana, maple syrup, cocoa, almond milk or hemp milk	<input type="checkbox"/>
<input type="checkbox"/>	Green Glow	Apple, orange, spinach, cucumber, avocado	<input type="checkbox"/>
<input type="checkbox"/>	Tropical Sunrise	Pineapple, banana, orange, strawberry, ginger	<input type="checkbox"/>
<input type="checkbox"/>	Tiramisu	Organic coffee, banana, almond butter, cinnamon, carob powder, almond or hemp milk	<input type="checkbox"/>
<input type="checkbox"/>	Protein Plus	Choice of protein powder, banana & choice of milk	<input type="checkbox"/>
<input type="checkbox"/>	Dark Moon	Blackberries, blueberries, almond butter, banana, almond or hemp milk	<input type="checkbox"/>
<input type="checkbox"/>	Just Beet It	Beets, berries, spinach, orange, ginger	<input type="checkbox"/>
<input type="checkbox"/>	Add in:	Chia seeds 50¢ Native honey 50¢ Organic cocoa nibs \$1.00 Amazing Grass® Protein & Kale \$3.50 Organic Whey Protein \$4.00	<input type="checkbox"/>



# Beverages

Complimentary Infused Water

Dark Roast Red Barn Coffee \$2/3

Cold-Pressed Juice 10oz \$6

Smoothies \$10

Organic Teas \$3

Assam(black)-Sencha(green)-Chai(black)-Chamomile

Rishi Loose Leaf Teas \$3

Turmeric-Ginger, Jasmine, Mint-Green

Full Kettle Farm Loose Leaf Teas \$3

Full Breath, Heart Tonic, Bold as Blood, Lemon Ginger, Tulsi,  
Mint Verbena, Murder of Colds, Sleep More, Double Mint



# Hot Shots or Shrubs

3oz Shot Glass

\$3

8oz Mug

## **Fire Cider Tonic**

Our blend of warming and supportive herbs and spices infused with cider vinegar & honey

## **Lemon, Ginger and Wild Flower Honey**

Lemon juice, ginger syrup & wild flower honey

## **Spiced Cider Switchel**

Raw cider vinegar, cider syrup, ginger & spices

## **Ginger, Turmeric & Tulsi**

Herbal syrup and turmeric honey

**Add Old Friends Ginger Honey, Elderberry Honey or Turmeric Honey to any of the above, or any Tea**

**\$1**