






The  
***Farmhouse***  
 » Grill «

## Breakfast Sandwiches

		cal
Egg & Cheese	 \$3.39	290
Egg, Ham & Cheese	\$3.69	320
Egg, Bacon & Cheese	\$3.69	350
Egg, Sausage & Cheese	\$3.69	470

Your choice of English Muffin, Bagel or Croissant

## Breakfast a la carte

		cal
Fried Egg	 \$2.09	120
Tofu Scramble Bowl	 \$4.49	170
Avocado Toast	 \$4.29	200
Hashbrown Patty	 \$2.19	320

## Omelets

		cal
Cheese Omelet	 \$5.79	290
Western Omelet	\$5.79	420
Everything Omelet	\$5.79	580
Build Your Own	\$5.79	

## McGoldrick Breakfast

**\$5.19**

2 Eggs, Hashbrown Patty and your choice of Bacon, Ham or Sausage



Mindful



Vegan



Vegetarian



Plant Based

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

# GRILLED

## Burgers

Pineland Farms Beef Burger	\$6.99	cal	330
Turkey Burger	 \$6.99		270
Grilled Chicken	 \$6.99		480
Papous Falafel Patty	 \$6.59		520
Blue Mango Burger	 \$6.59		270
Atlantic Sea Farms Burger	\$5.59		

## Burger Add-Ons

Bacon	\$2.19	cal	130
Fried Egg	 \$2.09		
Avocado	 \$1.19		

## Quesadillas

Cheese Quesadilla	 \$4.79	cal	320
Chicken Quesadilla	\$6.89		450
Steak Quesadilla	\$6.89		530

## Cheese – Choose 1

American Cheese
Swiss Cheese
Cheddar Cheese
Pepperjack Cheese
Provolone Cheese
Additional Cheese \$0.99

## Burger Spreads

Lemon Garlic Aioli
Creamy Sriracha Sauce
Chipotle Lime Mayo
Truffle Mayo

## Toppings – choose 4

Leaf Lettuce
Tomato
Red Onion
Caramelized Onions
Dill Pickle Chips
House Made Pickles
Marinated Mushrooms
Additional Toppings \$0.49

*Additional Condiments are available at the condiment station*

## Hungry Husky Fried Chicken Sandwich

Fried Chicken with lettuce, pickles and sriracha lime sauce  
\$7.79 330cal

## Chicken Tenders

\$5.59 for 3 330cal

## Local French Fries

\$2.59  370cal

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## create your own sandwich \$7.69

Breads			
	cal		cal
White Bread	140	Panini Bread	210
Wheat Bread	240	Corn Dusted Kaiser	200
Multigrain Bread	180	Gluten Free Multigrain	300
12" Flour Tortilla	290	Ciabatta Panini	180
White Sub Roll	470	Baguette	470

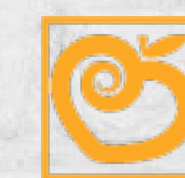
Toppings			
	cal		cal
Green Leaf Lettuce	0	Baby Spinach	20
Tomato	5	Cucumber	10
Mild Banana Peppers	10	Sliced Red Onion	10
Sliced Red Pepper	20	Sliced Black Olives	30
Shitake Mushrooms	10	Pickle Spear	3

Middles			
	cal		cal
Roasted Turkey 	80	Bacon	100
Hickory Smoked Ham	90	Chicken Salad	130
Genoa Salami	320	Tuna Salad	120
Roast Beef	320	Egg Salad 	210
Grilled Chicken 	320	Hummus 	100

Spreads			
	cal		cal
Mayonnaise	100	Chipotle Mayonnaise	110
Lemon Garlic Aioli	270	Yellow Mustard	10
Spicy Brown Mustard	10	Dijon Mustard	20
Creamy Sriracha Sauce	40	Oil	80

### Cheese 100 – 110 cal

Cheddar – Swiss – Provolone – American – Pepper Jack



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### Build Your Own Poke...\$9.99

