

835 GARFIELD AVE.,  
TRAVERSE CITY, MI



(231) 941-5221  
EDSONFARMS.COM

## SANDWICHES & WRAPS

MAKE IT GLUTEN-FREE + \$1.00 | V= VEGETARIAN OR VEGAN OPTION AVAILABLE

### CHERRY CHICKEN WRAP | 8.99

local chicken breast, local cherries, cucumber, tomato, onion, sprouts, lettuce

### THE ISLAND WRAP | 8.99

local chicken breast, black bean dip, salsa, avocado, pineapple, mango, gr. pepper, lettuce, tomato, onion

### CHICKEN BREAST WRAP | 8.99

local chicken breast, feta, kalamata olives, house made sun dried tomato dressing, cucumber, tomato, onion, sprouts, lettuce

### CALIFORNIA TURKEY WRAP | 8.99

turkey, local bacon, avocado, cucumber, tomato, onion, sprouts, lettuce, cheddar, mayo

### THE JESSICA SANDWICH | 9.99

turkey, Edson's house slaw, swiss cheese, house made thousand island dressing, grilled on local wheat

### PORTABELLA SANDWICH | 9.99 V

grilled portabella, feta, house made pickled onion, house pesto, roasted red pepper, baby greens, house made balsamic dressing, grilled on local wheat

### CURRY CHICKEN WRAP | 8.99

sprouts, tomato, lettuce

### TURKEY PESTO PANINI | 9.99

turkey, house pesto, provolone, mayo, cucumber, lettuce, grilled on local wheat

### EDSON'S CUBAN SANDWICH | 9.99

uncured ham & pepperoni, swiss, provolone, house made sauerkraut & pickled onion, dijon, mayo, grilled on local ciabatta

### TUNA MELT | 8.99

Natural Sea white albacore, house made pickled onions, Bubbie's pickles, tomato, lettuce, provolone, grilled on local wheat

### SOUTHERN WRAP | 7.99 V

basmati rice, black bean dip, cheddar, salsa, green pepper, tomato, onion, lettuce

### Make it Deep! | 8.99 V

add our house made cajun chicken or tofu

### VERY VEGGIE WRAP | 7.99 V

hummus, cucumber, gr. pepper, onion, tomato, zucchini, sprouts, lettuce, spinach, feta, house made green goddess dressing

### FALAFEL WRAP | 8.99 V

house made sweet potato falafel and quinoa tabouli with feta, Baba Ghannouj, house made cucumber mint dressing, sprouts, lettuce

### EDSON'S VEGGIE BURGER | 8.99 V

house made black bean and veggie burger, avocado, pepper jack, house made goddess dressing, tomato, red onion, sprouts, lettuce

### 1/2 SANDWICH + SOUP CUP | 8.99

cherry chicken, tuna, or turkey cheddar on local wheat bread, with a cup of house made veggie chili or soup of the day

## BREAKFAST

### BAGEL & CREAM CHEESE | 3.50

organic onion poppyseed bagel, organic cream cheese

### BREAKFAST BURRITO | 6.50

2 eggs, potato, sausage, salsa, pepperjack & cheddar cheese

### FIESTA BURRITO | 6.50

2 eggs, potato, black bean dip, avocado, salsa, pepperjack & cheddar cheese

### MEDITERRANEAN BURRITO | 6.50

2 eggs, potato, parmesan, spinach, greek dressing, tomato

### CALIFORNIA BREAKFAST BURRITO | 6.50

2 eggs, potato, bacon, avocado, ranch dressing, cheddar cheese

### BREAKFAST BAGEL | 6.50

onion poppyseed bagel, egg, ham, muenster cheese

## SALADS

### GREEK SALAD | 8.99

romaine & baby green blend, house pickled beets, kalamata olives, red onion, artichoke, cucumber, feta, tomato, house greek dressing

### With Chicken | 10.99

### CAESAR SALAD | 9.99

romaine, red onion, crouton, parmesan- local chicken

### COBB SALAD | 10.99

romaine & baby green blend, local egg, avocado, local chicken, local bacon, tomato, blue cheese, red onion, house made ranch dressing

### GARDEN SALAD | 7.99

romaine & baby green blend, cucumber, tomato, onion, green pepper, zucchini, sprouts, balsamic dressing

### FALAFEL SALAD | 9.99 V

romaine and baby green blend, sprouts, house made sweet potato falafel and quinoa tabouli with feta, cherry tomatoes, Baba Ghannouj, house made cucumber mint dressing

