



## LUNCH

*ALL SANDWICHES & WRAPS SERVED  
WITH SIDE CHOICE*

(v)-plant based (gf)-gluten free

\$1 sub for GF bread (not vegan) or wrap

### VEGAN & VEGETARIAN:

#### BLACK BEAN BOWL 10

brown rice, black bean corn mix, spinach, avocado, chipotle salsa, smoky jalapeno (v) (gf)

#### PHILLY CHEESE SEITAN WRAP 10

housemade seitan and vegan cheese, sautéed onion, red & green pepper, mushroom (v)

#### BLT + A 10

tempeh bacon, avocado, romaine, tomato, veganaise, organic nut and oat bread (v)

#### FALAFEL WRAP 10

romaine, tomato, cucumber, avocado and tahini sauce (v)

#### BUFFALO TEMPEH WRAP 10

chopped romaine, carrots, celery and housemade ranch (v)

#### EFC VEGGIE WRAP 9

roasted red pepper hummus, spinach, green pepper, carrot, feta, pumpkin seeds

#### EGG SALAD SANDWICH 10

housemade from fresh farmed local eggs on sourdough (may request wrap)

#### GOURMET GRILLED CHEESE 10

pesto, mozzarella, feta, spinach, tomato on sourdough bread

### POULTRY:

#### BOURBON BBQ or BUFFALO CHICKEN WRAP 10

choice of sauce with housemade ranch and cheddar

#### CHICKEN SALAD 10

housemade on sourdough (may request wrap)

#### CHICKEN PANINI 10

mozzarella, tomato, housemade garlic aioli on sourdough

#### CHICKEN PESTO WRAP 10

pesto, spinach, feta, tomato

### SIDE CHOICES: soup of day\*, kale

chips\*, 3 bean salad\*, seasonal fruit cup,

tortilla chips and salsa, kettle chips,

pineapple slaw\* (additional sides or salad

substitute \$2.00) •MADE IN HOUSE

### SOUP AND SALAD

#### STRAWBERRY SPINACH SALAD 9

mandarin oranges, housemade candied pecans, feta, poppyseed dressing

#### GARDEN SALAD 9

Romaine, spinach, carrot, green pepper, cucumber, tomato, cheddar, toasted pumpkin seed

#### TACO SALAD (v) (gf) 10

romaine, black bean corn mix, meatless crumbles, avocado, tomato, green pepper, tortilla chips, chipotle salsa, smoky jalapeno

### HOUSEMADE PLANTBASED DRESSINGS:

(v) (gf) balsamic, poppyseed, ranch, smoky jalapeno

**\$2 SALAD ADD-ONS** chicken, chicken salad, beyond meat chicken (v) (gf), buffalo tempeh (v) (gf), or three bean salad



## EVENING MENU

BLACK BEAN RICE BOWL **10** brown rice, black bean corn mix, spinach, avocado, chipotle salsa, smoky jalapeno dressing – served with chips & salsa **(V) (gf)** *(add chicken for \$2)*

### BURGERS, SANDWICHES AND WRAPS

*Served with choice of kettle chips, pineapple slaw, seasonal fruit, or 3 bean salad*

MEDITERRANEAN TURKEY BURGER\* with garlic aioli and feta **12**

FALAFEL BURGER **(V)** with tahini sauce and cucumber **12**

HOUSEMADE BLACK BEAN BURGER\* with cheddar, avocado, and smoky jalapeno **12**

HOUSEMADE CRAB CAKE SANDWICH with roasted red pepper aioli **12**

BUFFALO TEMPEH WRAP **(V)** chopped romaine, carrots, celery and housemade ranch **10**

BLT + A **(V)** tempeh bacon, avocado, romaine, tomato, veganaise, organic nut and oat bread **10**

PHILLY CHEESE SEITAN WRAP **(V)** housemade seitan and vegan cheese, sautéed onion, red & green pepper, mushroom **10**

CHICKEN PANINI\* mozzarella, tomato, housemade garlic aioli on sourdough **10**

GOURMET GRILLED CHEESE\* pesto, mozzarella, feta, spinach, tomato on sourdough **10**

EFC VEGGIE WRAP\* red pepper hummus, spinach, green pepper, carrot, feta,  
& toasted pumpkin seeds\* **9**

*\*Request GF Bun, wrap, or bread • V=plant-based*

### PERSONAL FLATBREAD PIZZAS

*(Can be made Vegan upon request)*

BUFFALO RANCH CHICKEN OR BOURBON BBQ CHICKEN **8**

CHICKEN PESTO **8**

ROASTED RED PEPPER ARTICHOKE with housemade marinara **7**

VEGGIE mushroom, spinach, green pepper, tomato & housemade marinara **7**



# BRUNCH

SERVED SATURDAY SUNDAY 10AM-2PM

**All selections include side choice:** Two Eggs (*made to order*), Grits (*request sweet or savory*), Seasonal Fruit Cup, Roasted Potatoes (*request smothered with ranch and buffalo sauce*), Tempeh Bacon, Nut Sausage, Tofu Scramble, Chips & Salsa, Housemade Biscuit, Toasted Sourdough or Organic Grain Bread

**Pancakes (V) 9**

*Blueberry Lemon Compote OR Strawberry & Chocolate Topping*

**Housemade Biscuits & Gravy (V) 9**

**Scrambled Egg & Cheese Biscuit with Tempeh Bacon or Nut Sausage 9**

**Huevos Rancheros\* 10**

Eggs made to order over our spicy black bean mix on corn tortillas – topped with chipotle salsa, smoky jalapeno, avocado and cilantro

\*Request vegan with tofu scramble

## BREAKFAST BURRITOS

May request “naked” on bed of spinach

**EFC Breakfast Burrito (V) 10**

Housemade seitan, spinach, mushroom, sundried tomato, avocado

**Spicy Black Bean Burrito 10**

Spicy black bean corn mix with cheddar, chipotle salsa, avocado, spinach & egg

**Tofu Scramble Burrito (V) 10**

Housemade Tofu Scramble with spinach, avocado and tomato

**Chicken Chipotle Burrito 10**

Chicken, chipotle, cheddar and egg

Local Farm Fresh Eggs from Russell Veggies \* Biscuits & Grits made with product from local Weisenberger Mills