



MENU

ORGANIC • LOCAL
EVERYTHING MADE FROM SCRATCH
IN-HOUSE BAKERY
100% GRASS-FED, PASTURED MEATS
WILD-CAUGHT SEAFOOD
NO SOY OR CANOLA OIL USED
NO PRESERVATIVES OR MSG
NO ARTIFICIAL SWEETENERS OR DYES
GLUTEN-FREE & DAIRY-FREE OPTIONS
VEGAN & VEGETARIAN & PALEO & KETO OPTIONS



All items are made-to-order.
Cook times vary greatly during peak times.

THIS IS NOT FAST FOOD... THIS IS GOOD FOOD.

BREAKFAST & LUNCH

(*) DENOTES ORGANIC ITEM

AVAILABLE OPEN - 3 PM

BURGERS & SANDWICHES AVAILABLE 10AM - 3PM

COOK TEMP: BEEF PATTY SERVED 'MEDIUM' UNLESS TOLD OTHERWISE
ADD EXTRA BEEF PATTY TO MAKE IT A "DOUBLE" (+7.50)
SUB FOR A VEGGIE PATTY (NO UPCHARGE) | SUB GLUTEN FREE BREAD (+1.50)

The Classic Burger

Grass-fed beef patty, cheddar*, tomato*, onions*, greens*, house-made pickles*, soy-free mayo*, house-made ketchup*, house-made bun* (15)
Served with a side of either organic potato salad -or- apple kaleslaw
Ⓢ Ⓝ

Messy Burger

Grass-fed beef patty, house-made bacon jam*, house-made garlic aioli*, avocado*, cheddar*, pastured sunny-side egg, house-made salsa*, house-made pickled onions*, sprouts*, house-made bun* (17) Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

A.T.U. Burger ("All the Veggies")

House-made veggie patty*, tomato*, onion*, arugula*, house-made remoulade sauce*, avocado*, house-made bun (15) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

Mama Alma Burger

Grass-fed beef patty, spinach*, mushrooms*, caramelized onions*, avocado*, roasted red bell peppers*, local noble springs goat cheese, house-made pickled jalapeños*, house-made bacon jam*, house-made bun* (17) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

Salmon Burger

Wild-caught Alaskan salmon patty, house-made remoulade sauce*, house-made pickled onions*, arugula*, spiralized cucumber*, avocado*, house-made bun* (19) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

Herban Smash Burger

3 thin grass-fed beef patties, griddled onions*, cheddar cheese*, house-made cheese sauce*, Herban's "big mac" sauce*, house-made pickles*, toasted house-made bun* (16) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

Guacamole Crunch Burger

Grass-fed beef patty, house-made guacamole*, house-made jalapeño cream sauce*, house-made guajillo mayo*, mozzarella*, griddled onions*, crunchy house-made tostada*, greens*, tomato* on house-made bun* (17) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

Turkey Melt 2.0

House-made sourdough*, spicy soy-free mayo*, pastured turkey, pastured bacon, red onion*, greens*, tomatoes*, house-made pickled jalapeños*, avocado*, cheddar* (16) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*

Steak Sandwich

Grass-fed Wagyu tri-tip Steak, caramelized onions*, roasted red bell peppers*, mushrooms*, mozzarella*, house-made horseradish sauce*, house-made baguette* (18) Ⓢ Ⓝ
Served with a side of either potato salad* -or- apple kaleslaw*
Make it vegetarian - sub mushrooms for the steak! (13)

Chicken Salad BLT

House-made cranberry chicken salad* (pastured chicken, soy-free mayo*, cranberries*, spices*), pastured bacon, greens*, tomato* on toasted house-made sourdough bread* (16) Served with a side of either potato salad* -or- apple kaleslaw* Ⓢ Ⓝ

Torta del Chavo

House-made telera bun*, soy-free mayo*, pastured ham, avocado*, tomato*, onion*, house-made pickled jalapeños* (12) Ⓢ Ⓝ
No side included - Add your favorite side from our list below!
Our families crave this sandwich!

Tennessee Quesadilla

House-made flour tortilla*, house-made cowboy caviar*, mozzarella*, served with jalapeño cream sauce* and house-made salsa*, grass-fed carne asada steak (19) -or- pastured chicken (16) Ⓢ Ⓝ
No side included - Add your favorite side from our list below!

