



farming hope at



DAYTIME MENU FROM 8AM-3PM

Quick Oats \$6

Almonds, Seasonal Berries, and Honey

Almond Toast \$8

Multigrain Toast with almond butter, banana slices, date molasses, tumeric granola

Shakshuka \$12

Two poached eggs in a spicy tomato and bell pepper stew, feta, herbs

Farming Hope Soup of the Day

A reflection of the local bounty and our garden \$6

Yogurt & Granola \$6

Organic Greek Yogurt, house made tumeric granola, date molasses and fruit

Avocado Toast \$10

Multigrain Toast with avocado, watermelon radish, sprouts, chili oil, maldon

Imperfect Bowl \$8

Seasonal Imperfect veggies, quinoa blend, green goddess, pickled onions, pepitas poached egg

vegan w/ chickpeas

Frittata \$8

Warm Seasonal egg frittata inspired by our garden, served with greens

Breakfast Flatbread \$12

Harissa tomato jam, roasted potatoes, broken yolk poached egg, spiced ricotta, spring mix

Grilled Halloumi Salad \$13

Grilled Hallouimi, lemon-sumac vinaigrette, candied black pepper walnuts, tomato, cucumber, lentil quinoa blend

_____ Add Organic Soft Poached Egg \$2 || Add Avocado \$2 _____
Sub Gluten Free Bread \$2 || Extra Multigrain \$2

About Farming Hope...

Our food is sustainable, nourishing, & organic. We create jobs for formerly incarcerated and homeless folks in our kitchen. Thanks for dining with Farming Hope at Manny's, and creating justice at this little corner of the world

WWW.FARMINGHOPE.ORG

every moment that you're alive is a blessing. don't waste it.



DAYTIME DRINKS

HOT

| | |
|--------------------|---------------|
| ritual drip coffee | \$1.75/\$2.75 |
| tea | \$2.75 |
| hot chocolate | \$2.75 |
| espresso | \$3.00 |
| americano | \$3.25 |
| cappuccino | \$3.25 |
| chai latte | \$3.50 |
| latte | \$3.75 |
| mocha | \$3.95 |

COLD

| | |
|------------------|--------|
| iced tea | \$2.75 |
| iced latte | \$3.75 |
| cold brew | \$3.00 |
| grapefruit juice | \$3.00 |
| ginger beer | \$3.00 |
| sparkling water | \$3.00 |
| alt. milk | .36¢ |
| add single shot | \$1.50 |
| add double shot | \$3.00 |

Pastries

by FARMING HOPE

| | |
|---------------------------------|--------|
| Sumac-Lemon Bars (gf)..... | \$3.50 |
| Tahini Brownies (gf)..... | \$3.50 |
| Rose-Water Madeleines (gf)..... | \$2.50 |
| TCHO Chip Cookies (gf)..... | \$3.50 |
| Banana Bread Pudding(gf)..... | \$4.00 |
| w/ caramel | .50¢ |

by HAYES VALLEY BAKEWORKS

| | |
|-------------------------------|--------|
| Jalepeno Cheddar Biscuit..... | \$3.00 |
| Earl Grey Tea Bread..... | \$3.00 |
| Morning Glory Muffin (v)..... | \$3.25 |
| Horchata Muffin(gf)..... | \$3.25 |
| Cherry Almond Scone..... | \$3.50 |
| Kouign Amann..... | \$4.00 |

We offer free coffee and tea to anyone who needs it...
no questions asked! Support someone in the community
by asking to "Pay it Forward" with a donation.

WWW.WELCOMETOMANNYS.COM

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