



Welcome to our epic seasonal farm fresh menu! We have pulled out all the stops to give you the highest quality and locally sourced seasonal organic produce. We amped it up with spices, sauces and flavors that will explode your pallet! This is food from the farm like you have never had before. Prepare yourself for Heartland Cafe's new menu brought to you by our very own Chef Emily.



MENU



BREAKFAST

All eggs are from pasture raised hens

Basic Breakfast 7

Make Your Own Omelette 8

Add Cheese 2

Add Veggies 1.5

Add Protein 2.5

Heartland Panhandler 9.5 - ✕

The Plant-Eating Panhandler 9 - ✓ ✕

Whole Wheat Pancakes 8

Buckwheat Pancakes 8.5 - ✓ ✕

The Commuter 6.50 - Ⓞ

Breakfast Wrap 10 - Ⓟ Ⓞ

2 eggs, cooked to order, served with morning potatoes and your choice of wheat, white, rye or English muffin

With morning potatoes and your choice of wheat, white, rye or english muffin

Swiss, jack, cheddar, feta, vegan cheddar or vegan mozzarella

Onion, mushroom, bell pepper, spinach, broccoli, jalapeño, tomato

Pork bacon, seitan bacon, turkey sausage, housemade seitan sausage, chili

Eggs scrambled with morning potatoes, veggies, spinach and jack cheese

Add protein 2.5

Scrambled tofu, with morning potatoes, veggies, spinach and vegan cheddar

Add protein - 2

Add vegan chocolate chips or organic blueberries 1.5

Add vegan chocolate chips or organic blueberries 1.5

Egg, swiss, tomato and spinach with pesto butter on a toasted English muffin

Eggs, potatoes, baked black beans, spinach and jack melted in a whole wheat tortilla served with salsa. (gluten free tortilla available for \$1)

BREAKFAST SIDES

One egg 2

Pork bacon 4

Cornbread 3 - ✕

Maple Hollow pure maple syrup 2

Housemade seitan sausage 3 - ✓

Seitan bacon 4 - ✓

English muffin with house jam 4

Fresh Fruit bowl 7 - ✓

Turkey sausage 4

One pancake 4 - Ⓟ Ⓞ

Choice of toast - wheat - english

muffin - vegan white - vegan rye 2.5

Vegan- ✓

Gluten Free- ✕

Vegan Option- Ⓟ

Gluten Free Option- Ⓞ

Small Plates

Pita Plate 6 - 

Our house made hummus with pita and seasonal organic veggies

Artichoke Dip 7 -  

House made creamy vegan artichoke dip served with house made potato chips

Stuffed Mushrooms 6 -  

Bite-sized mushrooms stuffed with a fresh blend of brussels sprouts and garden herbs with a splash of zesty lemon drizzle

Tempura Vegetables 7.5 - 

Mixed vegetables in a light fluffy batter served with our house made zesty sauce

Tortilla Chips and Salsa 5 -  

Fresh made tortilla chips served with house made salsa

Hand Cut French Fries 4 -  

A mix of russet and sweet potato

Heartland Skins 6 -  

Potato boat filled with veggie chili topped with vegan cheese sauce, chopped tomato and green onion

Nachos 9.5 -  

House made chips topped with green onion, vegan nacho cheese sauce or cheddar/jack mix, baked black beans, tomato, cilantro, fresh jalapeno and sour cream - Served with salsa

Buffalo Bites 8 -  

Crispy fried tofu bites tossed in spicy buffalo sauce, served with celery sticks and vegan ranch dressing

SOUP & CHILI

Heartland Vegetarian or Bison Chili 5 cup/8 bowl - 

Soup of the Day 4 cup/6 bowl

Garnished with avocado and green onion

SALADS - All vegetables are Certified Organic and all salad dressings are vegan and gluten-free

Heartland Salad 12 - 

Mixed greens, carrots, tomato, red onion, mushroom, sesame and sunflower seeds, golden raisins, jack cheese and sunflower sprouts

Quinoa Salad 9 -  

Mixed greens, chickpeas, tri-colored quinoa, carrots, tomato, green onion, cucumber

Spinach Salad 12 -  

Spinach, kale, beets, carrots, tomato, avocado, sliced egg and swiss cheese

Kale, Caesar! 9 -  

Kale, lettuce, tomato, red onion, parmesan or pumpkin seed parm () tossed with Caesar dressing and topped with gluten-free croutons

Side Salad 4 -  

Mixed greens, carrots, tomato, red onion, with your choice of dressing

Protein Add-Ons: 3

House made tunaless salad ( ) , house made hummus ( ) , seitan (), local tofu ( ) , tempeh ( ) or sauteed chicken ()

Dressings - Caesar, Ranch, Balsamic Vinaigrette, Tarragon

Vegan- 

Gluten Free- 

Vegan Option- 

Gluten Free Option- 

SANDWICHES

Served with house pickles and chips or choice of side, gluten free bun available for \$1

On The Veg 10 - (GF)

Avocado, lettuce, tomato with swiss and cream cheese and pesto butter served on toasted herbed focaccia bun

