

# BRUNCH MENU



## BREAKFAST

### YOGURT + GRANOLA GF V

vanilla + tahini greek yogurt, carol's granola, preserved orange, local honeycomb, fresh berries

### THE CLASSIC GF DF

two eggs any way, chicken sausage or billionaire bacon served with choice of smoked paprika sweet potato wedges or feast fries

### EVA'S AVOCADO TOAST vegan

sliced avocado, dill cashew cream, lemon arugula salad with pickled red onion + power seed mix served with choice of smoked paprika sweet potato wedges or feast fries

### MF TOAST

billionaire bacon, herb goat cheese, roasted tomato, egg, roasted garlic aioli on multigrain served with choice of smoked paprika sweet potato wedges or feast fries

### MARKET PLATE GF DF V

two eggs any way, smoked paprika sweet potato wedges, roasted halved farm tomato, sauteed quinoa + Feast Farms kale, avocado, carrot + cabbage slaw, arugula salad

### EGGIE SANDWICH

fried egg, aged cheddar, billionaire bacon, garlic aioli on a brioche bun served with choice of smoked paprika sweet potato wedges or feast fries ~ add avocado +1.25

### SWEET POTATO BENEDICT v

two sweet potato + corn cakes, two poached eggs, poblano crema, cabbage + carrot slaw, chili oil + kale chips

### CHILAQUILES GF V

green (tomatillo) salsa, house made tortilla chips, two eggs, crema, queso fresco, shaved green cabbage + radish slaw, cilantro, salsa macha ~add avocado +2.50

### THE GRAIN BOWL GF vegan

black rice + red quinoa, avocado, roasted acorn squash, shishito peppers, greens, dill cashew crema ~ add 2 turmeric poached eggs +4

### LOX PLATTER

house cured salmon, Feast Farms tomatoes, red onion, caper berries, lemon dill cream cheese, arugula salad + grilled toast points

### SOURDOUGH HEMP SEED WAFFLE v

whipped coconut yogurt, seasonal fruit, Carols granola, maple syrup + nuts

## SOUP

### BOWL OF TURKEY CHILI GF

tomatillo, white beans, roasted peppers, poblano cream, crispy tostadas

### SOUP OF THE DAY ask your server

## LUNCH

13



### THE GRAIN BOWL GF vegan

black rice + red quinoa, avocado, roasted acorn squash, shishito peppers, greens, dill cashew crema ~add chicken +7 add salmon +12 add steak +14

14

### THE HOUSE SALAD GF vegan

farm greens, rainbow carrots, avocado, roasted corn + mango relish, spiced pepitas, cilantro + citrus chili vinaigrette ~add chicken +7 add salmon +12 add steak +14

15



### THE FIGGY GREEN SALAD GF

farm greens, billionaire bacon, mission figs, shaved apple, pickled red grapes, gorgonzola, hazelnuts, fried brussel sprouts, pickled fennel, whole grain mustard vinaigrette ~add chicken +7 add salmon +12 add steak +14

16

### FEAST FARMS KALE SALAD GF V

farm kale + greens, parmesan, crispy garlic, power seed mix, lemon garlic extra virgin olive oil vinaigrette add chicken +7 add salmon +12 add steak +14

16

### GRILLED TANDOORI CHICKEN BOWL GF

yogurt marinated chicken thighs, brown rice, lentils, wilted greens, red pepper yogurt, housemade pickles, almonds, crispy chickpeas

15

### FARMERS BLT

farm tomato, avocado, sprouts, billionaire bacon, havarti cheese + sun dried tomato aioli on multigrain served with choice of smoked sweet potato wedges or feast fries

16



### HOUSE SMOKED TURKEY + TRUFFLE

turkey breast smoked in house (no nitrates), truffle remoulade, honey apples, billionaire bacon, aged cheddar, greens + sprouts on toasted multigrain served with choice of smoked sweet potato wedges or feast fries

16



### THE FEAST BURGER

**grass fed** beef, seared halloumi, slow-roasted tomato, cucumber, preserved lemon, pickled fennel, roasted garlic aioli + arugula salad on a brioche bun served with choice of smoked sweet potato wedges or feast fries ~substitute salmon +5 add: egg +1.5 bacon +2.5 avocado +1.25

16

20

### AVOCADO BLT BURGER

**grass fed** beef, billionaire bacon, roasted tomatoes, avocado, bib lettuce, aged cheddar + roasted garlic aioli on a brioche bun served with choice of smoked paprika sweet potato wedges or feast fries ~add: egg +1.5

16



### SHROOM TACOS GF V

mushrooms, onions, poblano, epazote, green (tomatillo) salsa, crema, queso, shaved green cabbage + radish slaw, cilantro+ salsa macha ~ add avocado +2.50