BREAKFAST

AVAILABLE OPEN TIL 3PM

SUB GLUTEN FREE BREAD (+1.50)

Herban Classic Breakfast

Grass-fed wagyu tri-tip steak, potato hash* (w/ bell peppers* & onion*), 2 pastured eggs any way, house-made organic english muffin* -or- house-made sourdough toast*, house-made salsa*, house-made fruit jam* (16)
Sub for 3 pieces pastured bacon (14) -or- 2 pastured sausage patties (14)
Ⓢ Ⓝ

Ayla's Banana Pancakes

Pancake "batter" made of pastured eggs and bananas*, vanilla*, cinnamon*, topped with pure maple syrup* and coconut whipped cream* (9) Ⓢ Ⓝ

Build-a-Bowl | Build-an-Omelette

BASE: Three local pastured scrambled eggs (13) Ⓢ Ⓝ

CHOOSE THE OLIVE OIL TO COOK THE EGGS: -Butter infused olive oil (dairy free)
-Cayenne fused olive oil (dairy free)

CHOOSE 3 TOPPINGS: Caramelized onions* | Mushrooms*
Roasted red peppers* | Sprouts* | Kale*
Spinach* | Feta* | Cheddar* | Tomato*
Raw Jalapeños* | Avocado* (+1.50)

ADD MEAT:

Pastured chicken (+2.75) | Turkey* (+4.50) | Pastured Bacon (+2.75)
Pastured Ham (+2.75) | Uncured Pepperoni (+3.50)
Chorizo Sausage (+2.75) | Chicken salad* (+5)

Avocado Toast - Matt's Special

House-made sourdough* open-faced, avocado mash*, sliced avocado*, 2 fried pastured eggs, sprouts*, red onions*, tomatoes*, traditional balsamic, cheddar* (13) No pastured egg (11) Ⓝ

Breakfast Burrito

House-made pita*, chorizo pastured sausage, pastured egg, avocado*, refried beans* (flavored w/ pastured bacon fat), mozzarella*, served with house-made salsa* (14) Ⓝ
Make it gluten-free, sub for an organic coconut wrap (+3)

Breakfast Tacos

3 house-made heirloom corn tortillas*, refried beans* (flavored w/ pastured bacon fat), scrambled pastured eggs, pastured bacon, avocado*, queso fresco*, cilantro*, house-made salsa* (12) Ⓢ Ⓝ

The Focaccia

House-made focaccia bread*, local pastured scrambled eggs, pastured bacon, avocado*, caramelized onions*, cheddar (10) Ⓝ

Caper Eggs and Greens Breakfast Sliders

2 house-made english muffins*, house-made caper cream cheese*, arugula*, avocado*, scrambled pastured eggs, mozzarella*, pastured bacon (13) Ⓝ

Ham, Egg, & Cheese Melt

House-made brioche bread*, pastured ham, pastured scrambled egg, mozzarella* (11) Add pastured bacon as a side -or- to the melt! (+2.75) Ⓝ

DAY SIDES & ADD ONS AVAILABLE 10AM - 3PM

POTATO SALAD | Kale*, red bell peppers*, potatoes*, and soy-free mayo* (4)
Ⓢ Ⓝ

APPLE "KALESRAW" | Kale*, apples*, carrots*, spices*, soy-free mayo*, ACV* (4)
Ⓢ Ⓝ

TORTILLA ESPAÑOLA WEDGE | Pastured egg, onion* & potato* "omelette" (4.50)
Ⓢ Ⓝ

APPLE SAUCE | House-made w/ apples* & cinnamon* (3.5) Ⓢ Ⓝ

SOUP OF THE DAY | Organic varieties change daily
12 oz (7) 16 oz (9) 32 oz (16)

SIDE SALAD | Tomato*, cucumber*, onion*, carrot*, with house-made dressing* of your choice (5.50) Ⓢ Ⓝ
No subs or additions

2 PIECES OF BACON -OR- 2 SAUSAGE PATTIES | Local & pastured (2.75) Ⓢ Ⓝ

POTATO HASH | Potato* hash (w/ bell peppers* & onion*) (5)
Ⓢ Ⓝ

Ⓢ gluten free Ⓝ egg free Ⓢ dairy free Ⓝ nut free Ⓢ vegan

*If you have allergies, please let us know upon ordering!
All food is cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

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Menu Revision Spring 2022

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(*) DENOTES ORGANIC ITEM

LUNCH, CONTINUED

AVAILABLE 10AM - 3 PM

TACOS

AVAILABLE 10AM - 3PM
AUTHENTIC MEXICAN STREET TACOS - ALL ORGANIC!
SERVED WITH A SLICE OF LIME

SUB LETTUCE WRAP IN PLACE OF TORTILLAS (+1)

Al Pastor

4 house-made heirloom corn tortillas*, pastured marinated pork & bacon, pineapple*, cilantro*, onions*, house-made avocado-tomatillo salsa* and roasted tomatillo salsa* (14) 🌱🌱🌱🌱

Carne Asada

4 house-made heirloom corn tortillas*, grass-fed wagyu flat iron steak, roasted onions*, raw onion*, cilantro*, avocado*, house-made roasted tomatillo salsa* (17) 🌱🌱🌱🌱

