

# SALADS & WRAPS

Make any salad into a wrap (-\$1)

Add free-range roasted chicken or free-range Peruvian spiced chicken thighs (+\$3.85)

We use La Fortaleza Non-GMO flour tortillas

All Alfalfa dressings are homemade, made only with olive oil

Dressings are gluten-free, seed oil free, and preservative & additive free

GF = Gluten Free

V = Vegan

N = Nuts

S = Spicy

## Peruvian Chicken

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], free-range Peruvian spiced chicken thighs, Oaxaca cheese, black beans, corn, grape tomatoes, tortilla chips, homemade avocado tomatillo salsa **(GF)** **\$16.95**

## Spicy Calabrian Caesar

Chopped Romaine, free-range roasted chicken, hot cherry peppers, homemade croutons, parmigiano-reggiano cheese, crispy shallots, homemade spicy calabrian caesar dressing **(S)** **\$16.95**

## The Greek

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], cucumbers, grape tomatoes, organic white quinoa, garbanzo beans, feta cheese, kalamata olives, Stacy's pita chips, red onions, homemade lemon herb vinaigrette **\$14.45**

## Laguna

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], avocado, Oaxaca cheese, corn, grape tomatoes, cucumbers, red onions, tortilla chips, homemade lime cilantro vinaigrette **(GF)** **\$14.45**

## West Coast

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], avocado, California medjool dates, strawberries, red onions, creamy goat cheese, sliced almonds, homemade balsamic vinaigrette **(GF, N)** **\$15.45**

## O.G. Cardini

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], free-range roasted chicken, grape tomatoes, homemade croutons, parmigiano-reggiano cheese, homemade dairy-free caesar dressing **\$16.45**

## The Cobb

Alfalfa mix [kale, romaine, butter lettuce], thick cut smoked bacon, avocado, free-range hard boiled egg, crispy shallots, corn, grape tomatoes, local fresh mozzarella, homemade red wine poppy vinaigrette **(GF)** **\$16.45**

## Buffalo Goddess

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], wild rice, buffalo cauliflower, brussels sprouts, sweet potatoes, sunflower seeds, creamy goat cheese, homemade green goddess ranch dressing **(GF)** **\$14.95**

## Dear Darla

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], apples, homemade candied walnuts, creamy goat cheese, dried cranberries, homemade honey yogurt dressing **(GF, N)** **\$13.45**

## Wild Harvest

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], wild rice, sweet potatoes, creamy goat cheese, quinoa chickpea bites, apples, sliced almonds, homemade champagne vinaigrette & spicy salsa roja drizzle **(GF, N, S)** **\$14.95**

## Beyond Far East

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], Beyond plant-based "chicken" tenders, roasted broccoli, roasted beets, carrots, red cabbage, edamame, sesame seeds, homemade spicy sesame cashew dressing **(V)** **\$16.45**

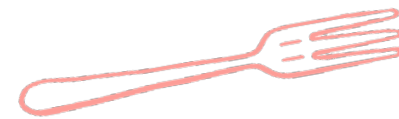
## The Sunflower

Alfalfa mix [butter lettuce, chopped romaine, shredded kale], avocado, walnuts, garbanzo beans, apples, sunflower seeds, organic white quinoa, homemade balsamic vinaigrette **(GF, N)** **\$13.45**



# DID YOU KNOW

All of Alfalfa's salad dressings are gluten free and seed oil free, made with olive oil imported from Italy. All of our dressings are made fresh in house, never any preservatives or additives! We always use fresh ingredients and locally source from nearby farms based on what's currently in season!



# THE EXTRAS

## BREAKFAST BURRITOS

Add avocado (+2)

Salsas are served on the side

### Homemade Chorizo

La Fortaleza flour tortilla, homemade chorizo, fluffy free-range eggs, crispy ancho potato hash, manchego and Oaxaca cheese, onion, red pepper, avocado tomatillo salsa, spicy salsa roja de arbol **(S)** **\$13.95**

### Ancho Potato

La Fortaleza flour tortilla, fluffy free-range eggs, ancho chile potatoes, Mexican cheddar and pepper jack, onion, red pepper, avocado tomatillo salsa, spicy salsa roja de arbol **(S)** **\$11.95**

## HOMEMADE GF DOUGHNUTS

Made with non-GMO oil

Doughnut options available in-store

All doughnuts are homemade and gluten-free.