10

### LETTUCE WRAPS GF DF

grilled chicken thighs, sweet chili, carrot slaw, spicy cucumbers, sesame aioli

9

16

15

16

16

17

16

17

19

19

16

16

## SIDES

BILLIONAIRE BACON	8
CHICKEN SAUSAGE (no antibiotic/nitrates)	7
TWO EGGS ANY WAY	5
1/2 AVOCADO	2.50
SEASONAL FRUIT BOWL	7
PASTRY OF THE DAY	6
MULTIGRAIN TOAST W/ HOUSE JAM + BUTTER	6
SMOKED PAPRIKA SWEET POTATO WEDGES	6
FEAST FRIES W/ ARTICHOKE AIOLI	8
FEAST FARM VEGGIES	8
SUB GLUTEN FREE BUN/ TOAST	2

## DAILY SPECIALS



### TUESDAY

#### TACO TUESDAY (DINNER ONLY)

chef's seasonal selection

### FRIDAY

#### FISH + CHIPS DF (DINNER ONLY)

24

almond + panko crusted wild caught walleye, grilled zucchini, green beans, golden beet tartar sauce, malt vinegar powder fries

### SATURDAY (BRUNCH ONLY)

#### ENGLISH BREKKIE

22

two eggs any way, rustic baked beans, bangers, slow-roasted tomatoes, pork loin, marinated mushrooms ~ADD A DRAFT BEER — CHEERS MATE! +8

### SATURDAYS (ALL DAY)

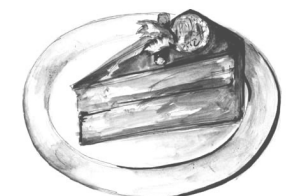
#### FRIED CHICKEN SAMMIE

18

panko fried chicken, housemade buffalo sauce, dill yogurt, rhubarb jam slaw + house farm pickles ~ served with feast fries

## DESSERT

LEMON RICOTTA ALMOND CAKE <small>GF V</small>	10
almond cake, seasonal berries	
FLOURLESS CHOCOLATE CAKE <small>GF V</small>	10
smoked sea salt crumble + seasonal fruit	
CUPCAKE OF THE DAY	6
bakers' daily offering	



# SPECIALTY DRINKS

## MIMOSAS

THE STRAWBERRY + THYME <i>fresh in-house strawberry juice, fresh oj, cava</i>	12
THE LAVENDER <i>house-made lavender syrup, cava</i>	12
THE CLASSIC <i>fresh oj, cava</i>	10
THE SEASONAL <i>ask server</i>	12

## COCKTAILS



ZANAHORITA <i>mezcal, tequila, carrot, orange, lime, chili lime smoked sea salt</i>	15
THE FEAST BLOODY MARY <i>yame eight goddesses 10-year Japanese whiskey, housemade bloody mary mix, wasabi, vodka-brined heirloom cherry tomatoes</i>	15

## BEVERAGES

HOUSE COFFEE	4
ICED COFFEE	4
CAPPUCCINO	5
CAFE AU LAIT	4
LATTE   HOT OR ICED	5
TEA BY RISHI TEA	4
BLACK TEA   earl grey · china breakfast	
GREEN TEA   jade cloud · peppermint	
HERBAL   turmeric ginger · butterfly pea flower	
WHITE TEA   white peony	
ICED TEA	4
KOMBUCHA ON TAP	6
<i>ask server</i>	
SYRUP, ALMOND MILK, OR OAT MILK	+.75
ADDITIONAL ESPRESSO SHOT	+2.50

## SEA SALT MATCHA LATTE

*sea salt, ginger, milk + agave*

6

## GOLDEN CHAI LATTE

*ginger, turmeric, pink peppercorn, cardamom + clove*

6

## MIDNIGHT MOCHA

*espresso, cocoa, activated charcoal, agave + sea salt*

6

## GOLDEN MILK

*turmeric, ginger, cinnamon + agave*

6

## MF BEET DOWN

*beet, lime, ginger, agave + topo chico*

6

## STORMY LONDON FOG

*traditional london fog + espresso*

6

## LAVENBERRY

*lavender, blueberry powder + agave*

6

## MATCHA LEMONADE

*ginger, matcha, lemonade, sea salt + topo chico*

6

## IN-HOUSE JUICE

FRESH IN-HOUSE OJ	7
EVERYONE LOVES A GINGER <i>carrot, turmeric, ginger, apple</i>	10
 THE FEAST BEAST <i>spinach, lemon, cucumber, parsley, ginger, apple</i>	10
HOT SHOT <i>ginger, lemon, apple, turmeric, jalapeño, cayenne</i>	4



## ABOUT

# MF+CO

EST. 1999

We responsibly source our ingredients from our farm, Feast Farms, as well as other local growers to create seasonal salads, sandwiches, meals to-go + fresh baked pastries. Every dish we prepare is made from scratch daily, using foods that nourish + support our community. We smoke + grill our meats in-house. We procure fish from companies that support wild fisheries + aquaculture. Moveable Feast + Company sources specialty products from like-minded artisans that share our values + aesthetic. Our catering services bring the experience to you by transporting personalized meals to private events. We will craft your menu based on farmer's market availability to celebrate each season.

## MF+CO MISSION STATEMENT

Our mission is to help our community celebrate life through thoughtful, wholesome, handmade foods + the joy of entertaining.

**THANK YOU FOR SUPPORTING LOCAL!**