Cheesy Italian Seitan 11 - (V)

House made seitan grilled with jack or vegan mozzarella served on a torpedo roll with house pickled vegetables

Asian BBQ 11 - (V)

Ground tempeh simmered in a spicy Asian BBQ sauce topped with house kimchi and cilantro served on a toasted pretzel roll

Tunaless Melt 10 - (V)

Chickpea tunaless salad with melted jack or vegan mozzarella and tomato on grilled whole wheat

BLT 9.5 - (V)

Crispy lettuce, fresh tomato, and applewood smoked bacon or seitan bacon served on grilled whole wheat toast with mayo

The Barnyard 13

Grilled chicken, applewood smoked bacon, melted jack topped with a fried egg and tomato aioli on an herbed focaccia bun

Heartland Reuben 11 - (V)

Fried egg or baked tofu, pork or seitan bacon, swiss or vegan mozzarella, house sauerkraut and sauce on grilled rye bread

BURGERS



All burgers come with leaf lettuce, tomato and red onion

Grass fed Bison Burger 14
House made Seitan Burger 10 - (V)



Add Cheese 2
Add Veggies 1.5
Add Protein 1.5
Add Bacon 2

swiss, jack, cheddar, feta, vegan cheddar, vegan mozzarella
avocado, sprouts, sautéed mushrooms
fried egg, veggie or buffalo chili
pork or seitan bacon

SIDES

Hand cut fries - (V) (X) Mixed green salad - (V) (X) Kale and cabbage slaw - (V) (X) Baked black beans - (V) (X)
Veggie mash (V) (X) with turkey gravy Sweet potato mash - (V) (X) Mac and cheese - (V) (X)
Brown rice - (V) (X) Sautéed Mixed Vegetables - (V) (X) Cornbread - (X)

KIDS

Grilled Cheese 5

Grilled on whole wheat toast and served with chips

Chicken Fingers 6

Fried crispy and served with creamy dipping sauce

Mac and cheese 5.5 - (V) (X)

Gluten free and vegan

Fish and chips 6

Fried crispy and served with creamy dipping sauce

DESSERTS

Housemade seasonal sorbet and gelato plus daily specials of baked desserts 6

Fresh seasonal fruit bowl 7 - (V)

Vegan- (V)

Gluten Free- (X)

Vegan Option- (V)

Gluten Free Option- (GF)

100% ORGANIC JUICE BAR 12oz

Karma	8	Beet, carrot, celery, apple, ginger, lemon
Happy Heart	8	Apple, carrot, ginger, parsley
Alignment	8	Apple, lemon, beet
Candied Kale	7	Kale, apple, lemon
That Citrus Juice	9	Apple, lemon, lime, ginger
V6	9	Celery, broccoli, green pepper, parsley, zucchini, kale, lemon
Apple Juice	6	
Carrot Juice	6	
Apple Carrot	6	
Apple Carrot Ginger	6	

Shots

Power Cocktail 2oz	6	Wheatgrass, lemon, ginger
Wheatgrass Shot 1oz	3.5	
Ginger Shot 1oz	3	

Arize Kombucha on Tap!!!

12 oz. glass 5.00

Ask server for details or see store desk for bulk purchases.

The Coffee Corner

Coffee	4	Espresso, latte, cappuccino, or refillable one of a kind Heartland Blend coffee from Metric, served hot or iced
Heartland Herbal Tea	3	Served hot or iced
Organic Apple Cider	3	Earth First Farm's own
Milk and Juice	3	Kilgus non-homogenized milk, pink lemonade, orange, grapefruit, or cranberry juice
Milkshakes	6	Chocolate, vanilla or espresso
Soda	3.75	Cola, diet, ginger ale, lemon lime, rootbeer

Vegan- 

Gluten Free- 

Vegan Option- 

Gluten Free Option- 

100% ORGANIC SMOOTHIES 12oz

Fruit Based Smoothies

Strawberry Blonde	7	Banana, strawberry, apple juice
Mango Sunrise	8	Banana, mango, orange juice
Immunity	9	Banana, mixed berry, apple juice, echinacea, ginger
Mixed Berry	8.5	Mixed berry, apple juice

Protein Based Smoothies

Maca Pick Me Up	8	Banana, coconut milk, peanut butter, cacao powder, cinnamon/cayenne blend, maca powder
Green Protein	9	Spinach, banana, apple juice, hemp protein, almond butter, spirulina
Good Morning Granola	8.5	Rice milk, stawberry, hemp protein, topped with housemade granola and sliced banana

Specialty Smoothies

Kale Colada	7	Kale, banana, coconut milk, coconut oil
Horchata	7	Banana, rice milk, golden flax meal, date, cinnamon
Green Revolution	8.5	Kale, banana, mango, apple juice, orange juice

Add-Ons

Echinacea, ginger, digestive enzymes	.50ea
Almond or peanut butter, flax meal, spirulina, cacao powder, kale or spinach, coconut oil	1 ea
Hemp protein (15g)	3



Farmer Owned
Fresh Organic Produce



Earth First Farms