SOUP OF THE DAY & VEGGIE CHILI SERVED DAILY | CUP \$3.25 | BOWL \$4.75

# SMOOTHIES

NO ICE +1.00 | VARIETY OF PROTEIN AND ADD ONS AVAILABLE

12oz. \$5.25 | 16oz. \$5.50 | 20oz. \$6.00

## TUTTI FRUTTI

strawberry, banana, pineapple, honey, kefir, orange juice

## MANGO MADNESS

mango, banana, honey, kefir, orange juice

## TROPICAL SUNSET

pineapple, mango, banana, carrot, coconut, orange juice

## PEACHES & GREEN

peach, mango, ginger, orange juice

## BLUEBERRY FIELDS

blueberry, banana, pineapple, honey, milk, orange juice

12oz. \$6.00 | 16oz. \$6.50 | 20oz. \$7.25

## ENERGIZER

strawberry, mango, ginseng, bee pollen, honey, kefir, orange juice

## MUCHO MATCHA

pineapple, banana, matcha, lime, coconut, coconut milk

## HAIL TO KALE

kale, banana, apple, pineapple, chia powder, coconut water

## GREEN PROTEIN SMOOTHIE

banana, spinach, mango, coconut milk, honey, raw protein

## BIKRAM RECHARGE

banana, mango, coconut, electrolyte powder, coconut water

## COLD STOPPER

banana, blueberry, apple, lemon, ginger, honey, echinacea, coconut water

## EMERALD GODDESS

spinach, lettuce, parsley, celery, pineapple, orange juice

## TROPICAL DETOX

banana, grapes, pineapple, orange juice, wheatgrass

## SPRING BREAK

mango, peach, banana, coconut, orange juice

## ORGANIC PROTEIN SHAKE

raw protein, banana, blueberry, peanut butter, coconut milk

## BOOMER

banana, peanut butter, house made chocolate syrup, almond milk

## CHERRY BERRY

local cherry, blueberry, strawberry, coconut milk, electrolyte powder

## MOJITO

cucumber, pineapple, apple, lime, mint, coconut water

# JUICE BAR

ADD A WHEATGRASS SHOT: 1oz. \$4.00 | 2oz. \$6.00

## CARROT PLUS ONE

12oz. 5.50 | 16oz. 6.00 | 20oz. 6.75  
ADD celery, orange juice, apple or beet.

## V-7

12oz. 8.00 | 16oz. 8.50 | 20oz. 9.25  
tomato, green pepper, spinach, parsley, cucumber, celery, carrot, sea salt

## GREEN HOUSE

12oz. 7.00 | 16oz. 7.50 | 20oz. 8.25  
cucumber, spinach, sprouts, celery, carrot

## UN-BEET-ABLE

12oz. 6.00 | 16oz. 6.50 | 20oz. 7.25  
beet, celery, orange juice, carrot

## SUPER GREEN

12oz. 8.00 | 16oz. 8.50 | 20oz. 9.25  
cucumber, zucchini, spinach, sprouts, celery, parsley

## ANTIOXIDANT

12oz. 7.00 | 16oz. 7.50 | 20oz. 8.25  
beet, kale, spinach, celery, carrot

## DETOX BLAST

12oz. 6.00 | 16oz. 6.50 | 20oz. 7.25  
beet, cabbage, celery, carrot

## REJUVENATE

12oz. 8.00 | 16oz. 8.50 | 20oz. 9.25  
apple, zucchini, fennel, celery, spinach, parsley, lemon

## MEGAN

12oz. 8.00 | 16oz. 8.50 | 20oz. 9.25  
cucumber, apple, lime, spinach, sprouts, celery

## GRANNY'S ELIXIR

12oz. 6.00 | 16oz. 6.50 | 20oz. 7.25  
green apple, carrot, lime, ginger

# COFFEE & ESPRESSO

## COFFEE & ICED COFFEE

8oz. \$1.75 | 12oz. \$2.00 | 16oz. \$2.25

## MATCHA LATTE

8oz. \$4.00 | 12oz. \$4.50 | 16oz. \$5.00

## HOT CHOCOLATE

8oz. \$2.25 | 12oz. \$2.75 | 16oz. \$3.50

## ESPRESSO SHOT

8oz. \$1.25 | 12oz. \$1.75

## MOCHA

8oz. \$3.00 | 12oz. \$3.50 | 16oz. \$4.00

## ORGANIC ORGANIC TEAS

16oz. \$2.50

## CAPPUCCINO

8oz. \$3.00 | 12oz. \$3.50 | 16oz. \$4.00

## MACCHIATO

8oz. \$2.25 | 12oz. \$2.50 | 16oz. \$2.75

## CHAI TEA LATTE

8oz. \$2.00 | 12oz. \$2.25 | 16oz. \$2.50

## LATTE

8oz. \$3.00 | 12oz. \$3.50 | 16oz. \$4.00

## AMERICANO

8oz. \$2.00 | 12oz. \$2.25 | 16oz. \$2.50

## BULLET PROOF COFFEE

8oz. \$2.75 | 12oz. \$3.00 | 16oz. \$3.25

## CAFE LATTE

8oz. \$2.25 | 12oz. \$2.50 | 16oz. \$2.75

## SHOT IN THE DARK

8oz. \$2.25 | 12oz. \$2.50 | 16oz. \$2.75

## FLAVORING

8oz. \$.50 | 12oz. \$.50 | 16oz. \$.50

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