

FRESH SQUEEZED JUICES

16oz \$7

Fire Finch: apple.carrot.beet.kale.ginger

Canary: apple.pear.ginger

Love Bird: apple.pineapple.kale.cilantro

Nightingale: apple.grapefruit.carrot.kale

Meadowlark: lemon.apple.green tea matcha

Kakapo: apple.cucumber.lime.mint

Peacock: cucumber.pear.orange.lemon.kale

Partridge: pineapple.pear.apple.beets.ginger.mint

Robin: orange.lime.mint

Parakeet: orange.apple.lemon.mint

Flamingo: sweet potato.pineapple.lime

***Hummingbird:** apple.kale.cilantro
organic greens vitamin powder – 16oz \$7.5

Carrot: Carrot,

Orange: Orange

Apple: Apple

GINGER

Ginger Tonic: ginger/lemon/honey
16oz \$3

Ginger Shot 1 oz pure ginger w/orange wedge
\$2

PANINIS

*Served with bread from the local Farm To Market Bakery:
Sourdough, Whole Grain, Rye, Gluten Free bread(add \$1)*

Turkey Pesto: turkey, house made pesto, brie cheese,
organic greens, tomato, onion
& house-made olive oil mayo \$9/\$5

Turkey Cranberry: turkey, house-made cranberry sauce,
brie cheese & house made olive oil mayo \$9/\$5

Pear & Goat Cheese: turkey, pear, goat cheese,
raw mint & fig spread \$9/\$5

Turkey & Swiss: turkey, swiss cheese, mushrooms,
onions, & choice of mayo or pesto made in house \$9/\$5

Garden (v): avocado, mushrooms, organic greens,
sweet peppers, tomato, onion, & house made pesto
\$9/\$5

Grilled Bagel: sprouted organic wheat bagel, turkey,
swiss cheese, organic greens, horseradish & house-made
olive oil mayo \$8/\$4.5

The Triple: grilled cheese with swiss, brie,
& goat cheeses \$7/\$4

SANDWICHES

Veggie (v): avocado, tomato, carrot, cucumber, onion,
organic greens, cilantro, with basil garlic cream cheese or
organic house made hummus \$8/\$4.5

Tuna Salad: albacore tuna salad & organic greens
\$8/\$4.5

Cold Turkey: turkey, provolone cheese, tomato, organic
greens & house made mayo \$7/\$4

Happy Hen: organic egg salad & organic greens \$7/\$4

PBH: fresh ground peanut butter
& local raw honey \$5/\$3

SALADS

Hemp Salad (gf,v): organic greens, avocado,
cucumber, tomato, raw hemp seeds, with a house-made
organic vinaigrette \$11/\$7
**add turkey breast \$1 or \$2*

Cherry Salad (gf): organic greens, dried cherries,
goat cheese, pumpkin seeds with fresh citrus juices
\$11/\$7 **add turkey breast \$1 or \$2*

Apple Pecan Salad (gf): organic greens, apple,
pecans, turkey, sesame seeds with a house-made
honey-lemon dressing \$11/\$7

Southwest Salad (gf): organic greens, organic corn,
organic black beans, tomato, red onion, turkey, sweet
peppers, organic corn chips, with a house-made avocado
lime dressing, \$11/\$7

SMALL PLATES

CJACKS Quiche (gf): served grilled or cold \$4.5

Organic Garlic Hummus (gf,v): made in house,
served with organic tortilla chips \$5 or raw veggies
\$6

Toasted Bagel (v): sprouted organic wheat bagel with
fresh ground peanut butter or cream cheese served with
orange or apple slices \$4.5

Lavender Plate: whipped goat cheese, local raw honey
& lavender served with toasted sourdough and apples
\$5.5

Fresh Guacamole (gf,v): made fresh to order and
served with organic tortilla chips \$6
or raw veggies \$7

DRINKS

COFFEE: Organic Sumatra with cream \$2.5

ORGANIC HOT TEA: Varieties at counter \$2.5

SWEET ICED TEA: Chai/Lemon/Peach/Raspberry
16oz \$2.5

ICED COFFEE: coffee, honey, ½ & ½ \$5

SMOOTHIES & NUT SHAKES

16 oz whole foods/no fillers

NUT SHAKES

**add coffee, cacao, orange juice or banana \$1*

Digger: raw cashew vanilla shake w/mint/kale
& organic raw cacao nibs \$8

Sojourner: raw almond vanilla shake \$6

Forerunner: raw cashew vanilla shake \$6

Truman: raw pecan vanilla shake \$6

Juglan: raw walnut vanilla shake \$6

CREAM SMOOTHIES

**whole milk can be substituted for organic
unsweetened almond or coconut milk .5*

Farmer: mango/pineapple/kale/milk \$6

Exodus: banana/organic raw cacao/
milk/fresh ground peanut butter \$6

Bohemian: strawberry/banana/milk/
organic hemp protein \$6

Settler: pumpkin/banana/flax/milk \$6

FRUIT SMOOTHIES

Pilgrim: mango/banana/pineapple/
topped with mix berries \$6

Psalm 92: mango/pineapple/coconut \$6

Busker: banana/ cranberries/
fresh squeezed orange juice \$6

Promenade: strawberry/lemon/basil or mint \$6

Bhangra: orange/lemon/lime/mint \$6

Sanctuary: mango/lime/cayenne \$6

***We do not recommend our menu to people with severe
allergies & our kitchen IS NOT certified gluten free***

***Our Mayonnaise is made in-house and contains raw eggs.
FYI, consumption of raw eggs may increase your risk of
foodborne illness.***

*Freshly squeezed juices

*Whole food smoothies

*Vegan & gluten free options

*Our sauces are made in-house
from scratch to avoid gmo ingredients

*We buy organic when possible

*Prices may change due to market price & season

*Be sure to like us on *facebook*
and *instagram* for updates & specials



ASK ABOUT OUR SEASONAL SOUPS!

Please see the deli case for
delicious vegan & gluten free treats
with no refined sugars:

Himalayan Macaroons
Cacao Cookies
Ganache
Vegan Cashew Cheesecakes

SONGBIRD CAFE'

Mon-Friday 11-8

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