Doughnut base contains almond extract

## COFFEE + DRINKS

Serving Intelligentsia Coffee & Kilogram Tea  
+\$.75 Oat, Almond, Pistachio Milk

Hot Coffee	<b>\$3 / 4</b>
Cold Brew	<b>\$5.5</b>
Espresso	<b>\$3.5</b>
Americano	<b>\$3.5 / \$4.5</b>
Latte	<b>\$5.5 / 6.5</b>
Cappuccino	<b>\$5 / 6</b>
Iced Oat Milk Organic Matcha Latte	<b>\$6.5</b>
Iced Oat Milk Organic Chai Latte	<b>\$6</b>
In-House Ginger Turmeric Lemonade (Fresh pressed)	<b>\$4.25</b>
Organic Crimson Iced Tea	<b>\$4.25</b>
Organic Classic Black Iced Tea	<b>\$4.25</b>
Organic Assorted Teas (16oz)	<b>\$3.5</b>

## BONE BROTH

### Classic Chicken Broth

Made from free-range chicken bones

16 oz cup **\$9**

Download our new App and earn Alfalfa Loyalty Rewards!

# CREATE YOUR OWN SALAD

All proteins and vegetables are cooked with olive oil

## BASE

Pick up to 2 (\$11.95)

## Greens

Alfalfa mix (Chopped Romaine, Butter Lettuce, Shredded Kale)  
Butter Lettuce  
Kale  
Romaine

GF = Gluten Free  
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N = Nuts  
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## TOPPINGS

Pick up to 5  
(Additional + \$0.5)

## Veggies & Fruits

Apples  
Black Beans  
Carrots  
Corn  
Cucumbers  
Edamame  
Garbanzo Beans  
Grape Tomatoes

Red Cabbage  
Roasted Beets  
Roasted Broccoli  
Roasted Sweet Potatoes

## Nuts, Garnish, & Grains

Almonds  
Quinoa (GF, V)  
Tortilla Chips (GF, V)  
Dried Cranberries (GF, V)  
Homemade Croutons  
Pita Chips  
Sunflower Seeds  
Walnuts  
Wild Rice (GF, V)

## PREMIUMS

## Protein

Free-range Roasted Chicken + \$3.85 (GF)  
Free-range Peruvian Spiced Chicken Thighs + \$3.85 (GF)  
Free-range Hard Boiled Egg + \$1.5 (GF)  
Organic Roasted Tofu + \$2.5 (GF)  
Quinoa Chickpea Bites (3 pcs) + \$3.5 (GF)  
Plant-Based "Chicken" Tenders + \$4 (V)

## Cheese

Goat + \$1.75  
Parmigiano-Reggiano + \$1.75  
Feta + \$1.5  
Local Fresh Mozzarella + \$2.5  
Oaxaca + \$1.5

## The Goods

Avocado + \$2  
Buffalo Cauliflower + \$3.5 (GF, V)  
Brussels Sprouts + \$1.75 (GF, V)  
Candied Walnuts + \$1.25 (GF, V)  
Kalamata Olives + \$1.75  
California Medjool Dates + \$1.75  
Strawberries +1.5

## DRESSINGS

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## Alfalfa Dressings (GF)

