

SALADS & WRAPS

Make any salad into a wrap (-\$1)

Add free-range roasted chicken or Peruvian spiced chicken thighs (+\$3.85)

Our handmade flour tortillas are locally sourced

All Alfalfa dressings are homemade, made only with olive oil

Dressings are gluten-free, seed oil free, and preservative & additive free

PERUVIAN CHICKEN

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], free-range Peruvian spiced chicken thighs, queso fresco cheese, black beans, corn, grape tomatoes, tortilla chips, homemade avocado tomatillo salsa (GF) **\$16.95**

SPICY CALABRIAN CAESAR

Chopped Romaine, Free-range roasted chicken, hot cherry peppers, homemade croutons, parmigiano reggiano, crispy shallots, homemade spicy calabrian caesar dressing **\$16.95**

THE GREEK

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], cucumbers, grape tomatoes, organic white quinoa, garbanzo beans, feta cheese, kalamata olives, Stacy's pita chips, red onions, homemade lemon herb vinaigrette **\$14.45**

LAGUNA

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], avocado, queso fresco cheese, corn, grape tomatoes, cucumbers, red onions, tortilla chips, homemade lime cilantro vinaigrette (GF) **\$14.45**

WEST COAST

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], avocado, California medjool dates, strawberries, red onions, creamy goat cheese, sliced almonds, homemade balsamic vinaigrette (GF, N) **\$15.45**

O.G. CARDINI

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], Free-range roasted chicken, grape tomatoes, homemade croutons, parmigiano-reggiano cheese, homemade dairy-free caesar dressing **\$16.45**

THE COBB

Alfalfa mix [kale, romaine, butter lettuce], thick cut smoked bacon, avocado, free-range hard boiled egg, crispy shallots, corn, grape tomatoes, local fresh mozzarella, homemade red wine poppy vinaigrette (GF) **\$16.45**

BUFFALO GODDESS

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], wild rice, buffalo cauliflower, brussels sprouts, sweet potatoes, sunflower seeds, creamy goat cheese, homemade green goddess ranch dressing (GF) **\$14.95**

DEAR DARLA

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], apples, homemade candied walnuts, creamy goat cheese, dried cranberries, homemade honey yogurt dressing (GF, N) **\$13.45**

WILD HARVEST

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], wild rice, sweet potatoes, creamy goat cheese, quinoa chickpea bites, apples, sliced almonds, homemade champagne vinaigrette & spicy salsa roja drizzle (GF, N, S) **\$14.95**

BEYOND FAR EAST

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], Beyond plant-based "chicken" tenders, roasted broccoli, roasted beets, carrots, red cabbage, edamame, sesame seeds, homemade spicy sesame cashew dressing (V) **\$16.45**

THE SUNFLOWER

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], avocado, walnuts, garbanzo beans, apples, sunflower seeds, organic white quinoa, homemade balsamic vinaigrette (GF, N) **\$13.45**

BREAKFAST BURRITOS

Served all day, add avocado (+2)

Salsas are served on the side

HOMEMADE CHORIZO

Flour tortilla, homemade chorizo, fluffy free-range eggs, crispy ancho potato hash, manchego and oaxaca cheese, onion, red pepper, avocado tomatillo salsa, spicy salsa roja de arbol (S) **\$13.95**

ANCHO POTATO

Flour tortilla, fluffy free-range eggs, ancho chile potatoes, mexican cheddar and pepper jack, onion, red pepper, avocado tomatillo salsa, spicy salsa roja de arbol (S) **\$11.95**

BONE BROTH

CLASSIC CHICKEN BROTH

Made from free-range chicken bones

16 oz cup **\$9**

GF = Gluten Free

V = Vegan

N = Nuts

S = Spicy

HOMEMADE GF DOUGHNUTS

Made with non-GMO oil

LAVENDER DOUGHNUT

Lavender infused glaze & sprinkled dried lavender (GF, N) **\$4**

FAIRY BREAD DOUGHNUT

Australian butter glaze & round rainbow sprinkles (GF, N) **\$4**

LEMON THYME DOUGHNUT

Bright & fresh citrus glaze topped with fresh thyme (GF, N) **\$4**

CHOCOLATE SPRINKLE DOUGHNUT

Classic chocolate glaze & rainbow sprinkles (GF, N) **\$4**

NUTELLA BITES

Three bite-sized nutella cinnamon sugar doughnut holes (GF, N) **\$3**

Additional specialty doughnut options available in-store

All doughnuts are homemade and gluten-free. Doughnut base contains almond extract