Grilled Chicken

4 house-made heirloom corn tortillas*, pastured grilled shaved adobo chicken, pickled onion*, cilantro*, house-made salsa* (14) 🌱🌱🌱🌱

Cajun Salmon Tacos

3 house-made heirloom corn tortillas*, wild-caught salmon with cajun seasoning*, and fruit relish*, house-made remoulade*, house-made pickled onions, cilantro* (17) 🌱

Birria Tacos

4 house-made heirloom corn tortillas*, slow simmered grass-fed beef in a mixture of spices* and chilis*, served with onion*, lime*, house-made hot sauce* and a bowl of flavorful broth (16) *Make it a "Quesabirria" and add cheese* (+1.50) 🌱🌱🌱🌱

"We recommend putting onion, lime, and hot sauce in the tacos and dipping your tacos in the broth for the full experience." - Chefs

COFFEE & DRINKS

AVAILABLE ALL DAY

BREWED COFFEE

ORGANIC BEANS BY LOCAL NARROWGATE TRADING CO. ROASTERS

Cold Brew Organic beans using a cold brew process + filtered water | 12 oz (4) 16 oz (4.50)

Drip Coffee Organic beans using filtered water
12 oz (3.25) 16 oz (3.75) 20 oz (4.25)
Bottomless mug (4.99) *For here only*
Refill your mug (1) *For here only*

Traveler Box Organic drip coffee varietal
96 oz (25) - Serves 8 - 12 people, includes cups and sugar*. 24 hour pre-order required.

SMOOTHIES

It's Going to be a "Berry" Good Day

Banana*, seasonal berries*, honey, almond milk | 16 oz (9) 🌱🌱🌱

Matcha Needed in a Smoothie

Organic DoMatcha Summer Harvest matcha green tea, banana*, honey, almond milk | 16 oz (9) 🌱🌱🌱

Hey, Wake Up!

House-made cold brew*, banana*, honey, cacao powder*, almond milk | 16 oz (9) 🌱🌱🌱

ADD collagen (+2)
ADD mushroom immunity* (+2)
ADD spinach* (+1.25)
ADD chocolate protein powder (+2)
ADD vanilla protein powder (+2)

ADD vitamin c (+3)
ADD cbd honey (+2.50)
ADD chia seeds* (+1.50)
ADD flax* (+1.50)

MORE SIPS

Iced Tea Brewed unsweet tea* | 16 oz (2.75) 20 oz (3.25)

Hot Tea Varieties from local High Garden
12 oz (3) 16 oz (3.25) 20 oz (3.50)
Take home a bag of tea (2.25)

Kombucha-on-Draft Organic & local by Booch
16 oz (5.75) 20 oz (6.75)
64oz Growler Refill (20)
Glass Growler (7.50)

COFFEE SUBS & ADDS

ADD espresso shot* (+1.50)
ADD collagen (+2)
ADD MCT oil* (+1)

ADD mushroom immunity* (+2)
SUB or ADD CBD honey (+2.50)
SUB monk fruit (+.50)

SUB almond milk (+1.25)
SUB macadamia milk (+1.25)
SUB oat milk (+1.25)

ESPRESSO BAR

ORGANIC BEANS BY LOCAL NARROWGATE TRADING CO. ROASTERS
MILK IS FROM LOCAL HATCHER FAMILY DAIRY FARM

Espresso 2 oz (3.25)

Americano Espresso* + filtered water
8oz (3.25) 12 oz (3.50) 16oz (3.75)

Cortado 1/2 espresso* + 1/2 steamed whole milk | 4 oz (4.00)

Macchiato 2/3 espresso* + 1/3 steamed whole milk | 3 oz (3.75)

Cappuccino 1/3 espresso* + 2/3 steamed whole milk | 6 oz (4.25)

Jacob's Cap Cappuccino with macadamia milk + honey + cinnamon* + house-made mushroom blend* + MCT oil* | 8 oz (5.75) 12oz (7.75)

Latte Espresso* + steamed whole milk
8 oz (4.25) 12 oz (4.75) 16 oz (5.25)
ICED 16 oz (4.75) ICED 20 oz (5.25)

ADD HOUSE-MADE ORGANIC SYRUP (+.50)
Vanilla Ask about our seasonal syrups!
Lavender

Mocha Latte Latte + house-made mocha* sauce
8oz (4.50) 12 oz (5.25) 16 oz (5.75)

Cuban Latte + sweetened condensed milk*
12 oz (5.25) 16 oz (5.75)

Chai Latte Chai* + whole milk + cinnamon*
12 oz (5) 16 oz (5.50)

Matcha Latte Organic DoMatcha Summer Harvest Matcha green tea + almond milk + local honey + cinnamon | 12 oz (6.75) 16 oz (7.75)
ICED 16 oz (6.75) 20 oz (7.75)

