

# *know thy food* cooperative **menu** cafe & market

monday through saturday 8-6, sunday 9-6

## *scrambles* *breakfast*

served with toasted and buttered Tabor Bread's white wheat sourdough & a side of fresh, seasonal & local fruit. Gluten Free toast available from New Cascadia Traditional

### **simple scramble**

two eggs, scrambled  
\$6

### **garden scramble**

three eggs, spinach, feta,  
& roasted red peppers  
\$9

### **ham and cheese scramble**

three eggs, Golden Glen white cheddar  
& Deck Family Farm honey glazed ham  
\$9

### **salmon scramble**

three eggs, Yakobi smoked salmon,  
spinach, capers, & red onion  
\$12

add Pat N Tam's bacon \$3

## *bagels*

fresh bagels from Henry Higgins Boiled Bagels halved and toasted.  
Gluten free bagels from New Cascadia

### **egg and cheese**

one egg scrambled & topped with melted  
Golden Glen white cheddar  
\$5

add Deck Family Farm ham \$3

### **mediterranean**

hummus, cucumbers, red onion, olive  
tapenade, and fresh greens (V)  
\$5  
add feta \$1

### **smoked salmon**

organic salmon cream cheese, red  
onion, capers, cucumber, & fresh greens  
\$6

### **bagel with:**

butter ..... \$2  
cream cheese ..... \$3  
earth balance ..... \$3  
butter & jam ..... \$3  
salmon schmear ..... \$4  
hummus (V) ..... \$4  
avocado ..... \$4

## *other breakfast*

### **KTF breakfast sandwich**

two eggs scrambled  
Pat'n'Tam's bacon, goat cheese,  
& fresh greens  
\$10  
Add avocado \$3

### **Brooklyn Breakfast Salad**

two eggs scrambled, Pat'n'Tams bacon  
and avocado over a bed of tenderized  
kale & quinoa, topped with hemp  
seeds & feta.  
lemon-vinaigrette dressing on the side  
\$13

### **yogurt parfait**

Nancy's organic plain yogurt with  
house made maple-almond granola  
and local berries (GF)  
\$6

## *smoothies*

### **green**

organic kale, banana, spinach, blueberries,  
& a dash of lemon juice. apple cider base  
\$5  
add almond butter \$1

### **oregon berry**

local & organic raspberries, blackberries  
& blueberries and a banana. honey optional.  
yogurt base  
\$5

### **monkey moo**

organic banana, almond butter, & a wee  
bit of organic & fair trade chocolate syrup  
milk base  
\$6

add two shots of espresso \$1

### **add to any smoothie**

spirulina, whey, gelatin, or bee pollen \$1  
sub hemp, coconut, almond or soy milk \$1

# lunch

## sandwiches

All sandwiches are served grilled on white wheat sourdough from Tabor Bread & an Oregon Brineworks G=garlic dill pickle

### turkey melt

Applegate turkey breast, avocado, house made olive tapenade, & Golden Glen white cheddar.  
\$9

### classic club

applegate turkey breast, Pat'n'Tams bacon, house-made garlic aioli, stone ground mustard, fresh greens, & Golden Glen white cheddar.  
\$12  
add avocado \$3

add a side salad or a cup of homemade soup \$2

### winter harvest

roasted vinaigrette beets, goat cheese, spinach, house made pesto, red onion, & Pat'n'Tams bacon  
\$10

make it vegan!

~~goat cheese, pesto & bacon~~  
vegan chive cream cheese & avocado

### gourmet grilled cheese

white cheddar, goat cheese, & sauteed apples on parmesan-crusteD sourdough  
\$9

half sandwich with  
a cup of soup & side salad  
\$10

## salads

Served with toasted and buttered white wheat sourdough from Tabor Bread

### salmon salad

local greens, Yakobi smoked salmon, red onion, capers, hemp seeds, hazelnuts, avocado, & feta. drizzled with house-made lemon vinaigrette  
\$13

### power protein salad

local greens, roasted chickpeas, bacon, goat cheese, hemp seeds, sunflower seeds, walnuts, & dried cranberries.  
served with balsamic vinaigrette  
\$15

