



EST 2018

WINTER

MENU

FARM TO TABLE FUSION

SEASONAL HOURS

Thurs 9-8

Fri 9 - 8

Sat 9 - 8

Sun 9 - 2

BREAKFAST (all day)

THE TRADITIONAL \$12
2 eggs (fried / scrambled),
toast + jam, bacon or sausage

PANCAKE (V) \$7
Whole grain apple butter
pancake w/ butter and syrup
+ banana or blueberry \$1

OMORITTO \$14
burrito with bacon, sausage,
veggies, cheesy eggs, salsa on
side. Add sour cream \$1

FRENCH TOAST (V) \$12
Sourdough cinnamon raisin
bread (2) w/ butter and syrup

★ **FARMER'S OMELETTE** \$16
bacon + sausage + sauteed veg
in a 3-egg cheesy scramble

BREAKFAST BOWL (GF) \$14
Quinoa, beans, sweet roast
veg with syrup and pumpkin
spice, greens, bacon + sausage
in a 3-egg cheesy scramble

THE SAMMY \$12
Bacon egg cheese sandwich
with greens and choice of
mayo: SASSY, pesto, regular

BISCUITS AND GRAVY \$12

THE IRISH \$16
Potatoes, onion, garlic,
sausage, bacon, 3 egg, cheese
on top of buttered toast (2)

★ **FRUIT SMOOTHIE (V)** \$10
Mixed berry, greens powder,
honey, oat milk, lemonade
+ nut butter \$1 + granola \$1

**TWO EGGS FRIED OR
SCRAMBLED** \$5

BACON OR SAUSAGE \$4

TOAST AND JAM \$3

SOURDOUGH UPGRADE \$2

MAC & CHEESE

- PLAIN (V) \$10
- VEGGIE (V) \$13
- SASSY CHICKEN \$16
- TOMATO PESTO CHICKEN \$16

SANDWICHES

Served w/ chip medley or any side, sm
salad, or soup for \$5; *Dave's Killer
Organic bread, GF option available

★ **HOUSE BURGER** \$13
1/3lb local beef with relish, mayo,
ketchup, mustard, greens, cheese
\$1 + bacon \$4 + Lg. salad \$7

CHICKEN SALAD \$12
Organic chicken, pickle relish, celery,
egg, mayo, herbs and spices

BLACK BEAN BURGER (VE) \$10
Organic black beans, quinoa,
mixed veggies, GF bread crumbs,
standard with ketchup, mustard,
relish, greens

GRILLED CHEESE (V) \$10
+ Bacon \$4

SOUPS - \$7/\$12

SEE SPECIALS BOARD
+ Grilled Cheese to bowl \$6

SIDE DISHES - \$7

KOHL SLAW SALAD (GF, V)
Chopped Brussels, Cabbage,
shaved carrots and kohlrabi,
candied pecans, dried
cranberries and pumpkin
seeds with mayo, apple butter
and reduced balsamic
vinaigrette dressing

SAVORY TATERS (GF, VE)
SAUTEED MUSHROOM MIX

SEASONAL MEALS

HILLBILLY HIBACHI \$16
STIRFRY (GF)

Chicken, seasonal veggies,
cilantro lime rice, beans, in our
light BBQ-Asian teriyaki soy
sauce. Add mushrooms \$4 or
replace chicken with mushrooms

CHICKEN BURRITO \$16
Bowl w/greens (GF) or wrap:
chicken, veggies, rice, beans,
cheese
+ sour cream \$1, + chips & salsa
\$3, + mushrooms \$4

★ **FLATBREAD PIZZAS** \$18
3 flatbreads, our pizza sauce,
mozzarella, parmesan, pairs
nicely with salad, see back side
for options

PRIMO SALAD (V) \$7/\$12
Seasonal Greens mix, carrots
and other veggies, pecans,
cranberry, pumpkin seeds,
parm cheese, house dressing
(lemon basil, honey mustard
and berry vinaigrette)

CHEF'S SALAD \$18
Seasonal Greens mix, carrots
and other veggies, pecans,
cranberry, pumpkin seeds,
parm cheese, house dressing
(lemon basil, honey mustard
and berry vinaigrette) and
includes chicken, bacon,
hardboiled egg and cheddar
cheese.