Golden Milk Latte House-made golden milk mix* + almond milk + local honey + cinnamon* | 12 oz (6) 16 oz (6.75)

Hot Chocolate Chocolate* + whole milk
8 oz (3.50) 12 oz (4) 16 oz (4.50)

Steamers House-made syrup* + whole milk
8 oz (2.50) 12 oz (3) 16 oz (3.75)

Elderberry Steamer Elderberry syrup*, CBD honey, oat\mac milk, salt | 12 oz (6.50)

MUD\WTR Latte MUD\WTR, local honey, oat\mac milk
8 oz (6) 12 oz (7) 16 oz (8)
ICED 16 oz (7) 20 oz (8)

1. CHOOSE WHAT TO BUILD

Salads

SMALL (12) | LARGE (16) @ 🌱 🥚 🥛

Pizzas - or Calzones

PIZZA - 10" HOUSE-MADE WHEAT CRUST* (14) @ 🌱

CALZONES - HOUSE MADE WHEAT* (14) @ 🌱

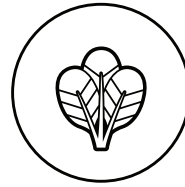
PIZZAS - **SUB** HOUSE-MADE BROCCOLI CRUST* (+1.50) 🌱 🥚 🥛

PIZZAS - **SUB** HOUSE-MADE GLUTEN-FREE CRUST* (+1.50) 🌱 @

Wraps

HOUSE-MADE PITA* (14) @ 🌱

SUB COCONUT WRAP* (+3) 🌱 @



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Cook times vary greatly
during peak times.
We are not "fast food."
This is good food.

2. PICK YOUR INGREDIENTS

CHOOSE YOUR GREENS

@ 🌱 🥚 🥛

ARUGULA* | SPINACH* | KALE* | LOCAL HYDROPONIC GREENS | LOCAL HYDROPONIC SPRING MIX

CHOOSE YOUR HOUSE-MADE DRESSING \ SAUCE

CITRUS VINAIGRETTE* 🌱 @ 🥚 🥛

GREEN GODDESS* @ 🌱 🥚

RANCH* 🌱 @ 🥚

CAESAR* 🌱 @

MANGO VINAIGRETTE* @ 🌱 🥚

PESTO OF THE DAY* 🌱 @ 🥚

EXTRA VIRGIN OLIVE OIL @ 🌱 🥚

LEMON WEDGE SQUEEZED* @ 🌱 🥚

BALSAMIC @ 🌱 🥚

RED MARINARA SAUCE* @ 🌱 🥚

BBQ SAUCE* @ 🌱 🥚

CHOOSE YOUR CHEESE

SALADS, WRAPS, PIZZAS, CALZONES - PICK 1
EACH ADDITIONAL (+ 1.50 - OR AS LISTED)

FRESH MOZZARELLA* | RICOTTA* | WHIPPED RICOTTA* | SHREDDED MOZZARELLA* | CHEDDAR* | PARMESAN* | FETA*

SUB OR EXTRA - VEGAN MOZZARELLA* (+ 2) @ 🌱

SUB OR EXTRA LOCAL NOBLE SPRINGS GOAT CHEESE (+ 2.50) 🌱 @

CHOOSE YOUR ORGANIC TOPPINGS

SALADS - PICK 7 (NO SIDES)
EACH ADDITIONAL (+1)

PIZZAS & CALZONES - PICK 4
EACH ADDITIONAL (+1)

WRAPS - PICK 5
EACH ADDITIONAL (+1)

GRILLED SCALLIONS*

GRILLED LEMON - WHOLE*

CHOPPED GRILLED LEMON*

SHAVED BRUSSELS SPROUTS*

ROASTED TOMATOES*

CILANTRO*

PICKLED JALAPEÑOS*

RAW JALAPEÑOS*

PEPPERONCINI PEPPERS (WHOLE)*

SCALLIONS*

QUINOA*

HEIRLOOM CARROTS*

ORANGE SEGMENTS*

GRAPEFRUIT SEGMENTS*

MANGO SLICES*

PINEAPPLE*

ROASTED GOLDEN BEETS*

ROASTED RED BEETS*

SLICED OLIVES*

MINT / OREGANO MIX*

CHERRY TOMATOES*

BASIL*

RED PEPPER FLAKES*

CUCUMBER*

BROCCOLI*

SAUTEED MUSHROOMS*

CARAMELIZED ONIONS*

RAW RED ONION*

CONFIT GARLIC*

ROASTED RED PEPPER*

FENNEL*

SPROUTS*

AVOCADO* (+ \$1.5)