### heart beet salad

roasted beets, tenderized kale, black beans, goat cheese, quinoa, Pat n Tam's bacon, and hemp seeds.  
balsamic vinaigrette on the side  
\$15

### cobb salad

local greens, sliced hard boiled egg, Applegate turkey breast, Pat'n'Tams summer sausage & bacon, tomato, cucumber, red onion, & avocado.  
served with blue cheese dressing  
\$15

### quinoa and ham salad

Deck Family Farm ham, quinoa, sauteed apples, fresh local greens, avocado, & goat cheese.  
drizzled with house-made lemon-vinaigrette  
\$12

add a cup of soup for \$2

### bowl of homemade soup

served with a side of buttered toast  
ask about daily soup selection  
\$7

### homemade beef bone broth

made with grassfed beef bones  
simmered for hours with herbs and spices  
\$4

### add to any salad or sandwich

roasted red pepper, greens, onion, or cucumber \$.50  
pesto, olive tapenade, cheddar, feta, or goat cheese \$1  
ham, turkey, egg, or salmon schmear \$2  
avocado, summer sausage, smoked salmon, or bacon \$3

# kid's menu

# drinks

## little handfuls perfect plates

assemble the perfect plate for little hands from our options below.

plates \$7      single bites \$1

### first...

choose two bites from the following flavors (GF, V)

- blackberry, date, & oat
- bean, brown rice, & spinach
- apple, squash, & quinoa

### then...

choose two fruits or veggies

carrots, apples, banana, cucumber, avocado, & ask about seasonal offerings

### next...

choose one protein

hard boiled egg, chickpeas, hummus, ham, turkey, sunflower seeds, walnuts, quinoa

### finally...

choose one extra

Nancy's organic plain yogurt  
cheddar cheese, whole milk, hemp milk, soy milk, almond milk, coconut milk

we proudly serve Trailhead Coffee Roasters and Gary's Meadow Fresh Milk (Mulino, OR)

espresso                      \$3  
two shots  
solo or over ice

americano                    \$3  
two shots  
in hot water. any size.

latte                            \$4      \$4.25      \$4.5  
two shots  
with steamed milk

capachino                    \$4      \$4.25      \$4.5  
two shots  
with steamed, extra foamy milk

mocha                         \$4.25    \$4.5      \$4.75  
two shots  
with holy kakow  
vegan chocolate sauce  
& steamed milk

tea latte                      \$4.25    \$4.5      \$4.75  
matcha  
chai (sweet or spicy)  
or turmeric

coldbrew coffee             \$3.5      \$4  
high caffiene  
low acidity  
slow brewed coffee

## on tap

kombucha                    \$3.5      \$4  
jun                              \$4              \$5  
beer                             \$5

## children's sandwiches

children's sandwiches are served with a side of fresh fruit.

\$5

almond butter with banana or jam (v)

grilled cheese

hummus & cucumber (v)

New Cascadia Tradional gluten free bread available  
(V) = vegan (GF) = gluten free

Trailhead Coffee Roasters is at 118 MLK Jr Blvd delivered to us fresh by bicycle sourced from organic farms and Cafe Feminino, a women owned coffee cooperative in Peru

# happy hour menu

*every single day 3-5*

**lion heart kombucha pint**

\$3.50

**rotating local beer or cider pint**

\$3.50

**turkey & kraut**

appegate turkey, roasted garlic aioli & blue bus kraut on sourdough \$6

**gourmet grilled cheese**

white cheddar, goat cheese & apples on parmesan crusted sourdough \$5

**mushroom hunter**

sauteed mushrooms & onions, white cheddar & roasted garlic aioli on sourdough \$5

**greek salad**

mixed greens, olive tapenade, feta, cucumbers, tomato & red onion. side of lemon-vinaigrette dressing and buttered toast \$7

**beet salad**

roasted beets, tenderized kale, black beans, goat cheese, quinoa & hemp seeds. served with a side of balsamic vinaigrette and buttered toast \$7

**hummus plate**

house-made hummus, olive tapenade, cucumbers, feta, and slices of sourdough \$6

cup of soup, side salad & buttered sourdough toast \$5

slices of sourdough with butter or oil & vinegar \$3