BREAKFAST

Mama's Oatmeal

steel cut oats, milk, hemp hearts
variety of fruits + nuts + seeds
sunflower lecithin, hemp hearts, wheatgerm
flaxseed powder, ghee, maple syrup

V/EF | ask for GF or DF option

Cottage Cheese & Beet Pancakes

flour, beet power, cottage cheese milk, ghee
flaxseed powder, pure vanilla
eggs from our Hens, maple syrup
+ homemade whipped cream

V | ask for GF option

Savory Protein Waffles

chickpea flour, eggs from our Hens
greek yogurt, fresh herbs, organic greens
ground flaxseed, ghee

GF/V | ask for DF option

Stewed Super Fruits

organic apples, dates, tart cherries, acai
raisins, ghee, postpartum spice blend
chia + halim + black sesame

GF/DF/EF/V

Black Sesame Lotus Seed Semolina Porridge

toasted puffed lotus seeds, semolina, milk
dates, chia + halim + black sesame, ghee
slivered almonds, maple syrup
sunflower lecithin, cardamom + cinnamon

V/EF | ask for DF or GF option

Caramelized Banana Tahini Black Rice Congee

black rice, coconut milk, caramelized banana,
tahini black sesame, sunflower lecithin,
vanilla ghee, postpartum spice blend, jaggery

GF/EF/DF/V

Vanilla Chia Seed Pudding

coconut milk, chia + halim + black sesame
roasted and crushed nuts, maple syrup
pure vanilla, cardamom + cinnamon

GF/EF/DF/V

Orange Papaya Shatavari Tapioca Porridge

orange, coconut milk, sliced papaya, ghee
tapioca pearls, vanilla, eggs from our Hens
shatavari, maple syrup

GF/DF/V | ask for EF option

SNACKS

Butternut Squash Caramelized Onion Tart

organic butternut squash, caramelized onion
puff pastry, feta, balsamic glaze, ghee
fresh herbs

EF/V | ask for GF option

Pumpkin Chocolate Chip Muffins

pumpkin, flour, eggs from our Hens
nutmeg,+ cinnamon + ginger + cardamom
ghee, vanilla, jaggery, chocolate chips

DF/V | ask for GF option

Chai Spiced Banana Bread

flour, banana, yogurt, vanilla
cinnamon + ginger + cardamom
eggs from our Hens, ghee, jaggery

V | ask GF option

Savory Egg Bites

fresh eggs from our Hens, roasted potatoes
organic greens, yogurt, soft cheese, ghee
fresh herbs & spices

GF/V | ask for DF option