CRANBERRIES* - DRIED

WHEAT CROSTINI*

SUNFLOWER SEEDS*

SPICED CANDIED PECANS*

PECANS*

WALNUTS*

CANDIED PEPITAS*

CHOOSE YOUR PROTEINS

PIZZAS & WRAPS & CALZONES - PICK 1

SALADS - NOT INCLUDED IN BASE PRICE

SHAVED PASTURED CHICKEN | PASTURED HAM | PASTURED FENNEL SAUSAGE | PASTURED BACON (+2.75) | TURKEY* (+4.50)

UNCURED PEPPERONI | UNCURED SALAMI (+3.50)

CRANBERRY CHICKEN SALAD* (+5) @ 🌱 🥚 🥛

PASTURED DELIVED EGGS - 2 HALVES (+2.75) @ 🌱 🥚



If you have allergies, please let us know upon ordering!
All food is cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

(*) DENOTES ORGANIC ITEM

SALADS, WRAPS, PIZZAS




AVAILABLE 10 AM - CLOSE

SIGNATURE WRAPS


Turkey Cucumber Wraps

2 coconut wraps*, soy-free mayo, turkey*, avocado*, carrots*, cucumber*, feta*, sprouts*, serrano honey vinegar (17)  

Plant Power Wraps

2 coconut wraps*, vegan cheese*, quinoa*, carrots*, tomatoes*, roasted red peppers*, avocado*, mushrooms*, greens*, seasoning*, HM Neapolitan Herb balsamic (16)   



Chicken Caesar Wrap

1 house-made pita wrap*, house-made caesar dressing*, shaved grilled pastured chicken, parmesan*, charred brussels sprouts*, roasted tomatoes*, grilled lemon*, grilled scallions*, greens* (15) 
Make it gluten-free and sub a coconut wrap* (+3)



SIGNATURE PIZZAS

SUB GLUTEN FREE CRUST (+1.5)
SUB BROCCOLI CRUST (+1.5)



Margherita Pizza

10" individual sized w/ house-made red sauce*, fresh mozzarella*, tomatoes*, fresh basil*, HM olive oil, maldon salt on house-made wheat crust* (14)  



Hawaiian Pizza

10" individual sized w/ house-made red sauce*, mozzarella*, pastured ham, pineapple*, pastured bacon on house-made wheat crust* (15)  



Meat Lovers Pizza

10" individual sized w/ house-made red sauce*, mozzarella*, salami, pastured ham, pepperoni, fennel sausage from pastured pork, pastured bacon on house-made wheat crust* (19)  

BBQ Chicken Pizza

10" individual sized w/ house-made bbq sauce*, mozzarella*, pastured chicken, pastured bacon, jalapeños*, red onion* on house-made wheat crust* (15)  


Arugula Sausage Pizza

10" individual sized w/ ricotta whip*, fennel sausage from pastured pork, caramelized fennel*, house-made pickled onions*, topped with arugula*, lemon juice*, maldon salt and olive oil on house-made wheat crust* (15)  



SIGNATURE SALADS

LARGE SIZE ONLY




Herban Caesar Salad

Greens*, pastured shaved chicken, pastured bacon, grilled lemon*, grilled scallions, roasted tomatoes*, brussels sprouts*, house-made toast points*, parmesan*, house-made caesar dressing* (17) 

Cobb Salad

Greens*, pastured shaved chicken, pastured bacon, house-made soy-free pastured deviled eggs, feta*, tomatoes*, avocado*, cucumbers*, red onion*, carrots*, house-made green goddess dressing* (20)  




Mango Kale Salad

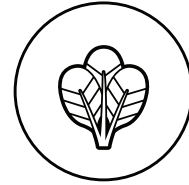
Kale*, pastured shaved chicken, house-made mango vinaigrette*, fresh mango*, red onion*, roasted red peppers*, candied pepitas*, feta cheese*, fresh mint* and oregano* (17)   

Citrus Arugula Salad

Arugula*, pastured shaved chicken, house-made citrus vinaigrette*, red and golden beets*, fennel*, spiced candied pecans*, orange segments*, grapefruit segments*, red onion*, local Noble Springs goat cheese (18)  

"Chicken Salad" in the Garden

Ashlea's favorite snack! 2 scoops of house-made cranberry chicken salad* (pastured chicken, soy-free mayo*, cranberries*, spices*), on a bed of local hydroponic greens, with 10 organic house-made crostini* (12)   
Extra 10 crostini* (+2.50)
Extra scoop of chicken salad (+5)





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This is good food.




