

FYR &amp; SALT

# THE CAFE & MARKET

at 8 Hands Farm

|                       |  |                        |   |
|-----------------------|--|------------------------|---|
| <b>PREPARED FOOD</b>  | <b>EGG SANDWICH</b><br>beef bacon, pepper jack,<br>broccoli rabe, potato, roasted<br>garlic aioli 16 | <b>SOURDOUGH BREAD</b> | WHITE 7.75  |
|                       | <b>CUBAN</b> 22<br>ham, gruyere, dill pickles,<br>mustard  |                        | WHOLE WHEAT 7.75  |
|                       | <b>COCONUT CURRY SOUP (VEGAN)</b> 15<br>wood-roasted carrot, sourdough<br>toast, za'atar             |                        | SEMOLINA 7.75   |
|                       | <b>CHICKEN SALAD SANDWICH</b> 16<br>waldorf chicken salad, apples,<br>currants, arugula              |                        | MULTIGRAIN 7.75   |
|                       | <b>RICOTTA TOAST</b> 15<br>wood-roasted eggplant caponata,<br>balsamic, herbs, sourdough             |                        | PULLMAN - EINKORN 16  |
|                       | <b>CURRY LAMB MEATBALL</b><br>yogurt, feta, pickled vegetables,<br>za'atar, cous cous salad          |                        | SPELT W/ ROSEMARY & OLIVE OIL 16                            |
| <b>DRINK SPECIALS</b> | ORGANIC PLUM ICED TEA 3.5  | <b>SWEETS</b>          | PUMPKIN & CHOCOLATE CHIP MUFFIN 7                           |
|                       | COLD BREW 6  |                        | BUTTERNUT SQUASH & PECAN SCONE 6.5                          |
|                       | ESPRESSO TONIC 6.5   |                        | WOOD-ROASTED APPLE TURNOVERS 10                             |
|                       | GOLDEN MILK & HONEY LATTE 7  |                        | BANANA BREAD (SM/LG) 6.5/28                                 |
|                       |  |                        | CHOCOLATE CHIP COOKIES (3)<br>browned butter, sea salt 12.5 |
|                       |  |                        | AMARETTI COOKIES (6) 10.5                                   |
|                       | SESAME TAHINI COOKIES (3) 12.5   |                        | CANDIED GINGER COOKIES (3) 12.5                             |
|                       |  |                        | VANILLA CUSTARD/APPLE CIDER SORBET 7.5                      |



ALL MEAT IS RAISED ON THE FARM.  
INGREDIENTS ARE SOURCED FROM THE FARM,  
LOCALLY AND ORGANICALLY.