Italian Dinner For Two:
Flatbread Pizza (4) + Pesto Chicken
Mac + 2 side salads \$35

★ = SEE ADDITIONAL
OPTIONS ON BACK

Key: V = Vegetarian, VE = Vegan, GF = Gluten Free

FRESH TO
MORROW

121 Main St, Morrow, OH 45152
(right off the bike trail)
513-899-7439

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ADDITIONAL OPTIONS

SEASONAL HOURS

Thurs 9-8

Fri 9 - 8

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Sun 9 - 2

OMELETTES (all day)

MEAT LOVER \$18

Bacon and sausage sauteed in bacon grease with a 3 egg and milk whip, salt pepper and herbs, and finished with cheese. Buttered toast and jam included.

IRISH OMELETTE \$18

Bacon and sausage, savory taters, onion and garlic, sauteed in bacon grease with a 3 egg and milk whip, salt pepper and herbs, and finished with cheese. Buttered toast and jam included.

VEGGIE (V) \$14

sauteed seasonal veggies in avacado oil, 3 egg and milk whip, salt pepper and herbs, finished with cheese. Buttered toast and jam included.

DAIRY FREE \$16

can be with meat, and sauteed veggies in avacado oil, 3 egg whip with oat milk. Non buttered toast and jam included.

PLAIN CHEESE \$12

Avacado oil with 3 egg and milk whip, finished with cheese

GLUTEN FREE \$0

any of these can be made with gluten free toast, just holler!

ADD MUSHROOMS \$4

Locally grown, sauteed and seasoned mushroom mix

BURGER MADNESS

Served with GF chip medley or upgrade any side, side salad, or soup for \$5; *Dave's Killer Organic bun, GF option available. Add bacon for \$4 Add cheese \$1 per pattie

FARM FAVORITE \$15

1/3lb local pastured beef with pesto mayo, ketchup, relish, greens

THROUGH THE GARDEN \$15

1/3lb local pastured beef with pickle relish, mayo, ketchup, mustard, micro greens, onion, garlic, tomatoes when in season

DOUBLE BURGER \$18

1/3lb local pastured beef x2, with pickle relish, mayo, ketchup, mustard, greens

SOUTHERNER \$18

1/3lb local pastured beef, bacon, cheese, onion and garlic, sasssy mayo, greens

GODZILLA \$25

Bacon double cheeseburger with fried egg, dressed with mayo, ketchup, mustard, relish, greens

PLAIN JANE \$10

1/3lb local pastured beef, undressed and on a toasted bun, no chips

SMOOTHIES

All smoothies made with oat milk Add peanut butter \$2 Add gluten free granola bar \$2 Add MCT powder \$2 Add Greens Powder \$2

TROPICAL (V) \$10

Banana, paw-paw, mango, orange juice, lemonade, GF granola bar honey

DESSERT SHAKE (V) \$12

fruit medley, banana, honey, GF granola bar, chocolate, lemonade

THE CLEANSE (VE) \$12

fruit medley, banana, oat milk, greens powder, MCT

BUZZZIN (V) \$14

banana, GF granola bar, honey, iced coffee, chocolate

PIZZA PIZZA!

All pizzas served on 3 locally made flatbreads, our herby tomato sauce, with parmesan and mozzarella cheese.

SUPREME \$18

Pepperoni, onion, garlic, sweet pepper

MEAT LOVER \$18

Bacon, sausage, pepperoni

VEGGIE (V) \$16

onion, garlic, sweet pepper

CHEESE (V) \$14

PIZZA DINNER FOR 2 \$25

4 flatbreads (your choice) + 2 side salads

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