KIDDOS



FOR CHILDREN 12 AND UNDER




FROM THE KITCHEN




AVAILABLE 10AM - 3PM | 4PM - CLOSE

AB&J Almond butter* & house-made jam* on house-made sourdough* (7)
Served with side of house-made apple sauce* -or- whole fruit*
Sub house-made gluten free bread* (+1.50)  

Burger Grass-fed beef patty on a house-made bun* (7)
Served with side of house-made apple sauce* -or- whole fruit.* Beef patty served 'medium well' cook temp unless told otherwise.   
Add cheese* (+1.50)






Grilled Cheese House-made sourdough* and cheddar*, served with side of house-made apple sauce* -or- whole fruit* (7)  
Sub house-made organic gluten free bread* (+1.50)

Chicken Taco 3 house-made heirloom corn tortillas* with pastured shaved chicken (7)   
Served with side of house-made apple sauce* -or- whole fruit*
Add cheese (+1.50)





Quesadillas 3 house-made corn tortillas* and melted mozzarella* (7)
Served with side of house-made apple sauce* -or- whole fruit*   

FROM THE BUILD-A-BAR

AVAILABLE 10AM - CLOSE

Pizza 5" pizza on house-made wheat crust*
Choose mozzarella* -or- pepperoni (7) 
Sub house-made gluten free crust* (+1.50)  
Sub vegan cheese* (+2)  

Build-a-Box

BOX A Pick 1 protein (shaved pastured chicken, pepperoni, pastured ham, shaved turkey, chicken salad*, or salami) + 2 toppings* (7)    

BOX B Pick 4 toppings*    

Add dressing* or sauce* (+.75)

 gluten free  egg free  dairy free  nut free  vegan

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Menu Revision Spring 2022

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DINNER & SHARED PLATES

(*) DENOTES ORGANIC ITEM

AVAILABLE 4PM - CLOSE

BURGERS & SANDWICHES

COOK TEMP: BEEF PATTY SERVED 'MEDIUM' UNLESS TOLD OTHERWISE
ADD EXTRA BEEF PATTY TO MAKE IT A "DOUBLE" (+7.50)
SUB FOR A VEGGIE PATTY (NO UPCHARGE) | SUB GLUTEN FREE BREAD (+1.50)

The Classic Burger

Grass-fed beef patty, cheddar*, tomato*, onions*, greens*, house-made pickles*, soy-free mayo*, house-made ketchup*, house-made bun* (15)
Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw* (⓪ ⊗)

Messy Burger

Grass-fed beef patty, house-made bacon jam*, house-made garlic aioli*, avocado*, cheddar*, pastured sunny-side egg, house-made salsa*, house-made pickled onions*, sprouts*, house-made bun* (17) ⊗
Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw*

A.T.U. Burger ("All the Veggies")

House-made veggie patty*, tomato*, onion*, arugula*, house-made remoulade sauce*, avocado*, house-made bun* (15) Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw* (⓪ ⊗)

Mama Alma Burger

Grass-fed beef patty, spinach*, mushrooms*, caramelized onions*, avocado*, roasted red bell peppers*, local noble springs goat cheese, house-made pickled jalapeños*, house-made bacon jam*, house-made bun* (17) (⓪ ⊗)
Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw*

Salmon Burger

Wild-caught Alaskan salmon patty, house-made remoulade sauce*, house-made pickled onions*, arugula*, spiralized cucumber*, avocado*, house-made bun* (19) (⓪ ⊗ ⊗)
Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw*

Herban Smash Burger

3 thin grass-fed beef patties, griddled onions*, cheddar cheese*, house-made cheese sauce*, Herban's "big mac" sauce*, house-made pickles*, toasted house-made bun* (16) (⓪ ⊗)
Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw*

Guacamole Crunch Burger

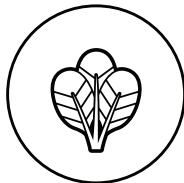
Grass-fed beef patty, house-made guacamole*, house-made jalapeño cream sauce*, house-made guajillo mayo*, mozzarella*, griddled onions*, crunchy house-made tostada*, lettuce*, tomato* on house-made bun* (17) (⓪ ⊗)
Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw*

Steak Sandwich

Grass-fed wagyu tri-tip steak, caramelized onions*, roasted red bell peppers*, mushrooms*, mozzarella*, house-made horseradish sauce*, house-made baguette* (18) Served with a side of fingerling potatoes*, potato salad* -or- apple kaleslaw* (⓪ ⊗)
Make it vegetarian - sub mushrooms for the steak! (13)

Tennessee Quesadilla

House-made flour tortilla*, house-made cowboy caviar*, mozzarella*, served with house-made jalapeño cream sauce*, house-made salsa*, grass-fed wagyu flat iron steak (19) -or- pastured chicken (16) (⓪ ⊗)
No side included - Add your favorite side from our list below!



All items are made-to-order.
Cook times vary greatly during peak times.
We are not "fast food."
This is good food.

