

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, an 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, cand organic greens tossed in apple cider vinagrette 5.5

golden nuggets

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

journey of a thousand bites

an epic voyage with half a grilled artichoke and a rich sesame aioli 6

**to drink**

french press coffee 2

hot cider 3

caramel apple cider 3.5

hot cocoa 3.5

republic of tea 2

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

perrier 2

root beer 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

princess buttermilk

gooey double cream brie stuffed with apricot preserves, rosemary, & 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, chives, and chili oil, smothered in blue cheese sauce 9

one for all and all for one

veggie mu shu with scrambled egg, cashews, savory crepes, spicy mustard, and umboshi plum sauce 9

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

dark and gruesome

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

harold and kumar

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

damn tasty

prawns, clams, & zucchini in a rosemary tomato soup with couscous and a dollop of garlic aoli 13

uncle roscoe's

tender fried chicken and waffles served with butter and sweet syrupy goodness 13



hurts so good

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

orkpay andway eansbay

caramelized vietnamese pork and beans (the green variety) over coconut rice 14

fat elvis whoopie pie

peanut butter cream filling sandwiched between two whoopie cakes with bacon bits and a side of bananas 7

file #738

balsamic marinated strawberries doused in a chevre cream sauce with mint chiffonade 7

bella

creamy deconstructed almond tart with warm caramelized almonds 7



moe to drink

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caramel apple cider 3.5

hot cocoa 3.5

republic of tea 2

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

wycliff brut champagne 4

hatcher port 7

chatom vintage port