

3 Foods Cafe, the menu.



invitation

if you are a dreamer, come in.

if you are a dreamer, a wisher, a liar,
a hope-er, a pray-er, a magic bean buyer.
if you're a pretender, come sit by my fire,
for we have some flax golden tales to spin.

come in!

come in!

-shel silverstein

black on white

toasted pita bread, 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, rasperry 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 match sticks 8

princess buttermilk

gooey double cream brie stuffed with apricot preserves, rosemary, and slivered almonds. served with nice bread 8

what the...?

uber creamy mac n' cheese with bacon, topped with crisp apples 7



star of david

sour cream, cheddar-chive potato patties served with creamy tomato soup 8

viva la queso

tortilla chips piled high with chicken and smothered in blue cheese sauce. topped with chives and chili oil 9

bellissimo

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

the little prince

an algerian chicken tagine with cracked green olives, lemon zest, honey and a whole lot of spices served over couscous with spears of pita 13

harold and kumar

two mini grass-fed beef burgers with bleu cheese in the patties (genius!), bacon, garlicy aioli and spring mix 11.5

the magic 8 ball

basically pasta, but with what?...have a chat with your server and behold your future 13

hurts so good

korean style grass fed sirloin and veggies served over a bed of coconut milk rice, topped with frizzled leaks and a side of fresh kimchi 14

babe in wonkaland

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

#63

crispy crab flautas served with cactus salsa and citrus crema 13

french curry

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

dark and gruesome

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



sexy sadie

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

mr. poppins' delight

kahlua mint cheesecakes with a chocolate cookie crust 7

Eve's temptation

deconstructed apple pie served with vanilla ice cream 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