



## **BREAKFAST**

*served on a ciabatta roll or club roll. Also available: bagel, croissant or wrap (extra \$)*

<b>EGG/CHEESE</b>				<b>\$3.50</b>
+ Bacon (.75)	+ Turkey (.75)	+ Sausage (.75)	+ Ham (.75)	
<b>BREAKFAST SCRAMBLER</b>				<b>\$5.25</b>
scrambled egg sandwich with spinach, feta and sundried tomato on an English muffin				
<b>BREAKFAST BURRITO</b>				<b>\$5.50</b>
fried egg, Swiss, bacon, banana peppers and pico in a wrap				
<b>BREAKFAST POWERHOUSE</b>				<b>\$5.75</b>
egg sandwich with avocado, black beans, feta cheese and kale on wheat toast				
<b>HEALTHY WRAP</b>				<b>\$6.25</b>
egg whites, turkey, swiss, avocado, wheat wrap (add hot sauce!)				
<b>AVOCADO TOAST</b>				<b>\$7.00</b>
Sourdough, smashed avocado, tomato, red pepper chili flakes (add sunny side egg!)				
<b>BAGEL LOX</b>				<b>\$7.50</b>
bagel with salmon, cream cheese, capers, red onion				

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## **LUNCH**

*bread options: Portuguese roll, white wrap, wheat wrap, sourdough, multigrain. Gluten Free wrap*

<b>ROASTED TURKEY SANDWICH</b>	<b>\$8.00</b>
baby swiss, bacon, avocado, roasted tomato aioli	
<b>FRICKEN CHICKEN SANDWICH</b>	<b>\$8.50</b>
chicken cutlet, melted mozzarella, arugula and tomato aioli	
<b>PESTO CHICKEN SANDWICH</b>	<b>\$8.00</b>
roasted red peppers, mozzarella, arugula	
<b>FRENCH PRESS PANINI</b>	<b>\$8.50</b>
smoked ham, brie cheese, honey mustard, tomato	
<b>VEGARITTO (VEGAN WRAP)</b>	<b>\$8.00</b>
quinoa, sweet potato, black bean, avocado, kale, pico, wheat wrap	
<b>CHICKEN WRAP</b>	<b>\$8.00</b>
fresh mozzarella, arugula, tomato aioli, plain wrap	

## **TACOS**

*Served on small flour tortillas. Gluten free tortillas available upon request*

<b>PORK TACO</b> Braised pork, avocado, pico, chipotle crema	<b>\$9.00</b>
<b>KOREAN TACO</b> sweet and spicy beef, pickled carrots, sriracha crema	<b>\$9.00</b>
<b>CHICKEN TACO</b> White BBQ sauce, avocado, red onion, pico	<b>\$9.00</b>
<b>VEGGIE "THE MCKEAN" TACO</b> black bean, sweet potato, pico, avocado, chipotle crema	<b>\$9.00</b>

## **SALADS & CLASSICS**

<b>FARM STAND CLASSIC</b> mixed greens, arugula, baby spinach, sunny side egg, grape tomatoes, red onion, carrots, balsamic	<b>\$6.95</b>
<b>"KEEN-WAH"</b> quinoa, sweet potato, cranberries, kale, Meyer lemon dressing	<b>\$7.50</b>
<b>CHICKEN SALAD / SANDWICH</b>	<b>\$7.50</b>
<b>TUNA SALAD / MELT</b>	<b>\$7.50</b>
<b>SOUP OF THE DAY (seasonal)</b>	<b>\$3.75</b>
<b>PBJ or GRILLED CHEESE</b>	<b>\$3.75</b>

## **DESSERTS**

<b>ICE CREAM CONE or CUP</b>	<b>\$4.00</b>
<b>HAYFIELDS FAMOUS MACAROONS</b> or a variety of cookies, cakes, brownies, pies, sticky buns and more!	

## **CATERING SERVICES AVAILABLE**

We specialize in providing quality food in the comfort of your own home or office (pick up, delivery or on-site chef) as well as large events where passed hors d'oeuvres and featured food is of importance. We cater to corporate luncheons, intimate dinners of 6 or to festive cocktail parties and fundraisers with over 150 people.

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## BEVERAGES

HOT COFFEE	SMALL	\$2.00	<u>SMOOTHIES</u>	SMALL	\$5.75 / LARGE	\$7.99
	MEDIUM	\$2.50				
	LARGE	\$3.00	LEAN PROTEIN SHAKE			
			peanut butter, banana, low fat yogurt, soy milk			
HOT TEA	SMALL	\$1.75	SMOOTH MOVE			
	LARGE	\$2.25	mixed berries, banana, spinach, avocado, pomegranate juice			
ESPRESSO	SINGLE	\$2.25	GREEN SHREK			
	DOUBLE	\$3.50	Banana, spinach, avocado, apple, coconut water			
LATTE	SMALL	\$3.50				
	MEDIUM	\$4.00				
	LARGE	\$4.50				
CHAI LATTE	SMALL	\$3.50				
	MEDIUM	\$4.00				
	LARGE	\$4.50				
DIRTY CHAI	SMALL	\$4.00	ICED TEA	SMALL	\$3.00	
	MEDIUM	\$4.50		LARGE	\$3.75	
	LARGE	\$5.00				
CAPPUCCINO	SMALL	\$3.50	ICED LATTE	SMALL	\$5.00	
	MEDIUM	\$4.00		LARGE	\$5.75	
	LARGE	\$4.50				
AMERICANO	SMALL	\$2.50	ICED COFFEE	SMALL	\$3.00	
	MEDIUM	\$3.00		LARGE	\$3.75	
	LARGE	\$3.50	ICED CHAI LATTE	SMALL	\$4.75	
GODFATHER	SMALL	\$4.25		LARGE	\$5.25	
	MEDIUM	\$4.75	HOT CHOCOLATE	SMALL	\$3.00	
	LARGE	\$5.25		LARGE	\$3.50	
FLAVOR SHOTS:		\$0.50	HOT APPLE CIDER	ONE SIZE	\$3.29	
<i>(mocha, vanilla, caramel, hazelnut)</i>						

## NOW SERVING BEER / WINE / HARD CIDER

BOTTLE BEER	\$5
CRAFT BEER	\$7
WINE (by the glass)	\$9