
SANDWICH

-- GRILLED SANDWICH --

THE JESSICA - 10.99

smoked turkey, house slaw, swiss, 1000 island dressing, on wheat

TURKEY PESTO - 10.99

smoked turkey, provolone, cucumber, lettuce, pesto, mayo, on wheat

THE CLUB - 12.99

smoked turkey, smoked ham, pepperoni, provolone, pepperoncini, tomato, onion, lettuce, herbed cream cheese, on italian

THE CUBAN - 10.99

smoked ham, pepperoni, swiss, provolone, sauerkraut, pickled onion, dijon, mayo, on italian

TUNA MELT - 10.99

tuna salad, pickled onion, pickle, provolone, tomato, lettuce, on italian

THE PORTLAND - 9.99 - VEGAN -

grilled portabella, vegan provolone, zucchini, gr. pepper, tomato, pickled onion, spinach, green goddess, balsamic, on wheat

BREAKFAST

-- BURRITO --

CLASSIC - 7.00

2-eggs, potatoes, sausage, cheddar, salsa, grilled on a sun-dried tomato wrap

WEST COAST - 7.00

2-eggs, potatoes, bacon, avocado, cheddar, ranch, grilled on a sun-dried tomato wrap

FIESTA - 7.00

2-eggs, potatoes, blk. bean, avocado, cheddar, salsa, grilled on a sun-dried tomato wrap

GARDEN - 7.00 - VEGAN -

tofu eggs, herbed potatoes, avocado, gr. pepper, tomato, vegan cheese sauce, grilled on a sun-dried tomato wrap

-- BOWL --

ANY BURRITO AS A BOWL - 7.00

switch out the wrap for a bed of spinach and enjoy a low carb & gluten-free breakfast

-- BAGEL --

BAGEL & CREAM CHEESE - 4.00

toasted onion poppyseed bagel, cream cheese

BREAKFAST BAGEL - 7.00

toasted onion poppyseed bagel, 2-eggs, smoked ham, provolone, herbed cream cheese

MAKE IT GLUTEN-FREE + 1.00

wrap - bread - bun - bagel

COFFEE & MORE

-- COFFEE BEANS --

HOUSE BREW - 12oz 2.50 - 16oz 2.75
Higher Grounds - regular & decaf - free refills

ESPRESSO SHOT - 2.00

Roaster Jack - regular & decaf - double shot of espresso

KETO COFFEE - 12oz 3.50 - 16oz 4.00

MCT oil, grass fed butter, house brew

COLLAGEN LATTE - 12oz 6.75 - 16oz 7.50

double shot of espresso, collagen protein, steamed milk

CAPPUCCINO - 12oz 3.75 - 16oz 4.50
double shot of espresso, steamed milk & foam

LATTE - 12oz 3.75 - 16oz 4.50
double shot of espresso, steamed milk

MOCHA - 12oz 3.75 - 16oz 4.50
double shot of espresso, steamed milk, house chocolate syrup

-- & MORE --

MATCHA LATTE - 12oz 4.25 - 16oz 5.50
matcha powder, steamed milk

BEET LATTE - 12oz 5.25 - 16oz 6.50
beet powder, ginger, vanilla, steamed milk

GOLDEN LATTE - 12oz 4.25 - 16oz 5.50
turmeric ginger chai tea, steamed milk

CHAI LATTE - 12oz 4.25 - 16oz 5.50
chai tea, steamed milk

SPICED MUSHROOM LATTE - 12oz 5.25 - 16oz 6.50
mushroom powder, garam masala, hazelnut syrup, steamed milk

HOT CHOCOLATE - 12oz 3.75 - 16oz 4.50
steamed milk, house chocolate syrup

HOT TEA - 16oz 2.25

your choice of organic tea

-- ICED --

enjoy any coffee, latte, or tea over ice

- FLAVOR - .50

vanilla, caramel, hazelnut, raspberry, peppermint

- MILK -

whole milk - Shetler Dairy
coconut - vanilla
almond - unsweetened



SERVING OUR COMMUNITY FOR 40 YEARS

835 S. GARFIELD AVE
TRAVERSE CITY, MI, 49686

(231) 941-5221



www.edsonfarms.com



-- 3-DAY JUICE CLEANSE --

150.00 (pre-pay & pre-order)

A total of 18 drinks which include:
(3) base camp, (3) detox blast, (3) hail to kale,
(3) V-7, (3) cucumber chill, (3) sweet dreams

-- KNOW YOUR FARMER --

- Local NON-GMO eggs, chicken, and smoked turkey from River Valley Farms & Meats in Kingsley, MI.

- Seasonally, lettuce and tomatoes from TLC Tomatoes in Suttons Bay, MI

-Milk & dairy products from Shetler Family Dairy in Kalkaska, MI

- Seasonally, fruits and vegetables come from over 19 farms

-- RECYCLING --

In our store and deli:
95% of deli containers, cups, straws, plates, napkins, & silverware are compostable!
100% of food waste is composted!

