

The Hen House

Gluten/Vegan

Lunch Menu ^M

Sandwiches

GF Grilled Chicken Breast 10.5

Served with a field green salad and fresh fruit

GF/VEG Vegan Burger 12

Black Bean burger w/avocado, red onion, homemade pico on a Vegan bun. Served w/a field green salad or fruit

GF/VEG Anti Cowboy Burger 13

Meatless Burger w/sliced avocado, vegan mayo, lettuce, tomato and onion on a Vegan bun. Served w/a field green salad or fruit

GF Burger 10

Topped w/sharp cheddar cheese, lettuce, tomato, onion and pickle on Gluten Toast. Served w/a field green salad or fruit

GF Grill Cheese 11

Gluten free toast, Havarti and Cheddar Cheese, tomato, smoked applewood bacon. Served w/a field green salad or fruit

GF/VEG Open Faced Avocado 10

Chickpea avocado mash, served on Gluten free toast or Vegan Bun topped w/diced tomato. Served with a field green salad or fruit

GF/VEG All the Veggies 11

Baby arugula, roasted red peppers, onions, mushrooms, avocado, roasted red pepper hummus, with a balsamic drizzle on Gluten toast or a Vegan bun

Salads

GF/VEG The Farmer Salad 10

Field greens and arugula blend, beets, green apples, red onions, pecans in a balsamic vinaigrette

GF/VEG Kale Salad 10

Baby Kale, green apples, dates, organic sunflower seeds in a creamy champagne vinaigrette

GF Greek Salad 10

Romaine lettuce, cherry tomato, cucumber, bell pepper, red onion, Kalamata olives and Feta Cheese in a homemade Greek dressing

GF/VEG Quinoa Salad 10

Gluten free Quinoa, baby spinach, cherry tomato, avocado slices and green onions in a balsamic vinaigrette

Breakfast specials on other side.....

We offer Almond/Soy milk for all our coffee drinks