

FARE

FOODBYFARE.COM

@FOODBYFARE

Our Winter Menu

Bowls

Smoky Chicken Bowl GF 13.99

Lemony Kale, House Grains, Green Goddess Slaw, Harissa Sweet Potatoes, Creamy Tahini

Turkey Meatball Bowl N 14.99

House Grains, Squash & Farro, Broccoli & Grape Salad, Greek Yogurt Ranch

Salmon Bowl GF N 16.99

Lemony Kale, Romesco Chickpeas, Harissa Sweet Potatoes, Herby Pesto

Miso Tofu Veggie Bowl GF V N 13.99

Lemony Kale, Cauliflower & Cabbage, Romesco Chickpeas, Creamy Tahini

+ Cornbread Muffin GF V 0.99

Winter Sides 5.00

Harissa Sweet Potatoes GF V

Mac & Cheese

Green Goddess Slaw GFRoasted Carrots GF VCauliflower & Cabbage GF VBroccoli & Grape Salad GF V N

Craft Your Own

Bowl

Starting at 11.99

1. Choose Your Base

2. Choose 2 Sides

3. Optional Protein

Smoky Chicken GF +3.49Basil Turkey Meatballs GF +4.99Roasted Salmon GF +6.99Avocado Mash GF V +1.50Miso Tofu GF V +3.49

4. Choose a Signature Sauce



Plates

All plates include a Cornbread Muffin

Smoky Chicken Plate 15.99

Harissa Sweet Potatoes, Green Goddess Slaw, Mac & Cheese, Spicy Red Pepper Sauce

Turkey Meatball Plate N GF 16.99

Broccoli & Grape Salad, Cauliflower & Cabbage, Harissa Sweet Potatoes, Greek Yogurt Ranch

Salmon Plate GF 18.99

House Grains, Cauliflower & Cabbage, Roasted Carrots, Creamy Tahini

Miso Tofu Plate V GF N 15.99

Romesco Chickpeas, Broccoli & Grape Salad, Roasted Carrots, Creamy Tahini

Squash & Farro

Romesco Chickpeas GF V NSweet Potato Turkey Chili GF 8.50

Turkey, Sweet Potatoes, Tomatoes, Black Beans, Cornbread Muffin

Plate

Starting at 13.99

1. Choose 3 Sides

2. Optional Protein

Smoky Chicken GF +3.49Basil Turkey Meatballs GF +4.99Roasted Salmon GF +6.99Avocado Mash GF V +1.50Miso Tofu GF V +3.49

3. Choose a Signature Sauce



Smoothies

*All smoothies contain nuts

SunButter Berry GF V N 10.99

Strawberries, Raspberries, SunButter, Dates, Almond Milk

Blueberry Almond GF V N 10.99

Blueberries, Banana, Almonds, Cinnamon, Dates, Almond Milk

Green Glow GF V N 10.99

Spinach, Lemon, Mango, Avocado, Dates, Almond Milk

Add-ons

+ Avocado 1.50

+ Hemp Seeds 1.50

+ Flax Seeds 1.50

+ Chia Seeds 1.50

+ Plant Protein 1.50

+ Collagen 1.50

GF Gluten Free V Vegan N Contains Nuts



Coffee

Oat and Almond Milk Available + 0.95

Drip Coffee 3.00

Cold Brew 4.99

Espresso 3.25

Red Eye 4.99

Macchiato 4.25

Cortado 4.25

Flat White 4.25

Cappuccino 4.25

Caffe Americano / Hot or Iced 3.25

Caffe Latte / Hot or Iced 4.35

Mocha Latte / Hot or Iced 4.99

Vanilla Latte / Hot or Iced 4.99

Caramel Latte / Hot or Iced 4.99

Seasonal Pumpkin Latte / Hot or Iced 4.99

Seasonal Peppermint Latte / Hot or Iced 4.99

Tea & Other Beverages

Rishi Hot Tea 3.75

Hot Chocolate 4.99

Iced Black Tea 4.50

Iced Elderberry Hibiscus Tea 4.50

Chai Tea Latte / Hot or Iced 4.99

Matcha Latte / Hot or Iced 5.49

Matcha Lemonade 5.49

Pumpkin Chai Tea Latte / Hot or Iced 4.99

Lemonade 4.50

Breakfast

Overnight Oats GF V 4.99

Gluten Free Oats, Chia Seeds, Oat Milk, Seasonal Compote

Greek Yogurt Parfait GF 4.99

Greek Yogurt, Seasonal Compote, Gluten Free Granola

Egg Wrap 7.99

Wheat Tortilla, Scrambled Organic Eggs, Bacon, Pesto, Cheddar, Parmesan

Egg White Bites GF 4.49

Egg Whites, Feta, Spinach, Herbs, Spicy Red Pepper Sauce

Egg Sandwich 8.99

English Muffin, Two Organic Eggs, Caramelized Onions, Havarti Cheese

Scrambled Egg Bowl GF 9.99

Sweet Potato Hash, Scrambled Organic Eggs, Spicy Red Pepper Sauce, Cornbread Muffin

Breakfast Add-ons

+ Scrambled Eggs GF 4.00

+ Smoked Bacon GF 2.50

+ Avocado Mash GF V 1.50

+ Spicy Red Pepper Sauce GF V 0.99

+ Cheddar Cheese GF 0.99

Sweets

Chocolate Chip Cookie GF N 1.99

Oat Flour, Almond Flour, Organic Eggs, Maple Syrup, Coconut Sugar, Dark Chocolate

Tahini Brownie GF 3.99

Tahini, Organic Eggs, Oat Flour, Cacao Powder

Toasted Almond Bread N GF 3.99

Oat Flour, Almond Flour, Organic Eggs, Coconut Sugar, Maple Syrup, Sweet Potato, Almonds

Seedy Cookie GF V 1.99

GF Oats, SunButter, Maple Syrup, Hemp Seeds, Pumpkin Seeds, Flax Seeds

Mini Cornbread Muffin GF V 0.99

Roasted Pumpkin, Oat Flour, Cornmeal Olive Oil, Maple Syrup

Want More FARE?

We Offer Catering!

Visit FoodByFARE.com/Catering to view our menu and order today.

GF Gluten Free V Vegan N Contains Nuts

