

eat classics

- GRAIN FREE GRANOLA PARFAIT 12**
signature grain-free granola, organic greek yogurt, berry compote, organic strawberries
- STACEY’S FAMOUS CHICKEN RICE ENCHILADA 18**
creamy chicken + rice, hatch green chili sauce, house made organic corn tortilla, avocado tomatillo sauce, pickled onions, goatija, cilantro | *add egg 3
- GREEN CHILI PORK STEW 15**
crows dairy goatija, pickled onions, cilantro, house made corn chips *add egg 3
- TOMATO SOUP + GRILLED CHEESE 16**
dairy free tomato soup, aged white cheddar, noble sourdough
- GLUTEN FREE CHICKEN NOODLE SOUP 12**
chicken breast, bone broth, brown rice quinoa noodles, herbs add mixed greens salad or grilled cheese 6
- SCRATCH MADE SOUP OF THE DAY 12**
add mixed greens salad or grilled cheese 6

sandwiches

- BLT 17**
nitrate free uncured bacon, organic shaved romaine, tomato, red chili aioli, noble sourdough | *add egg 3 | sub gf 4
- HOT HAM + CHEESE 16**
fra’mani sweet apple ham, horseradish honey mustard, white cheddar, noble sourdough | *add egg 3 | sub gf 4
- TUNA 20**
line caught tinned albacore, kalamata calabrian tapenade, house made dill pickles, wild arugula, pink grapefruit citrus aioli, noble baguette | sub gf 4
- VEGETABLE 16**
avocado, cucumber, tomato, local sprouts, pickled red onion, citrus herb cream cheese, seeded noble toast | sub gf 4
- ROTISSERIE CHICKEN BANH MI 20**
spicy pickled carrots-daikon, thai bbq sauce, cucumber, noble baguette | sub gf 4
- TRI TIP + FRIES 12**
white cheddar,chimichurri, horseradish aioli, caramelized onions, noble brioche | sub gf 4
- AMELIA’S BETTER BURGER + BEEF TALLOW SKINNY FRIES 26**
double stacked az grass-fed beef + bacon patties, "real" american + swiss cheese, tomato, shaved onion, shredded romaine, house made pickles, amelia’s special sauce, toasted noble brioche | sub gf 4
- VEGETARIAN? SUB A HOUSE MADE ORGANIC QUINOA BURGER**

salads

- QUINOA ARUGULA 16**
organic strawberries, marcona almonds, celery, white balsamic vinaigrette, herbs
- SUPERFOOD CAESAR 16**
little gem, red grapes, avocado, pickled onions, celery, superfood sprinkles, lemony caesar vinaigrette
- AZ COBB 20**
amelia’s rotisserie chicken, spicy deviled eggs, nitrate free uncured bacon, avocado, cherry tomatoes, medjool dates, whole grain mustard vinaigrette
- FARMERS MARKET CRUDITÉ 15**
organic vegetables, olive oil, harissa hummus, gf house made seeded crackers
- ADD - AMELIA’S ROTISSERIE CHICKEN 9 | WILD SALMON* 12
LINE-CAUGHT TINNED ALBACORE TUNA 9
GRASS-FED TRI TIP 12 | CHICKPEA F ALAFEL 7

eat + drink local

ORGANIC, SCRATCH MADE, LOCALLY SOURCED, SEED OIL FREE

DAY MENU

eggs

- GARDEN VEGGIE EGG WHITE BITES 8**
free-range egg whites, spinach, bell peppers, three cheeses, herbs
- EYE OPENER 16**
fried steadfast farm egg*, shaved fra’mani ham or crispy nitrate-free bacon, arugula, calabrian chili aioli, white cheddar, noble brioche | sub gf 4
- BREAKFAST BURRITO 14**
local scrambled organic eggs, nitrate-f ree bacon, roasted potatoes, mozzarella + cheddar, whole wheat tortilla, fire roasted tomato salsa
- BYOB**
fried or scrambled local organic egg* 3 | uncured nitrate free bacon 8
shaved fra’mani ham 8 | sliced tomato 3 | avocado 3
gf bagel + butter/lemon herb cream cheese 7 | pancake 6
toast + butter 4 | cottage cheese, olive oil, superfood sprinkles 5

toasts

- AVOCADO TOAST 14**
calabrian chili honey relish, coriander, lemon zest, hemp seeds, herbs, seeded noble toast | *add egg 3 | sub gf 2
- EGG SALAD TOAST 15**
herby egg salad, hot honey, local micro greens, seeded noble toast or mixed greens | sub gf 2
- CHICKEN SALAD TOAST 14**
EAT signature chicken salad, local micro greens, seeded noble toast or mixed greens | sub gf 2
- TOAST + JAM 5**
organic strawberry + chia jam, grass fed butter, seeded noble toast

bakery

- JACK’S PRETZEL TWIST 10**
horseradish honey mustard, lemon herb cream cheese or salted caramel sauce
- BREAD PUDDING FRENCH TOAST 14**
orange cardamom brioche, mejdool dates, organic maple syrup
- WILD BLUEBERRY PANCAKES 14**
organic maple syrup

smaller appetites

- rotisserie chicken 9 | grass-fed tri tip 12 | wild salmon 12
grilled cheese 8 | french toast 10 | cucumbers 4 | carrots 4
strawberries 6 | grapes 5 | simple caesar salad 5
beef tallow french fries 5 | pretzel bites 6 | bacon cheese burger 12

ala carte

- organic strawberries 8 | gf bagel + butter/lemon herb cream cheese 7
toast + butter 4 | spicy deviled eggs 6 | avocado 3 | fruit bowl 8
fried or scrambled local organic egg 3 | uncured nitrate-free bacon 8
gf seeded crackers 3 | house made pickles 3 | beef tallow fries 8

desserts

- ICE CREAM SUNDAE 14**
flourless chocolate cake, sweet republic vanilla bean ice cream, salted caramel
- SALTED CARAMEL BREAD PUDDING 17**
orange cardamom brioche, mejdool dates, sweet republic vanilla bean ice cream
- ROOT BEER FLOAT 9**
jones organic root beer, sweet republic vanilla bean ice cream
- SWEET REPUBLIC SEASONAL SORBET 6**
- GF CHOCOLATE CHIP ICE CREAM COOKIE SANDWICH 8**

pastry case

- signature glazed sugar cookie 4 | gf salted chocolate chip cookie 4
gf almond butter cookie 4 | gf morning glory muffin 4
gf lemon zucchini muffin 4 | gf lemon bar 5 | gf rice crispytreat 5
s’mores bar 5 | gf mini flourless cake bites 4 | p.o.m. 5



BY EAT

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