

ALLERGEN INFORMATION

We offer nut-free items but are not a nut-free facility

Bowl	Dairy	Nut	Soy	Egg	Gluten	Sesame
Rancher	•		•	•		
Farmside	•	•				
Caesar	•		•	•		
Local Farmer	•	•				
G.O.A.T.	•	•				
Root Veggie		•	•			•
Grain Silo	•		•			
Pitchfork	•		•			•
Kale & Quinoa	•					•

Dressings	Dairy	Nut	Soy	Egg	Gluten	Sesame
Balsamic Vinaigrette						
Basil Pesto	•					
Caesar	•			•		
Cilantro Lime						
Honey Ginger		•	•			•
Honey Sriracha	•					
Lemon Basil						
Lemon Tahini						•
Mediterranean Vinaigrette						
Spicy Jalapeño	•		•	•		

Extras	Dairy	Nut	Soy	Egg	Gluten	Sesame
Mac and Cheese	•			•	•	
Grilled Cheese	•				•	
Chocolate Chip Cookie	•			•	•	
Salted Caramel Cookie	•	•		•	•	
Gluten Free Cookie				•		
Sourdough Bread					•	

Kid's Meals (Main Item)	Dairy	Nut	Soy	Egg	Gluten	Sesame
Baked Nuggets	•		•	•	•	
Grilled Nuggets			•			
Grilled Cheese	•				•	
Little Farmer Bowl						
Mac and Cheese	•			•	•	

BOWLS

Dairy:

Rancher (choose cilantro lime and not spicy jalapeno, remove honey sriracha and feta)

Farm Caesar

Pitchfork (remove cheese)

The G.O.A.T.- (remove cheese)

The Farmside - (remove cheese)

Kale & Quinoa- (remove cheese and basil pesto)

Grain Silo - (remove cheese)

The Local Farmer - (remove cheese)

Tree Nut or Peanut:

The Root Veggie

The G.O.A.T. - (remove almonds)

The Farmside - (remove almonds)

The Local Farmer - (remove pecans)

Eggs:

Farm Caesar (caesar dressing)

Rancher (spicy jalapeno)

Sesame:

Kale and Quinoa (tahini)

Root Veggie (honey ginger)

Pitchfork (tahini)

Soy:

Root Veggie (honey ginger)

Farm Caesar (chicken breast, caesar dressing)

Grain Silo (chicken breast)

Pitchfork (tofu)

Rancher (spicy jalapeno)

DRESSINGS

Dairy Free:

lemon basil, lemon tahini, mediterranean vinaigrette, balsamic vinaigrette, cilantro lime vinaigrette, honey ginger.

Vegan:

lemon basil, lemon tahini, balsamic vinaigrette, mediterranean vinaigrette

Tree Nuts or Peanuts:

Honey ginger

Sesame:

Honey ginger, lemon tahini

Soy:

Honey ginger, caesar, spicy jalapeno

Egg:

Caesar, spicy jalapeno

EXTRAS/KID'S MEALS

Gluten:

Grilled Cheese

Breaded chicken nuggets

Mac and cheese

Cookies

Sourdough bread

Dairy:

Grilled Cheese

Mac and Cheese

Cookies

Soy:

Crispy baked chicken nuggets

Allergen Notice: Our kitchen prepares and serves foods containing milk, eggs, wheat, soy, peanuts, tree nuts, fish, sesame and other allergens. While we take considerable steps to accommodate allergies, since our kitchen operations involve shared preparation areas, we cannot guarantee that any item will be free of allergens. We do not assume responsibility for any allergic reactions.