



# F a r m S t a n d D e l i M e n u

Order with the cook.

Pay at the cashier.

*We'll deliver to your table.*

All organic ingredients, many from  
local farms!

## *S a l a d s ~*

Organic Side Salad - \$3.99

Mixed Greens, Bell Peppers, Mushrooms, Onion, and Sunflower Seeds with Moroccan Sesame Dressing or Oil & Vinegar

### Sides of Meat & Cheese

\$1.50 Chicken or Ham

\$1.00 Cheeses

## *S o u p s ~*

Everyday we have a meat-based soup and a vegetarian soup. Soups are made here from organic and local ingredients in the store. This is really a specialty; we take pride in how many folks love our homemade soups!

Soup du jour - \$2.49 cup/\$4.99 bowl

# *A u t h e n t i c T a c o s*

We serve traditionally inspired tacos that come with different outstanding fillings!

Tacos: Only \$3.00 each! - Served on a gluten free sprouted corn shell. We recommend at least two tacos to make a meal. Mix and match the varieties. Served with a medium spicy homemade hot sauce & lettuce on the side...

Spinach, Mushroom, and Feta – Sautéed organic spinach and mushrooms topped with feta cheese. A big seller!

Chorizo Sausage & Vegetable – Homemade pork chorizo sausage! This is slowly made from lots of great organic spices and from local pastured pork – very authentic! Mildly spicy, it is served with our roasted vegetable mix and feta cheese.

Roasted Vegetables and Feta Cheese – Our organic roasted seasonal vegetable blend with feta cheese. The medium hot sauce on the side makes this taco great!

Cumin Lime Chicken and Roasted Vegetable – Our pastured local chicken marinated for 48 hours in our special cumin –lime marinade made from fresh squeezed organic limes, has roasted vegetables, some mild homemade hot sauce, and feta cheese. Probably the best selling taco!

Spicy Chicken and Roasted Vegetable – Our cumin lime chicken made spicy! Tell us how hot you want it. We make it to order!

Steak Taco with Chipotle Peppers and Caramelized Onions – The 100% grass fed beef steak tacos are made with chipotle peppers and roasted tomatoes and mixed with caramelized onions. Medium Spicy.

All ingredients are gluten free and all the tacos are delicious with or without cheese.

# Artisan Sandwiches~

- All Sandwiches are made on an artisan locally made organic bread and *served with seasonal fruit...*
- Upon request, sandwiches can also be served on gluten free bread or Ezekial *sprouted grain bread...*

**Italian Chicken Sandwich** - Gourmet Italian Balsamic (pastured local) sliced Chicken Breast served with Garlic Aioli, Lettuce, Tomato, and Red Onion – \$9.95 (cold sandwich)

Note: *This house made Italian chicken "cold cut" is made from local pastured chicken breast that is lovingly marinated for 48 hours in our special balsamic vinegar based marinade. Fully cooked and sliced thin for an amazing flavor. Homemade mayonnaise with fresh garlic in the aioli makes for a truly artisan sandwich.*

**The Roast Beast** – The sliced Roast Beef rests in our special au jus prepared and is then prepared with oregano-garlic butter. We add sautéed bell peppers and red onions, and top it off with a locally made Gouda cheese from 100% grass fed cows. - \$8.95 (hot sandwich)

Note: We roast 100% grass fed *Trader's Point Creamery beef and then marinate it in our special beef, herb, & burgundy wine au jus. The au jus soaks into the bread and is then topped with wonderful Gouda cheese. This is one of the best!*

**The Smoked Ham and Cheese** - Cherry Wood Smoked Honey Ham *with Trader's Point* mildly spicy Fromage Blanc Spicy Cheese, Lettuce, Tomato, and Pickled Onions – \$8.95 (hot sandwich)

Note: We take local pastured pork uncured hams and slowly smoke them with cherry wood and then slice it thin. We then take the hock, trimmings and honey and create a wonderful ham stock. The ham stock is then added back to the ham slices to keep them moist, flavorful and delicious. No sodium nitrates or nitrites, this is ham like your great grand parents would have enjoyed. It is not bright pink like hams cured with nitrates, and it has better flavor! Homemade pickled onions finish this sandwich and make it over the top with a sweet, spicy, tangy flavor.

**Farm Stand Hummus** - Hummus, Avocado, Bell Pepper, Sprouts, Cucumber, Red Onion, Lettuce, and Feta Cheese – \$8.95 (cold sandwich)

Note: We make our hummus fresh from organic dried beans and all organic ingredients and season it to taste for all palates. If you like yours spicy, or with more garlic or lemon, just ask! The raw veggies and hummus with feta really make this sandwich simple but great.

**The Spinach Melt** - Spinach, Mushrooms, Onions, sautéed and served with Feta Cheese – \$7.95 (hot sandwich)

Note: In season about ten months of the year, the spinach is local with most of it from Ring Family Farm. This is one of the more popular ones. Simple but delicious!

# *Desserts*

## Farm house Pies

We have homemade apple pie almost all of the time. We will have seasonal Favorites depending on what time of year it is and what fruits are in season! The crust is my grandmother, Margie Ring's recipe. The only change we make is the substitution of organic whole grain spelt flour for the white flour.

\$4.00 per slice or \$22.00 for a whole pie

## Power Muffins

Muffins made from organic ingredients and baked here in the Farm Stand Deli! Power Muffins have: Zucchini, Carrots, Walnuts, Raisins, Yogurt, Honey, and whole grain spelt flour!

\$3.49 per muffin

## Cookies

Delicious made in house organic oatmeal raisin cookies! More cookie flavors to come, but this is the best oatmeal raisin cookie ever!

\$1.00 Each

# *Organic Fruit & Vegetable Juicing*

Any seasonal organic produce in a combination of your choice, such as: Carrot, Apple, Ginger, Pineapple, Pear, Beet, Orange, Lemon, Spinach, Celery, or others - *Check the Deli case for a selection of what's fresh and in stock!*

8 oz-\$4.99

House Favorite: Apple-Carrot-Ginger-Pineapple

Detox Juice: Carrot-Kale/Spinach-Apple-Lemon-Ginger

Veggie Wonder: Beet-Carrot-Celery-Tomato (in season)

The Beginner: Pineapple-Pear

The Summer Refresher: Cucumber-Lemon-Apple-Spinach

# *Beverages*

Fresh Brewed Iced Tea - \$1.99/glass, \$3.99/quart pitcher

Bottomless Fair Trade, organic, shade grown coffee - \$1.99

Green Tea Organic Sodas - \$1.89

Hot Teas, Organic and Fair Trade - \$1.99

Artisan Filtered Water - \$.50 with free refills