#### Select Your Base

		cal
White Sushi Rice	1 cup	240
Red and White Quinoa	1 cup	230
Spring Mix with Kale	1 cup	5

#### Add a Protein – Choose 1

		cal
Atlantic Poke Salmon	3 oz	140
Yellowfin Tuna	each	70
Grilled Huli Huli Chicken	½ cup	170
Atlantic Seafarms Burger		
Seared Ponzu Tofu	½ cup	180
Seared tofu marinated in ponzu sauce, miso, ginger, garlic and wasabi		

#### Toppings! – Choose 4

		cal
Edamame	¼ cup	40
Avocado	1 oz	45
Seaweed Salad	¼ cup	25
Marinated Mushrooms	¼ cup	10
Kimchi	¼ cup	
Mango Chunks	¼ cup	
Pickled Jalapeno	¼ cup	
Sliced Scallions	¼ cup	



Seaweed Salad is sourced from Atlantic Sea Farms in Biddeford, Maine

#### And a Sauce – Choose

		cal
<b>House Poke</b> – tamari, sesame oil, sambal oelek, fresh ginger	2 Tbsp	25
<b>Citrus Miso</b> – White miso, honey, sesame, grapeseed oil, rice vinegar, lemon	2 Tbsp	110
<b>Dragon Sauce</b> – Gochujang paste, tamari, rice vinegar, sambal oelek, garlic, sesame oil, ginger	2 Tbsp	80
<b>Lemon Garlic Aioli</b>	2 Tbsp	
<b>Creamy Sriracha Sauce</b>	2 Tbsp	

#### Garnish – Choose 1

		cal
Crispy Garlic Bits	1 Tbsp	35
Sushi Nori (Seaweed)	1/8 cup	50
Black and Blonde Sesame Seeds	1 tsp	15
Firikake	1 Tbsp	

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# Farmer's Field

## Pick your greens

		cal
Arugula	3 cups	20
Local Leaf Greens	3 cups	15
Baby Spinach	3 cups	20

## Create your own salad \$8.99

Make your selections.  
We will toss it to order.

### Toppings – Pick 4

		cal
Black Olives	  1/8 cup	35
Carrots	  1 oz	10
Grape Tomatoes	  1 oz	5
Red Onions	  1 oz	10
Avocado	  1/4 cup	80
Cucumber	  1 oz	10
Broccoli	  1 oz	10
Slaw	  1 oz	10
Banana Peppers	  1 oz	10
Red Peppers	  1 oz	10

### Protein – choose 1

		cal
Hummus	 2 oz	110
Grilled Chicken	2 oz	70
Tofu	  2 oz	50
Chicken Salad	2 oz	70
Tuna Salad	  1/4 cup	40

### crunch

		cal
Craisins	1/8 cup	60
Pumpkin Seeds	1 oz	160
Seasoned Croutons	1 oz	120

### Cheese – Pick 1

		cal
Feta Cheese	2 Tbsp	35
Shredded Parmesan	1 Tbsp	20
Shredded Cheddar	1 Tbsp	40

### dressing

		cal
Ranch Dressing	1 oz	70
Italian Dressing	1 oz	160
Caesar Dressing	1 oz	140
Balsamic Vinaigrette	1 oz	110



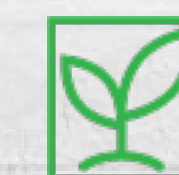
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# Today's Featured Salads

## Farmer's Field

**Grilled Chicken Caesar** \$8.79 470 cal

Crisp romaine topped with grilled chicken, baked wheat croutons & parmesan cheese, tossed with Caesar dressing

**Southwestern Grilled Chicken** \$8.79 490

Romaine, grilled chicken, black bean salsa, cheddar jack cheese and baked tortilla chips

**Greek & Grain**  \$8.79 370

Mixed greens, grilled chicken, tri-color quinoa, caramelized red onions, feta, olives, pita chips & Greek vinaigrette

**Hippie Chick Salad**  \$8.79 400

Mixed greens, honey glazed tofu, quinoa, pickled red onions, cranberries and walnuts



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