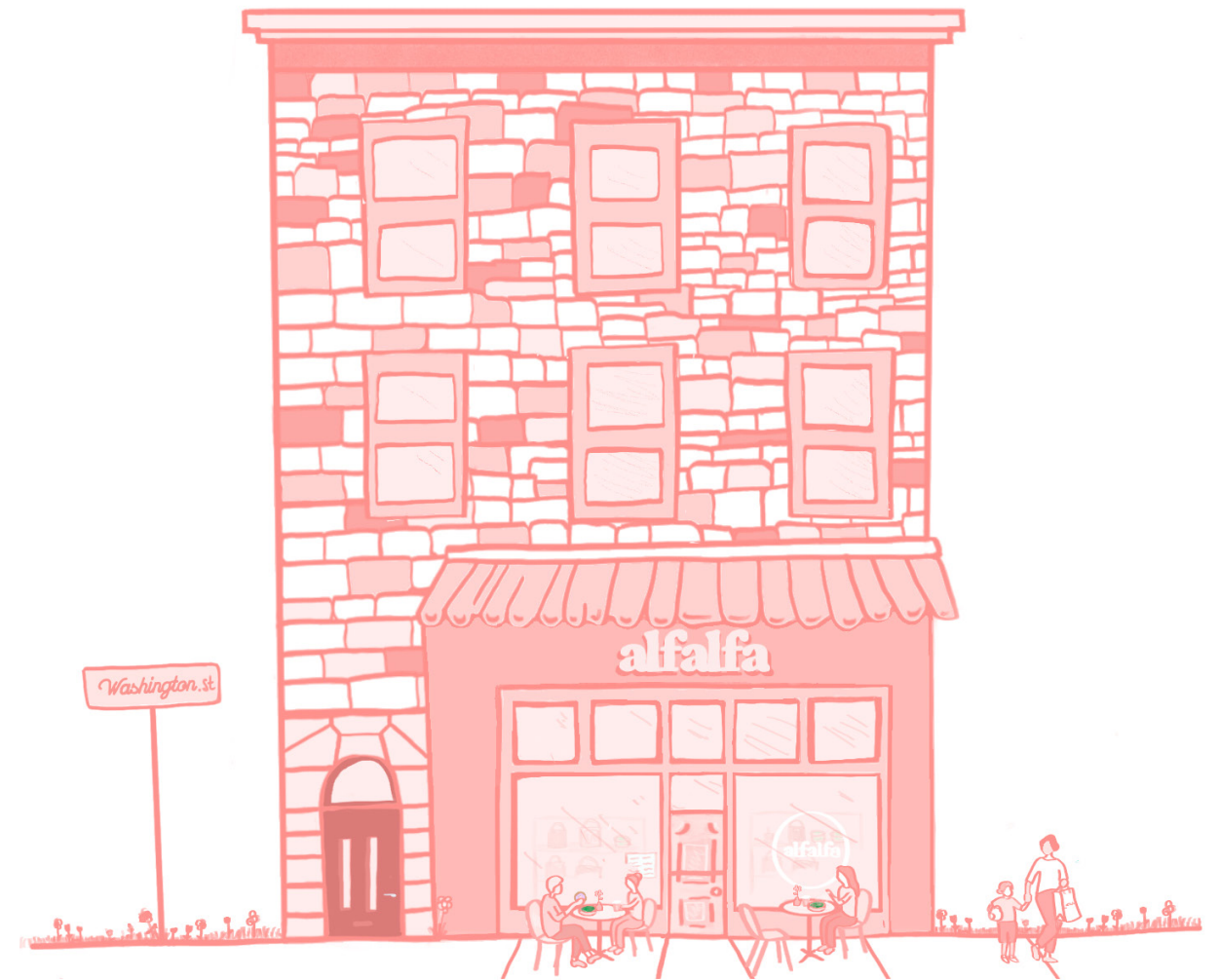
Balsamic Vinaigrette  
Avocado Tomatillo Salsa (V)  
Caesar (Dairy Free)  
Champagne Vinaigrette  
Green Goddess Ranch  
Honey Yogurt Dressing

Lime Cilantro Vinaigrette  
Spicy Salsa Roja (V)  
Spicy Sesame Cashew (V)

## Basics

Balsamic Vinegar  
Red Wine Vinegar  
Extra Virgin Olive Oil  
Lemon Squeeze  
Salt + Pepper

# alfalfa



est. 2019

## Spring 2024

Alfalfa is a tribute to Mother Nature's abundance, showcasing fresh, locally-sourced, nutrient-rich ingredients that foster happier and healthier communities.

Our commitment to quality is rooted in the belief that food should be experienced in its most natural state—wholesome, packed with nutrients, and free from artificial additives & chemicals. We are committed to inspiring joy and delight in every meal, recognizing that balanced food not only nourishes the body but also uplifts the spirit.