

French Meadow Breakfast

-Organic oatmeal

served with organic toast & steamed milk with organic apples, bananas, almonds, and golden raisins

-Classic Egg Breakfast

two eggs cooked to order, served with hash browns, bacon, and organic toast

-Omelet of the Day

a three egg omelet made with the freshest seasonal ingredients, served with organic toast and hash browns

-Egg Croissant Sandwich

scrambled eggs with fresh spinach, Swiss cheese, tomato, bacon and guacamole on organic croissant, served with hash browns

-Breakfast Quesadilla

scrambled eggs, fresh spinach, black beans, and cheddar cheese in a 12 inch organic tortilla, served with chipotle sour cream, guacamole and hash browns on the side

-Breakfast Burrito

scrambled eggs, cooked hash browns, and cheddar cheese wrapped in a 12 inch organic tortilla and garnished with black bean chili, chipotle sour cream and green onions, served with organic toast and a side of salsa



French Meadows Ciabatta Sandwiches

Turkey & Swiss

Organic ciabatta with turkey, Housemade Cranberry Aioli, Roasted Red Peppers, Spinach & Swiss cheese

Grilled chicken & goat cheese

Organic ciabatta with Chicken Breast, Garlic Aioli, Roasted Red Peppers, Spinach, & Goat cheese with Herbs

Roast Beef & Havarti

Organic ciabatta with Natural Roast Beef, Housemade Wasabi Aioli, Caramelized Onions, Roasted Plum Tomatoes, Spinach & Havarti cheese

3 cheese Vegetarian

Organic ciabatta with White cheddar, Swiss, & Fontina cheeses.... Spinach, Roasted Plum Tomatoes & Housemade Garlic Aioli



French Meadow Organic House Greens

-House Salad

organic greens, carrots, cherry tomatoes, beets, and sun flower seeds, with a side of white balsamic vinaigrette



With chicken
With salmon

French Meadow Hearty Soups

*served with organic sourdough bread

- creamy Tomato Basil
- Vegan Black Bean Chili
- Chicken Wild Rice
- chef prepared soup du jour



cup bowl

French Meadow Beverages

- Naked Juice
- Izze Natural Juice Soda
- Bottled French Meadow Water
- Vasa Bottled Water
- Coke & Diet coke



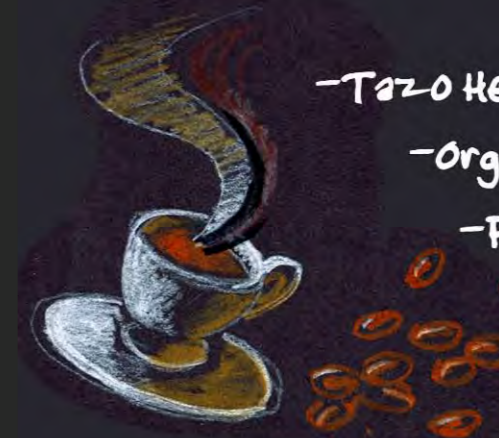
-Tazo Herbal Infusion Teas

-Organic Milk

-Peoples organic coffee

organic, fair trade, shade grown

small
large.



French Meadow Grilled Sandwiches

made to order *served with organic mixed greens

-Incredible Grilled cheese Sandwich

white cheddar & Swiss cheese, tomato, roasted red pepper, & dijon mustard, grilled on choice of organic sourdough, women's, men's, or healthy hemp bread.

-Grilled Rachel Sandwich

thinly sliced turkey, sauerkraut, tomato caper aioli, & swiss cheese on rustic rye bread.

-Grilled chicken Breast sandwich

grilled chicken breast with fresh spinach, Swiss cheese, roasted tomato, & garlic aioli on grilled ciabatta bread.

-Grilled Tuna sandwich

our in house made tuna salad with fresh spinach, garlic aioli, and tomato on organic summer wheat bread.

-Turkey & Bacon croissant

thinly sliced turkey, bacon, Swiss cheese, tomato, lemon caper aioli, and fresh spinach on organic croissant.

-Grilled Portobello on ciabatta

roasted portobello mushroom caps, Swiss cheese, caramelized onions, fresh spinach & roasted red peppers on sourdough