(⓪) gluten free (⓪) egg free (⓪) dairy free (⓪) nut free (⓪) vegan

If you have allergies, please let us know upon ordering!
All food is cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

SHARED PLATES

Chicken Lettuce Wraps

Ground pastured chicken with ginger*, scallions*, carrots*, coconut aminos sauce*, boston head lettuce*, ginger roasted pepitas* (13) (⓪ ⊗ ⊗)

Sweet Potato Toast

House-made sourdough*, ricotta whip*, roasted sweet potatoes*, raw pistachios*, house-made pickled onions*, house-made pickled celery*, organic maple syrup*, lime zest* (14) (⓪)

"Chicken Salad" in the Garden

Ashlea's favorite snack! 2 scoops of house-made cranberry chicken salad* (pastured chicken, soy-free mayo*, cranberries*, spices*), on a bed of local hydroponic greens, with 10 organic house-made crostini* (12) (⓪ ⊗ ⊗)
Extra 10 crostini (+2.50)
Extra scoop of chicken salad* (+5)

ENTRÉES

Argentina Steak

Seared grass-fed Denver steak, house-made chimichurri*, fingerling potatoes*, crispy onions*, roasted tomatoes*, with a side of street corn* (36) (⓪ ⊗ ⊗)

Pan-Seared Wild Salmon

Wild-caught Alaskan pan-seared salmon, celery root puree* with hot honey pastured bacon brussel sprouts*, crispy chickpeas*, and leeks* (26) (⓪ ⊗ ⊗ ⊗)

Veggie Curry

Red curry, thai basil*, bell peppers*, cabbage*, carrots*, onions*, mushrooms*, zucchini*, served with white rice* (16)
Add shaved pastured chicken (+2.75) (⓪ ⊗ ⊗)

Chicken Pot Pie

Gluten-free pie crust*, stewed pastured chicken with cream sauce*, carrots*, peas*, celery*, potato*, served with a side salad* and dressing* of your choice (19) (⓪ ⊗)

DINNER SIDES & ADD ONS

POTATO SALAD | Kale*, red bell peppers*, potatoes*, and soy-free mayo* (4) (⓪ ⊗ ⊗)

APPLE "KALESRAW" | Kale*, apples*, carrots*, spices*, soy-free mayo*, ACV* (4) (⓪ ⊗ ⊗)

FINGERLING POTATOES | Potatoes*, olive oil, maldon salt (4) (⓪ ⊗ ⊗)

DRESSED-UP TORTILLA ESPAÑOLA WEDGE | Pastured egg, onion* & potato* "omelette" with sour cream*, chives*, pastured bacon (5) (⓪ ⊗)

APPLE SAUCE | House-made w/ apples* & cinnamon* (3.5) (⓪ ⊗ ⊗)

SOUP OF THE DAY | Organic varieties change daily
12 oz (7) 16 oz (9) 32 oz (16)

SIDE SALAD | Tomato*, cucumber*, onion*, carrot*, with house-made dressing* of your choice (5.50)
Sorry no subs or additions (⓪ ⊗ ⊗)

MAC & CHEESE | Pasta*, milk*, house-made cheese sauce* (6)
*Make it gluten free (+2) (⓪)

STREET CORN | soy-free mayo*, queso fresco*, paprika* (4.50) (⓪ ⊗ ⊗)

HOT HONEY BRUSSEL SPROUTS | w/ pastured bacon (5) (⓪ ⊗ ⊗ ⊗)

DINNER, CONTINUED





(*) DENOTES ORGANIC ITEM

AVAILABLE 4PM - CLOSE





TACOS AUTHENTIC MEXICAN STREET TACOS - ALL ORGANIC! SERVED WITH A SLICE OF LIME

SUB LETTUCE WRAP IN PLACE OF TORTILLAS (+1)





Al Pastor

4 house-made heirloom corn tortillas*, pastured marinated pork and bacon, pineapple*, cilantro*, onions*, house-made avocado-tomatillo salsa* and roasted tomatillo salsa* (14)    


Carne Asada

4 house-made heirloom corn tortillas*, grass-fed wagyu flat iron steak, roasted onions*, raw onion*, cilantro*, avocado*, house-made roasted tomatillo salsa* (17)    

Grilled Chicken

4 house-made heirloom corn tortillas*, pastured grilled adobo chicken, pickled onion*, cilantro*, house-made salsa* (14)    

Cajun Salmon Tacos

3 house-made heirloom corn tortillas*, wild-caught salmon with cajun seasoning*, and fruit relish*, house-made remoulade*, house-made pickled onions*, and cilantro* (17) 

Birria Tacos

4 house-made heirloom corn tortillas*, slow simmered grass-fed beef in a mixture of spices* and chilis*, served with onion*, lime*, house-made hot sauce* and a bowl of flavorful broth (16)    

Make it a "Quesabirria" & add cheese (+1.50)

"We recommend putting onion, lime, and hot sauce in the tacos and dipping your tacos in the broth for the full experience." - Chefs

WE SERVE ORGANIC.
AT A PROFIT IF WE CAN.
AT A LOSS IF WE MUST.
BUT ALWAYS ORGANIC.

