



SMALL BATCH ROASTED AND BREWED ON DEMAND  
TO ENSURE EVERY CUP IS MIC DROP FRESH

### MONADNOCK BLEND

Bright and crisp with notes of fruit and toasted nuts.



### BLUE HILLS BLEND

Balanced decaf with notes of fruit and toasted nuts.



### STRATTON BLEND

Rich and full bodied with notes of chocolate.



### 100% COLOMBIAN

Medium roast from Colombia's Huila region with complex notes of toasty caramel.



### HOT BEVERAGE PRICING

12oz \$1.69 | 16oz \$1.99 | 20oz \$2.29 | 24oz \$2.59

### ICED BEVERAGE PRICING

16oz \$1.99 | 24oz \$2.39 | 32oz \$2.79

### COLD BREW

smooth & sweet - coffee is slowly steeped in cold water and served over ice

12oz \$3 | 16oz \$3.50 | 24oz \$4

### NITRO COLD BREW

cold brew infused with nitrogen for a rich, velvety experience - served without ice

12oz \$4 | 16oz \$4.50



OUR PRODUCE IS ORGANIC  
AND LOCALLY SOURCED WHEN POSSIBLE

ALLTOWNFRESH.COM

877.315.0401

scan me!



CHECK OUT OUR WEBSITE TO SEE HOW  
YOU CAN ENJOY ALLTOWN FRESH AT HOME WITH OUR  
CHEF DESIGNED MEAL KITS OR CATERING SERVICES



## HANDCRAFTED KITCHEN & MARKET

MADE TO ORDER | LOCALLY SOURCED | THOUGHTFULLY CURATED

# BREAKFAST ANYTIME

**BACON, EGG & CHEESE\*** ..... \$4.89  
cage-free eggs, bacon, cheddar cheese, toasted brioche bun

**SMOKED HAM, EGGS, MIKE'S HOT HONEY & CHEESE\*** ..... \$4.89  
cage-free eggs, smoked ham, hot honey aioli, cheddar cheese, toasted brioche bun

**SOUTHWEST SAUSAGE BREAKFAST SANDWICH\*** ..... \$4.89  
cage-free eggs, chicken sausage, avocado, chipotle aioli, pico de gallo, cheddar cheese, toasted brioche bun

**CHILAQUILES\*** ..... \$5.89  
slow cooked cage-free eggs, local tortilla chips, roasted peppers, onions, tomato, jalapeño, cilantro, garlic, salsa roja, queso fresco

**BREAKFAST BURRITO\*** ..... \$5.89  
slow cooked cage-free eggs, cheddar cheese, black beans, charred peppers, onions, salsa fresca, cilantro, avocado, garlic

## BREAKFAST SANDWICH ADD ONS

add chicken sausage \$1  
add bacon \$1  
add ham \$1

add avocado \$1  
add cage-free egg\* \$1  
sub gluten-free bread \$1

sub bagel \$1  
sub wheat wrap for no cost

# HOT BOWLS

**WAGYU BARBACOA BOWL** ..... \$9.89  
tender wagyu beef, smoky chipotle salsa, black beans, roasted corn, cilantro rice, pickled red onions, shaved romaine

**SPICY CHICKEN BOWL** ..... \$7.89  
luke's signature spice rub chicken, alabama white sauce, shaved romaine, celery, red onion, radishes

**OATMEAL** ..... \$1.89  
locally sourced cracked oats, freshly made, built the way you want it

add banana \$3  
add maple syrup \$1  
add pecans \$1  
add dried fruits \$1

**TOASTED BAGEL WITH CREAM CHEESE** ..... \$3.89  
everything or plain bagel, your choice of scallion cream cheese, plain cream cheese, or local butter with sea salt

**LOADED BAGEL** ..... \$6.89  
toasted everything or plain bagel, choice of scallion or plain cream cheese, smoked salmon, tomato, red onion, capers

**AVOCADO TOAST** ..... \$4.89  
avocado, arugula and radish salad, black sesame, evoo, sea salt, lemon

add cage-free egg\* \$1  
add smoked salmon \$2

# SANDWICHES

## COLD SANDWICHES

**GRILLED B.L.A.T.** ..... \$8.89  
smoked bacon, grilled chicken breast, lettuce, avocado, tomato, garlic aioli

**CHIPOTLE TURKEY** ..... \$8.89  
smoked turkey, avocado, heritage bacon, cheddar, lettuce, tomato, chipotle aioli

**THE ITALIAN** ..... \$8.89  
salami, ham, provolone cheese, pickled eggplant, marinated peppers, tomato, romaine, caramelized garlic

