

WELCOME



GRAIN BOWLS

POWER BOWL — \$9.75

black/red rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess ☉☉

FIESTA BOWL — \$10.00

black/red rice, sweet corn, poblano cabbage slaw, mild cheddar, black bean dip, pico de gallo, cilantro, tortilla strips, salsa roja ☉☉

THAI BOWL — \$9.75

black/red rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto ☉☉☉



THAI BOWL

GREENS & GRAINS

CASHEW BOWL — \$11.50

black/red rice, mixed greens, roasted broccoli, 5 spice cauliflower, cucumber salad, sunflower sprouts, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette ☉☉

CLUB MED BOWL — \$10.25

arugula, tabbouleh (quinoa, tomato, cucumber, mint, lemon, bell pepper, red onion), golden raisins, feta cheese, hummus, cilantro, pita chips, creamy tahini ☉

AVOCADO CRUNCH — \$13.50

black/red rice, romaine, poblano cabbage slaw, guacamole, tortilla strips, pickled red onions, forage tuna salad, avocado green goddess ☉



AVOCADO CRUNCH

FEATURED BOWLS

ONLY
HERE FOR
FALL

GREEN MOLÉ BOWL — \$11.00

black/red rice, quinoa, roasted tomato & onion, poblano cabbage slaw, black beans, guacamole, green molé, charred poblano & pineapple dressing ☉☉☉

BUFFALO BOWL — \$11.00

black/red rice, kale, pickled red onions, cucumbers, roasted brussels sprouts, giardiniera, buffalo sauce, ranch ☉☉



CULTURED COBB SALAD



LOCAL ROOTS SALAD

SALADS

CULTURED COBB — \$15.00

romaine, sweet corn, cherry tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette ☉

CHICKEN CAESAR — \$13.00

romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar

BATATAS — \$10.00

romaine, roasted sweet potatoes, sweet corn, black beans, avocado, cilantro, green onion, salsa roja ☉☉

LOCAL ROOTS — \$10.50

kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic vinaigrette ☉☉

PROTEINS

ROASTED CHICKEN ☉	\$3.50	LENTIL MEATBALLS (3) ☉☉	\$3.50
ROASTED TOFU ☉☉☉	\$3.50	FORAGE TUNA SALAD ☉	\$7.00
ROASTED TEMPEH ☉☉☉	\$3.50		

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

BASES

BLACK/RED RICE • QUINOA • MIXED GREENS • ROMAINE
KALE • ARUGULA • SPINACH • QUINOA TABBOULEH (\$1.50)

BEVERAGES

BOTTLED WATER	\$3.50	FORAGE REFRESHERS	\$2.95
FORAGE KOMBUCHA	\$2.95		

☉ VEGAN ☉ VEGETARIAN ☉ GLUTEN-FREE

LOCAL PURVEYORS

ALSUM SWEET CORN & PRODUCE
(RANDOLPH)

CARR VALLEY CHEESE
(LAVALLE)

CEDAR GROVE CHEESE
(PLAIN)

FLYNN CREEK FARMS PRODUCE
(VERONA)

MADISON SOURDOUGH BREAD
(MADISON)

ORGANICK PASTURES EGGS
(RIO)

ROTH CREAMERY CHEESE
(MONROE)

SARTORI CHEESE
(PLYMOUTH)

SIMPLE SOYMAN TEMPEH & TOFU
(MILWAUKEE)

SUPERCHARGE FOODS MICROGREENS
(MADISON)

UW-PROVISIONS
(MADISON)

VITRUVIAN FARMS PRODUCE
(MADISON)

VALUE MENU

SMALL POWER BOWL — \$7.00

no substitutions, omissions are ok, protein addition is ok ☉☉

SMALL THAI BOWL — \$7.00

no substitutions, omissions are ok, protein addition is ok ☉☉☉

SMALL CULTURED COBB — \$9.50

no substitutions, omissions are ok, includes choice of protein ☉

MAKE YOUR OWN BOWL — \$7.00

regular-sized bowl includes your choice of two bases, three standard ingredients, and your choice of dressing (additional ingredients available for additional charges)

SOUPS

VEGAN CHILI — \$5.00 (CUP) \$7.50 (BOWL) ☉☉☉

CUCUMBER GAZPACHO (contains dairy) — \$5.00 (CUP) \$7.50 (BOWL) ☉☉☉

KIDS MENU

KIDS MAKE YOUR OWN BOWL — \$5.00

includes your choice of any four ingredients we offer

KIDS POWER BOWL — \$5.00

black/red rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess ☉☉

ADD A CUP OF
SOUP TO ANY
BOWL OR SALAD
FOR \$3.50