

# 3 Foods Cafe, the gluten free menu.



please let your server know  
that you are going gluten free

**black on white**

crisp apple, egyptian spice blend and olive oil 4

**cup runneth over**

toasted curry cashews 3

**rumi's lovechild**

crispy chickpeas with ras el hanout and cumin raita 3

**light and lovely**

crisp apples, caramelized walnuts, crumbled goronzola, and organic greens tossed in apple cider vinagrette 5.5

**golden nuggets**

golden brown tater tots served with chipotle BBQ and lavender honey mustard 5



**beverages**

french press coffee 2.5

hot cider 3

caramel apple cider 3.5

hot cocoa 3.5

republic of tea 2

cardomom cinnamon, ginseng peppermint, lemon chamomile, genmachai, raspberry quince, and decaf ginger peach.

perrier 2

root bear 2

thai iced tea 4

passion fruit iced tea 2

lavender lemonade 3

juice (apple, cranberry) 2

italian sodas 3

pomegranate cardamom, lemon thyme, & earl grey (cream soda, add .25)

**light my fire**

coriander hot wings with cinnamon sriracha  
crema and jicama matchsticks 8

**bellissimo**

raw filet mignon served with ginger tamari, citrus  
kuriimu, and lime wedge (when available) 11



**dark and gruesome**

basically a light and lovely salad, but much bigger and served with chicken and bacon 11

**the little prince**

an algerian chicken tagine with cracked green olives, lemon zest, honey and a whole lot of spices served over coconut rice with a side of organic corn chips 13

**hurts so good**

korean style chicken and veggie stir fry, served over a bed of coconut milk rice and served with a side of fresh kimchi 14

**french curry**

a rich creamy chicken curry covering coconut rice, topped with bananas, raisins, peanuts, and coconut 11

**harold and kumar**

two mini grass-fed beef burgers with bleu cheese in the patties (genius!), bacon, and garlicky aioli served over a bed of spring mix 11.5

**babe in wonkaland**

pork tenderloin rubbed in cocoa and spices with a sweet cinnamon butter sauce. served over quinoa 13



**sexy sadie**

creamy chocolate ice cream drenched in gooey caramel, topped with caramelized salted almonds 7



**moe to drink**

french press coffee 2.5

caramel apple cider 3.5

hot cocoa 3.5

republic of tea 2

cardomom cinnamon, ginseng peppermint, lemon chamomile, genmachai, raspberry quince, and decaf ginger peach.

wycliff brut champagne 4

hatcher port 7

chatom vintage port

brooks riesling 'tethys' 9