**BUFFALO CHICKEN WRAP** ..... \$7.89  
buffalo dressed chicken, tomato, lettuce, blue cheese, celery, scallion, whole wheat tortilla

sub tofu at no cost

## SANDWICH ADD ONS

sub gluten-free bread \$1  
sub wheat wrap at no cost  
add bacon \$1

## HOT SANDWICHES

**GARNITAS TORTA** ..... \$7.89  
crispy slow cooked pork, cheddar cheese, avocado, roasted peppers and onions, pico de gallo, cilantro, salsa roja, lime crema, soft bun

**FALAFEL WRAP** ..... \$7.89  
falafel fritters, garlic hummus, pickled eggplant, arugula, tomato and cucumber salad, zhug sauce, whole wheat tortilla

**THE CUBAN** ..... \$7.89  
heritage pork, smoked ham, bread and butter pickles, swiss cheese, mustard, chipotle aioli

**STEAK AND CHEESE** ..... \$8.89  
seared wagyu roast beef, provolone, aioli, artisan roll

add peppers and onions \$1

**CAROLINA STYLE PULLED PORK** ..... \$7.89  
heritage breed pork, sweet pickles, southern slaw, tangy bbq sauce, soft bun

# SALADS

**MIXED GREEN** ..... \$5.89  
locally sourced mixed greens, seasonal vegetables, fig balsamic dressing  
add grilled chicken \$2

**CAESAR SALAD** ..... \$7.89  
romaine, escarole, radicchio, parmesan frico, farm egg, garlic croutons, lemon, roasted garlic dressing

add grilled chicken \$2  
make it a wrap at no cost

**CHOP SALAD** ..... \$7.89  
romaine, chicory, local assorted vegetables, tomato, cucumbers, chicken, bacon, salami, egg, avocado, herbs, cheese, creamy green goddess dressing  
add grilled chicken \$2

# SMOOTHIES

CHOICE OF MILK: WHOLE, SKIM, ALMOND, COCONUT, HEMP

AVAILABLE IN 2 SIZES ..... 12oz ..... 16oz

PRICE ..... \$7 ..... \$9

## GREEN GLOW

spinach, kale, pineapple, avocado, banana, apple, cucumber, lemon, mint, choice of milk  
hydrating, nourishing, rich in fiber, vitamin a, vitamin c, provides iron

## POWER

banana, avocado, cacao, honey, almond butter, choice of milk  
powerful balance of carbs, fiber & fat for sustained energy

## AWAKE

cold brew coffee, banana, almond butter, cacao, honey, greek yogurt  
boost of energy with protein & fiber

## REFRESH

strawberries, blueberries, raspberries, cucumber, orange, coconut water  
refreshing, hydrating with fiber & vitamin c

## ESCAPE

pineapple, mango, banana, avocado, ginger, orange, coconut water  
refreshing, hydrating, rich in vitamin c

## SMOOTHIE ADD-INS

\$2 FOR THE FIRST ONE  
\$1 FOR ANY ADDITIONAL

### SPIRULINA

sea vegetable that contributes protein, iron

### FLAXSEED POWDER

contributes omega-3s, fiber

### CHIA SEEDS

contributes healthy fats, soluble fiber

### CACAO POWDER

contributes polyphenols

### AVOCADO

contributes healthy fats, fiber

### ALMOND BUTTER

contributes fiber, healthy fats, protein

### GREEK YOGURT

contributes protein and potassium

### PEA PROTEIN POWDER

contributes iron and 14g of protein

# KID'S MENU

**STRAWBERRY-BANANA SMOOTHIE (12oz)** ..... \$4  
strawberries, bananas, apple juice, yogurt, whole milk

**GRILLED CHEESE** ..... \$4  
cheddar on sourdough

**PB&J** ..... \$4  
local smooth peanut butter, mixed berry jelly on multigrain

**PASTA WITH BUTTER & CHEESE** ..... \$4  
rotating selection of local and handmade pasta, parmesan, butter

Before placing your order, please inform us if a person in your party has a food allergy.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

ASK ABOUT OUR CATERING MENU. WE'D LOVE TO HELP WITH YOUR NEXT EVENT.

