



- The Bridge - Middletown , CT  
Tofu
- Norm's Sugar House - Woodstock, CT  
Maple Syrup & Honey
- Neighborly Farms - Randolph, VT  
Cheddar Cheese
- Wayne's Organic Garden - Oneco, CT  
Produce
- Blueberry Hill Organic Farm - S. Killingly, CT  
Produce
- J&D Farms - S. Killingly, CT  
Produce
- Hartford Baking Company, W. Hartford, CT  
Bread
- Ben's Beans - Putnam, CT  
Coffee
- Nature's Grocer - Vernon, CT  
Gluten Free Bread
- Vegware - Danielson, CT  
Paper Products
- Sparrow Soaps - E. Killingly, CT  
Goat Milk Soap



AWARDED 2016  
**BEST LUNCH**  
IN CONNECTICUT

## Smoothies

Add a boost to any smoothie: (Organic protein powder, bee pollen, spirulina, flax seeds, chia seeds)  
\$1

**Monkey Business**  
Organic banana, almond butter, coconut milk, raw agave, soy milk & chocolate syrup  
\$8.00

**Jolt**  
Coconut milk, organic espresso, cocoa powder & soy milk  
\$7.75

**Summer Solstice**  
Organic strawberry, mango, flax & apple juice  
\$8.00

**Green Zion**  
Organic Spinach, pineapple, mango, coconut water, banana and one medjool date for a hint of sweetness  
\$8.00

**Pomegranate Dark Chocolate**  
Organic pomegranate juice, blueberries, dark chocolate, coconut milk, raw agave & soy milk  
\$8.00

**Raw Chocolate Medjool**  
Organic avocado, raw cacao, medjool dates, almond milk & a pinch of sea salt  
\$8.00

## COFFEE & TEA

**Americano**  
Small \$2.50  
Large \$3.00

**Cappuccino**  
Small \$3.75  
Large \$4.25

**Latte**  
Small \$3.75  
Large \$4.25

**Mocha**  
Small \$4.25  
Large \$4.75

**Coffee**  
Small \$2.25  
Large \$2.50

**Decaf**  
Small \$2.25  
Large \$2.50

**Chai tea**  
Small \$3.75  
Large \$4.25

**Drinking Chocolate**  
Small \$3.75  
Large \$4.25

**Specialty Lattes**  
Small \$4.25  
Large \$4.75

**Espresso Shot**  
Double \$2.00

**Tea**  
One Size \$2.00



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[www.eatheirloomfood.com](http://www.eatheirloomfood.com)

## Breakfast

### Gluten-Free Oatmeal

Gluten-Free Oatmeal topped with Normans Sugar House maple syrup, organic walnuts and currants  
\$6.00

### Vegan Breakfast Sandwich

Seasoned scrambled tofu, savory organic vegan pesto, vegan cheese and organic tomato on a grilled ciabatta  
\$8.25

### Avocado Kick Start

Toasted organic sprouted wheat bread topped with crushed organic avocado, diced tomato, lemon juice and Himalayan sea salt  
\$7.25

Top with a local egg  
\$8.25

Top with a local egg and organic raw cheddar or vegan cheese  
\$8.75

### Local Egg & Cheddar

A local fried egg topped with organic raw cheddar or vegan cheese, organic vegan pesto and tomato  
\$8.00

### Portobello & Kale Tofu Scramble

Seasoned scrambled tofu, organic kale, Portobello mushrooms, onions, tomatoes, arugula topped with melted organic raw cheddar or vegan cheese served with organic sprouted wheat or GF toast  
\$9.50

### Tofu Scrambled Burrito

Seasoned scrambled tofu, organic onions, tomatoes, arugula, carrots and melted organic raw cheddar or vegan cheese topped with salsa on an organic sprouted wheat wrap  
\$9.0

### Avocado & Scrambled Egg Burrito

Two local scrambled eggs with organic sliced avocado, tomatoes, onions topped with salsa and melted organic raw cheddar or vegan cheese on an organic sprouted wheat wrap  
\$9.00

