

# GLUTEN FREE If cross-contamination is a concern...

Gluten-Free  
**Vegetables + Eggs** \$21<sup>80</sup>  
 Two fried eggs, daily vegetables with harissa + potatoes in bravas sauce (add 'farmer's feta' for 4)

Gluten-Free  
**Ham + Egg Sandwich** \$19<sup>80</sup>  
 Scrambled eggs with cheddar, prosciutto, avocado crème, greens, chiles + chipotle cream on gluten-free toast with home fries + housemade catsup [*make it vegetarian without prosciutto* 15.2]

Gluten-Free  
**GROW 'Slam'** \$26<sup>80</sup>  
 Two fried eggs, gluten-free toast + housemade jam, potatoes in bravas sauce, GF blueberry lemon French toast, link from *Corridor Sausage Co.* [*make it vegetarian with fried tofu*]

Gluten-Free  
**Smoked Salmon Sandwich** \$25<sup>80</sup>  
 Shredded hot smoked salmon + lemon aioli on gluten-free toast with a side of simple greens

Gluten-Free  
**Carnitas Skillet** \$25<sup>80</sup>  
 Pork carnitas, two fried eggs, black bean ragout crispy potatoes, pickled red onion, chiles, *Evergreen Lane* 'farmer's feta', tomato garlic aioli + cilantro salsa [*make it vegetarian with Impossible burger*]

Gluten-Free  
**Moroccan Meatballs + Eggs** \$24<sup>80</sup>  
 Two fried eggs, lamb meatballs, coconut curry + chickpeas, spicy yogurt

Gluten-Free  
**Blueberry Lemon French Toast** \$16<sup>80</sup>  
 Lemon custard + blueberry compote

Gluten-Free  
**Avocado Toast** \$16<sup>80</sup>  
 Avocado crème, pickled red onion, cucumber pico + feta (add eggs for 3)

Gluten-Free  
**Baked Goat Cheese** \$21<sup>80</sup>  
 Fresh chèvre + tomato basil sauce with gluten-free toast

Gluten-Free  
**Soup** \$6<sup>80</sup>  
 Coconut curry + chickpea stew

Gluten-Free  
**Carrot + Lentil Salad** \$15<sup>80</sup>  
 Carrots, cabbage, greens, lentils, capers, dried cranberries + harissa vinaigrette (add fried tofu for 7)

Gluten-Free  
**The 'Mitten' Salad** \$16<sup>80</sup>  
 Greens, goat cheese, pecans, dried cranberries + thyme vinaigrette (add housemade chicken salad for 7)

Gluten-Free  
**GROW Burger** \$23<sup>80</sup>  
 Two 4-ounce beef patties with pimento cheese, pickled red onion + cucumbers on a gluten-free toast

Gluten-Free  
**Chicken Salad Sandwich** \$19<sup>80</sup>  
 Pulled chicken, apples, greens + honey poppyseed on gluten-free toast

Gluten-Free  
**Braised Pork Sandwich** \$21<sup>80</sup>  
 Pulled pork, cherry barbecue, pimento cheese, honey Dijon, pickled onion on gluten-free toast

Gluten-Free  
**Club Sandwich** \$21<sup>80</sup>  
 Pulled chicken, bacon, cheddar, avocado smash, cucumber pico + house ranch on gluten-free toast

To accommodate celiac

Celiac **Vegetables + Eggs** \$21<sup>80</sup>  
 Two fried eggs, daily vegetables with harissa + gluten-free toast (add 'farmer's feta' for 4)

Celiac **Smoked Salmon Sandwich** \$25<sup>80</sup>  
 Shredded hot smoked salmon + lemon aioli on gluten-free toast with a side of simple greens

Celiac **Carnitas Skillet** \$25<sup>80</sup>  
 Pork carnitas, two scrambled eggs, black bean ragout, daily vegetables, pickled red onion, *Evergreen Lane* 'farmer's feta', chiles, tomato garlic aioli + cilantro salsa

Celiac **Moroccan Meatballs + Eggs** \$24<sup>80</sup>  
 Two scrambled eggs, lamb meatballs, coconut curry + chickpeas, spicy yogurt

Celiac **Avocado Toast** \$16<sup>80</sup>  
 Avocado crème, cucumber pico, pickled red onion + feta (add scrambled eggs for 3)

Celiac **Baked Goat Cheese** \$21<sup>80</sup>  
*Evergreen Lane* fresh chèvre + tomato basil sauce with gluten-free toast

Celiac **Soup** \$6<sup>80</sup>  
 Coconut curry + chickpea stew

Celiac **Carrot + Lentil Salad** \$15<sup>80</sup>  
 Carrots, cabbage, greens, lentils, capers, dried cranberries + harissa vinaigrette (add tempeh for 7)

Celiac **The 'Mitten' Salad** \$16<sup>80</sup>  
 Greens, goat cheese, pecans, dried cranberries + thyme vinaigrette (add housemade chicken salad for 7)

Celiac **Chicken Salad Sandwich** \$19<sup>80</sup>  
 Pulled chicken, apples, greens + honey poppyseed dressing on gluten-free toast

Please let your server know if you're ordering from any of these menus.

Vegan **GROW 'Slam'** \$19<sup>80</sup>  
 Fried tofu, black bean ragout, potatoes + housemade catsup, rye toast + jam, simple greens in house vinaigrette

Vegan **Skillet** \$23<sup>80</sup>  
 Daily vegetables, *Impossible* burger, black bean ragout, crispy potatoes, pickled red onion, chiles + cilantro salsa

Vegan **Moroccan Stew** \$24<sup>80</sup>  
 Coconut curry + chickpea stew, *Impossible* burger + baguettes

Vegan **Pita Chips + House Dips** \$15<sup>80</sup>  
 Pita chips with classic hummus + spicy harissa eggplant spread

Vegan **Mediterranean Nachos** \$23<sup>80</sup>  
 Pita chips, daily vegetables with harissa, cabbage slaw, pickled red onion, tomato + cucumber salad, hummus, spicy eggplant

Vegan **Carrot + Lentil Salad** \$15<sup>80</sup>  
 Carrots, cabbage, greens, lentils, capers, dried cranberries + harissa vinaigrette (add fried tofu for 7)

Vegan **'Mitten' Salad** \$13<sup>80</sup>  
 Greens, barley, pecans, dried cranberries + thyme vinaigrette (add fried tofu for 7)

Vegan **Burger** \$21<sup>80</sup>  
*Impossible* burger, sourdough toast, pickled onion + cucumber with a side of simple greens

Vegan **Tacos** \$19<sup>80</sup>  
 Flour tortillas, fried tofu, cabbage slaw, harissa vinaigrette with cucumber pico + salsa verde and a side of simple greens

VEGAN

Prices reflect that we are **GRATUITY FREE.**