SMOOTHIE

-- RESTORE --

12oz 6.75 - 16oz 7.25 - 20oz 8.00

ENERGIZER

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

MUSHROOM MAGIC

banana, apple, cherry, oats, mushroom powder, coconut milk

COLD STOPPER

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

MATCHA LOVE

banana, pineapple, peach, lime, matcha powder, coconut milk

-- PROTEIN SHAKE --

12oz 6.75 - 16oz 7.25 - 20oz 8.00

ORIGINAL PROTEIN

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

BREAKFAST BREAK

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

GREEN PROTEIN

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

HONEST PROTEIN low sugar

blueberry, spinach, peanut butter, raw protein, almond milk

12oz 6.75 - 16oz 8.25 - 20oz 9.00

BERRY BEAUTIFUL

cherry, blueberry, strawberry, collagen protein, coconut milk

-- GREENS & MORE --

12oz 6.75 - 16oz 7.25 - 20oz 8.00

HAIL TO KALE

kale, banana, apple, pineapple, chial seed, coconut water

EMERALD GODDESS

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

12oz 6.75 - 16oz 7.25 - 20oz 8.00

PEACHES & GREENS

peach, mango, spinach, ginger, orange juice

TROPICAL SUNSET

banana, pineapple, mango, carrot, orange juice

-- FRUIT & FUN --

12oz 6.75 - 16oz 7.25 - 20oz 8.00

TUTTI FRUTTI

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

PEANUT BUTTER CUP

banana, peanut butter, chocolate syrup, almond milk

BLUEBERRY BLAST

blueberry, banana, pineapple, almond milk

ON TAP

CULTURED KOMBUCHA

12oz 3.00 - 16oz 4.00 - 20oz 5.00

- REFILL -

HOWLER 7.50 - GROWLER 13.00

NEW BOTTLE 5.00

JUICE BAR

12oz 7.00 - 16oz 7.50 - 20oz 8.25

CARROT CLEANSE

carrot, cucumber, celery, cabbage, turmeric, lemon

DETOX BLAST

carrot, celery, beet, cabbage

GRANN'Y ELIXIR

carrot, green apple, lime, ginger

UN-BEET-ABLE

carrot, orange juice, celery, beet

ANTIOXIDANT

carrot, celery, beet, spinach, kale

12oz 8.00 - 16oz 8.50 - 20oz 9.25

REJUVENATE

celery, zucchini, apple, fennel, lemon, spinach, parsley

CUCUMBER CHILL

cucumber, green apple, celery, spinach, lime

FLU FIGHTER

filtered water, pineapple, carrot, lemon, apple cider vinegar, ginger, turmeric

PURELY GREEN

cucumber, zucchini, celery, spinach, kale, lemon, parsley

-- SHOT --

WHEAT GRASS - 1oz 4.00 - 2oz 6.00

FIRE SHOT - 1oz 4.00 - 2oz 6.00 - 4oz 10.00
turmeric, ginger, lemon

SALAD

CAESAR - 12.99

romaine, kale, chicken, gluten-free croutons, red onion, parmesan, caesar dressing

COBB - 12.99

romaine, kale, chicken, bacon, egg, avocado, red onion, tomato, blue cheese, ranch

GREEK - 10.99

WITH CHICKEN - 12.99

romaine, kale, roasted beet, kalamata olive, red onion, artichoke, cucumber, tomato, feta, greek dressing

-- VEGAN --

ASIAN VEGGIE - 10.99

romaine, kale, broccoli, red cabbage, carrot, cucumber, red onion, edamame, sesame ginge dressing

FALAFEL - 11.99

romaine, kale, sweet potato falafel, quinoa tabouli, vegan feta, cucumber mint dressing

SANDWICH

-- VEGAN WRAP --

VERY VEGGIE - 8.99

hummus, house slaw, cucumber, green pepper, zucchini, tomato, onion, spinach, lettuce, green goddess, on a sun-dried tomato wrap

FALAFEL - 9.99

hummus, sweet potato falafel, quinoa tabouli, lettuce, cucumber mint dressing, on a sun-dried tomato wrap

SOUTHERN - 8.99

black bean dip, rice, vegan cheese sauce, salsa, avocado, green pepper, tomato, onion, lettuce, on a sun-dried tomato wrap

DEEP SOUTHERN - 10.99

souther wrap + the addition of cajun tofu -or- cajun chicken

-- WRAP --

CHERRY CHICKEN - 10.99

cherry chicken salad, cucumber, tomato, onion, lettuce, on a sun-dried tomato wrap

THE ISLAND - 10.99

chicken, black bean dip, salsa, avocado, pineapple, mango, green pepper, tomato, onion, lettuce, on a sun-dried tomato wrap

GREEK CHICKEN - 10.99

chicken, artichoke, feta, kalamata olive, cucumber, tomato, onion, lettuce, on a sun-dried tomato wrap

CALIFORNIA TURKEY - 10.99

smoked turkey, bacon, cheddar, avocado, cucumber, tomato, onion, lettuce, mayo, on a sun-dried tomato wrap

GLUTEN-FREE + 1.00 **LETTUCE WRAP - or**
wrap - bread - bun - bagel **LOW-CARB WRAP**
- No charge -

-- BURGER --

VEGGIE BURGER - 9.99 - VEGAN -

black bean burger, vegan provolone, avocado, tomato, onion, lettuce, green goddess, on a whole wheat bun

CHICKEN BURGER - 9.99

house chicken burger, swiss, tomato, pickled onion, lettuce, green goddess, on a whole wheat bun

-- FOR THE KIDS --

GRILLED CHEESE - 5.99

cheddar, provolone, on italian

PEANUT BUTTER & JELLY - 5.99

peanut butter, mixed berry jelly, on italian

SIMPLE TURKEY - 7.99

smoked turkey, cheddar, tomato, lettuce, mayo, as a sandwich -or- wrap

SOUP

CUP 3.75 - BOWL 5.75 - QUART 10.00

VEGGIE CHILI - vegan & guten-free

SOUP OF THE DAY - ask for allergen information