BOWLS & BITES PERFECT FOR
DINING IN | TAKE OUT
open 11:00-2:30 Full Menu Selections
2:30-3:00 Beverages & Desserts
Monday thru Sunday

DESSERTS
DELICIOUS, HAND-CRAFTED DESSERTS
ARE AVAILABLE, INCLUDING BARS, COOKIES,
CHOCOLATE, AND FRUIT SELECTIONS

BEVERAGES
WINE
FULL SELECTION OF RED & WHITE WINES
DRAFT BEERS
ROTATING SELECTION OF SEASONAL CRAFT BEER

SPECIALTY
MIMOSA | BLOODY MARY
SEASONAL SELECTION OF SOFT DRINKS

PLEASE LET US KNOW IF YOU HAVE ANY FOOD
ALLERGIES BEFORE PLACING YOUR ORDER

https://www.towerhillbg.org/farmer_and_the_fork
email cafe@towerhillbg.org

GREENS AND GRAINS

CHICKEN BURRITO BOWL
HERB ROASTED CHICKEN, BROWN RICE, GREENS, PICKLED
RED ONION, CUMIN SCENTED BLACK BEANS, CILANTRO,
TOMATOES, SPICED SWEET POTATO, COTIJA CHEESE,
LIME-CUMIN VINAIGRETTE
$12.00

SMOKY TEMPEH VEGETABLE BOWL
SMOKY TEMPEH, BROWN RICE, GREENS, JULIENNE CARROTS,
ROASTED BEETS, CHARRED ONIONS, HARD BOILED
EGG, CHILI MARINATED CUCUMBER, SOY-MAPLE
VINAIGRETTE
$12.00

BUILD A BOWL
CHOOSE BROWN RICE OR QUINOA
MIXED WITH LOCAL FARM GREENS
ADD YOUR CHOICE OF FIVE SEASONAL MAKINGS
$10.50

ADD CHICKEN OR TEMPEH $5.00

SANDWICHES

TURKEY SANDWICH
ROAST TURKEY, HONEY CURRY MUSTARD, CREAMY
BRIE, ROASTED PEAR, GREENS
$11.00

BRAISED SHORT RIBS
SHORT RIB, TRUFFLE AIOLI, CARAMELIZED
ONIONS, ARUGULA
$11.00

GRILLED CHEESE
CHEDDAR, CREAMY BRIE, GRUYERE, BASIL
HERBED TOMATO
$10.00

SOUP

CREAMY TOMATO
CHIPOTLE SQUASH
SOUP OF THE DAY
CUP $5.50 | BOWL $8.00

SOUps AND 1/2 SANDWICH

KIDS MEAL

CLASSIC HOT DOG
MAC N’ CHEESE
TURKEY AND CHEESE SANDWICH
ON WHITE BREAD
$6.50