COFFEE + DRINKS

Serving Intelligentsia Coffee & Kilogram Tea

+\$.75 Oat, Almond, Pistachio Milk

Hot Coffee **\$3 / 4**

Cold Brew **\$5.50**

Espresso **\$3.50**

Americano **\$3.50 / 4.50**

Latte **\$5.5 / 6.5**

Cappuccino **\$5 / 6**

Iced Oat Milk Organic Matcha Latte **\$6.50**

Iced Oat Milk Organic Chai Latte **\$6**

Fresh pressed In-House Ginger
Turmeric lemonade **\$4.25**

Organic Crimson Iced Tea **\$4.25**

Organic Classic Black Iced Tea **\$4.25**

Organic Assorted Teas (16oz) **\$3.5**

CREATE YOUR OWN SALAD

We started Alfalfa as a place to get delicious and fresh salads. We are proud to serve them to your exact specifications!

All proteins and vegetables are cooked with olive oil

HOW IT WORKS

1. Choose a Base
2. Pick your Toppings
3. Add on Premiums, if you'd like
4. Select your Dressing

BASE

Pick up to 2 (\$11.95)

GREENS

Alfalfa mix (Chopped Romaine, Butter Lettuce, Shredded Kale)
 Butter Lettuce
 Kale
 Romaine

GF = Gluten Free
 V = Vegan
 N = Nuts
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TOPPINGS

Pick up to 5 (Additional + \$0.5)

VEGGIES AND FRUITS

Apples
 Black Beans
 Carrots
 Corn
 Cucumbers
 Edamame
 Garbanzo Beans
 Grape Tomatoes
 Red Onions
 Red Cabbage
 Roasted Beets
 Roasted Broccoli
 Roasted Sweet Potatoes

NUTS, GARNISH, GRAINS

Almonds
 Organic White Quinoa (GF, V)
 Tortilla Chips (GF, V)
 Dried Cranberries (GF, V)
 Homemade Croutons
 Stacy's Pita Chips
 Sunflower Seeds
 Walnuts
 Wild Rice (GF, V)

PREMIUMS

PROTEIN

Free-range Roasted Chicken + \$3.85 (GF)
 Free-Range Peruvian Spiced Chicken Thighs + \$3.85(GF)
 Free-Range Hard Boiled Egg + \$1.5 (GF)
 Organic Roasted Tofu + \$2.5 (GF, V)
 Quinoa Chickpea Bites (3 pcs) + \$3.5 (GF, V)
 Plant-Based "Chicken" Tenders + \$4 (V)

CHEESE

Goat + \$1.75
 Parmigiano-Reggiano + \$1.75
 Feta + \$1.5
 Local Fresh Mozzarella + \$2.5
 Queso Fresco + \$1.5

THE GOODS

Avocado + \$2
 Buffalo Cauliflower + \$3.5 (GF, V)
 Brussels Sprouts + \$1.75 (GF, V)
 Candied Walnuts + \$1.25 (GF, V)
 Kalamata Olives + \$1.75
 California Medjool Dates + \$1.75
 Strawberries +1.5

DRESSINGS

ALFALFA DRESSINGS (GF)

Balsamic Vinaigrette
 Avocado Tomatillo Salsa (V)
 Caesar (Dairy Free)
 Champagne Vinaigrette
 Green Goddess Ranch
 Honey Yogurt Dressing
 Lemon Herb Vinaigrette
 Lime Cilantro Vinaigrette
 Spicy Salsa Roja (V)
 Spicy Sesame Cashew (V)

BASICS

Balsamic Vinegar
 Red Wine Vinegar
 Extra Virgin Olive Oil
 Lemon Squeeze
 Salt + Pepper

All Alfalfa dressings are homemade, made only with olive oil. Dressings are gluten-free, seed oil free, and preservative & additive free