## Salads

### Mixed Up Greens

Organic mixed greens with all of our organic fresh veggies topped with our organic vinaigrette or vegan dill dressing  
\$9.25

### Cranbizzzy Greens

Organic mixed greens topped with organic dried cranberries, walnuts, soft goat cheese and our organic vinaigrette  
\$9.75

### Avocado Detox

Organic mixed greens, chopped apples, sliced avocado topped with sesame seeds, walnuts, cranberries and lemon juice  
\$10.75

## Sandwiches

### Avocado Cheddar Sandwich

Sliced organic avocados, organic raw cheddar or vegan cheese and all our fresh organic veggies topped with vegan dill "mayo" on \$10.00

### Veggie Rubeen

Marinated organic cabbage, carrots and onions hot off the grill topped with organic raw cheddar or vegan cheese, all our fresh organic veggies and special sauce on rye  
\$10.00

### Veggie-wich

Marinated organic kale, portobello, onions and arugula grilled and topped with melted organic raw cheddar or vegan cheese vegan dill "mayo" and all our fresh organic veggies on rye  
\$10.00

### Turkey Veggie Avocado

Nitrate free Applegate Farm smoked turkey, sliced organic avocados, organic raw cheddar or vegan cheese and all our fresh organic veggies topped with dill "mayo" on sourdough  
\$10.50

### The Grown-Up

Organic raw cheddar or vegan cheese, organic sliced tomato and organic vegan pesto on sourdough  
\$9.50

### The Berliner

Organic raw cheddar or vegan cheese, organic caramelized onions, sliced tomatoes and arugula drizzled with our sweet mustard sauce on rye  
\$9.50

### Harvest Apple

Sliced organic apples, onions, arugula with melted organic raw cheddar or vegan cheese drizzled with local raw honey on sourdough  
\$9.50

## Burgers

### Beta Burger

An organic lentils, beets, brown rice and almond patty grilled up and topped with organic raw cheddar or vegan cheese all Our fresh organic veggies and vegan dill "mayo" on an organic sprouted wheat bun  
\$10.25

### Bella Burger

A portobello mushroom cap grilled, seasoned with herbs, and topped melted organic raw cheddar or vegan cheese, all our fresh organic veggies and our roasted red pepper aioli on an organic sprouted wheat bun  
\$10.00

### Black & White Bean Burger

Our smoky black and white bean burger topped with melted organic raw cheddar or vegan cheese all our fresh organic veggies and topped with vegan dill "mayo" on an organic sprouted wheat bun  
\$10.25

## Wraps

### Mock Chick/Curry Mock Chick Wrap

Our savory mock chick or curry mock salad with all of our fresh organic veggies on a whole wheat, spinach or organic sprouted wheat wrap  
\$10.00

### The Mediterranean Hummus & Pesto Wrap

Our organic garlic hummus, organic vegan pesto and goat or vegan cheese on a warm organic sprouted wrap with organic mixed greens, onions, shredded carrots and sliced cucumbers  
\$10.25

### Tuna Wrap

Our crazy good tuna salad topped with all of our fresh organic veggies on a whole wheat, spinach or organic sprouted wheat wrap  
\$10.25

## Kid's Menu

### Almond Butter and Jelly

\$5.50

### Scoop of Tuna and Chips

A scoop of our famous tuna salad with a side of chips  
\$5.50

### Kids Grilled Cheese

\$6.00

### Organic Chocolate Milk

\$3.00

## Juices

Juice additions or substitutions add- \$0.50

### Up-Beet Juice

Organic carrot, beet and apple  
\$8.00

### Green Lemonade

Organic apple, lemon, kale, celery & ginger  
\$8.00

### Beta-carotene Blend

Organic carrot, celery, apple, beet & ginger  
\$7.50

### Heirloom Sunrise

Organic carrot, apple, lemon & ginger  
\$8.00

### The Alkaline

Organic cucumber, lemon, apple, ginger & a pinch of cayenne  
\$8.25