-MATT & ASHLEA HOGANCAMP, OWNERS


WEEKEND BRUNCH

(*) DENOTES ORGANIC ITEM

AVAILABLE SAT & SUN ONLY
OPEN - 3PM

WEEKEND BRUNCH




Ham, Egg, & Cheese Melt

House-made brioche bread*, pastured ham, pastured scrambled egg, mozzarella* (11) 
Add pastured bacon as a side -or- to the melt! (+2.75)


Blueberry Brioche French Toast

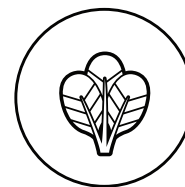
House-made brioche bread*, house-made blueberry compote*, whipped cream* (11) 
Add a side of pastured bacon or sausage patty (+2.75)

Huevos Rancheros

2 crunchy heirloom house-made corn tortillas*, refried beans*, potato hash* (w/ bell peppers* and onions*), house-made salsa*, pastured bacon, avocado*, 2 sunny side-up pastured eggs (15)   

Strawberry Shortcake Pancakes

3 buttermilk pancakes* served with house-made strawberry sauce*, pure maple syrup*, and whipped cream* (14) 
Add a side of 2 pieces of pastured bacon -or- 2 sausage patties (+2.75)



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Don't forget your Organic Mimosa at the Wine Bar!

 gluten free  egg free  dairy free  nut free  vegan

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3078 MADDUX WAY, FRANKLIN, TN 37069 | 615.567.6240 | HERBANMARKET.CO | SHOP.HERBANMARKET.CO

Menu Revision Spring 2022



DID YOU KNOW?

BY SUPPORTING HERBAN MARKET'S RESTAURANT, YOU ARE SUPPORTING A VARIETY OF SMALL, INDEPENDENT, AND LOCAL PURVEYORS AND ARTISANS COMMITTED TO THE HIGHEST QUALITY PRODUCTS.

FARM FRESH PASTURED EGGS | TENNESSEE GRASSFED, CLARKSVILLE, TN
STILLHOUSE HOLLOW FARMS, LEIPERS FORK, TN

WILD-CAUGHT SALMON | VIRGIN BAY SEAFOOD, NASHVILLE, TN

100% GRASS-FED BEEF & WAGYU BEEF | TENNESSEE GRASSFED, CLARKSVILLE, TN

**PASTURED PORK (BACON, HAM, & ALL SAUSAGES)
& CHICKEN** | TENNESSEE GRASSFED, CLARKSVILLE, TN

HYDROPONIC GREENS | SILVER MIST FARMS, FOUNTAIN RUN, KY
GREENER ROOTS, NASHVILLE, TN

COFFEE BEANS | NARROWGATE TRADING CO. ROASTERS, FRANKLIN, TN
CURIO BREWING CO., FRANKLIN, TN

GOAT CHEESE | NOBLE SPRINGS DAIRY, FRANKLIN, TN

KOMBUCHA-ON-DRAFT | BOOCH KOMBUCHA, NASHVILLE, TN

**SOURDOUGH, ENGLISH MUFFINS, PIZZA CRUSTS, GLUTEN FREE BREAD,
PITAS, TORTILLAS, BUNS, TELERA BREAD, BRIOCHE, BAGUETTE** |
ALL MADE FRESH DAILY IN-HOUSE WITH ORGANIC INGREDIENTS
BY OUR HERBAN MARKET BAKERY

**SAUCES, DRESSINGS, KETCHUP, PICKLES, PICKLED JALAPENOS/CARROTS/ONIONS,
PICKLED CELERY, PICKLED ONIONS** |
ALL MADE IN-HOUSE WITH ORGANIC INGREDIENTS
BY OUR COOKS AND CHEFS

THANK YOU FOR SUPPORTING OUR TEAM, OUR FARMS, AND OUR COMMUNITY!

WHAT IF YOU DON'T FINISH YOUR PLATE?

DON'T WORRY! EVEN OUR ORGANIC FOOD SCRAPS ARE PUT TO GOOD USE!
WE SEND EVERY LAST MORSEL OF FOOD "WASTE" TO A LOCAL
REGENERATIVE FARM WHERE YOUR "WASTE" TURNS INTO RICH TOPSOIL.
READ MORE ABOUT OUR COLLABORATION WITH THE ANCIENT NUTRITION R.A.N.C.H.
IN OUR NEW HERBAN MARKET E-MAGAZINE!

SCAN HERE

