

FOOD menu

LUNCH MENU

Thai Noodle Salad (GF/Vegan) \$12

Tender buckwheat soba noodles, fresh carrot, sugar snap peas, red onion, scallion tossed in a homemade peanut Thai sauce
Add grilled chicken +\$3.00
Add grilled shrimp +\$5.00

Pulled Pork Mac and Cheese \$15

Pork braised in red wine, dry rubbed with house blend sweet and smoky rub and grilled, then pulled with house made apple butter, onion jam, and bbq sauce over homemade macaroni and cheese with a cheddar, gouda, and gruyere cheeses
Porkless option- \$10.00

Curry Chicken Salad Wrap \$15

Locally sourced, cruelty free chicken, roasted and pulled with fresh cucumber, red onion, local mixed greens, fresh herbs and locally sourced yellow curry spice in a Greek yogurt sauce on a tomato herb wrap. Served with a fresh berry salad.

Buddha Bowl (GF, Vegan Options) \$15

Wild rice and quinoa bowl with your choice of toppings:

Thai Peanut Chicken- grilled chicken satay, red cabbage, shredded carrot, bean sprouts, kale, cucumber, herbs, Thai peanut dressing (Chicken satay can be replaced with roasted sweet potato for a vegan option)

Roasted Veggie (Vegan)- avocado, roasted broccoli, roasted and mashed sweet potato, chickpeas, red onion, herbs, and spices, tahini sauce

Cobb- avocado, shredded carrot, kale, chopped bacon, boiled egg, hummus, avocado ranch dressing

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DONUTS

Old Fashioned \$4

Chocolate \$4

Blueberry \$4

Ginger Molasses MARKET PRICE

DESSERT

Raw Berry Cheesecake (GF/Vegan) \$8

Nut based crust, with a cashew and coconut based berry cheesecake filling, topped with a whipped coconut cream and edible flowers

Cupcake Bar \$5 EACH/\$25 PER 6 PK

Lemon/Blueberry, Chocolate/Raspberry, Vanilla/Dulce de Leche, Cookies and Cream, Chocolate/Cookie Dough, Espresso/Dark Chocolate Ganache

Truffle Brownies \$4 EACH/\$18 PER 6 PK

Triple chocolate brownies stuffed and topped with espresso truffles

Cookies \$4 EACH/\$18 PER 6 PK

Peanut Butter Crunch, Espresso Brownie, Red Velvet Blossoms, Thai Tea Crinkles, Chocolate Chip/Dulce de Leche, Blueberry/White Chocolate

DRINKS

Water \$1.50

Soda \$2

Coffee and Cocoa \$2

Hibiscus Pomegranate Iced Tea \$4

Lavender Lemonade \$4

WANT TO KNOW WHERE TO FIND

ME NEXT?

Follow me on Facebook and Instagram to keep up to date on my upcoming events and all the new delicious products that will be coming out!

THE FAMILY TABLE KITCHEN AND BAKERY