

## 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, housemade organic corn tortilla, avocado tomatillo sauce, pickled onions, goatija, cilantro \*add egg (4)

### GREEN CHILI PORK STEW 15

crows dairy goatija, pickled onions, cilantro, housemade corn chips add egg (4)

### TOMATO SOUP + GRILLED CHEESE 16

dairy free tomato soup, aged white cheddar, noble homestyle white

### 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 homestyle white \*add egg (4)

### HOT HAM + CHEESE 16

fra'mani sweet apple ham, horseradish honey mustard, white cheddar, noble homestyle white \*add egg (4)

### TUNA 20

line caught tinned albacore, kalamata calabrian tapenade, house-made dill pickles, wild arugula, pink grapefruit citrus aioli, noble baguette

### VEGETABLE 16

avocado, cucumber, tomato, local sprouts, pickled red onion, citrus herb cream cheese, seeded noble toast

### ROTISSERIE CHICKEN BANH MI 20

spicy pickled carrots-daikon, thai bbq sauce, cucumber, noble baguette

### TRI TIP + FRIES 21

white cheddar, chimichurri, horseradish aioli, caramelized onions, noble brioche

### AMELIA'S BETTER BURGER + BEEF TALLOW SKINNY FRIES 26

double stacked az grass-fed beef + bacon patties, american + swiss cheese, tomato, shaved onion, shredded romaine, house made pickles, amelia's special sauce, toasted noble brioche

make it a housemade quinoa burger on request

## 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, steadfast farm spicy deviled egg, nitrate free uncured bacon, avocado, cherry tomato, medjool date, whole grain mustard vinaigrette

### FARMERS MARKET CRUDITÉ 15

organic vegetables, olive oil, harissa hummus

ADD AMELIA'S ROTISSERIE CHICKEN - 9, WILD SALMON\* - 12, LINE CAUGHT TINNED ALBACORE TUNA - 9, GRASS FED TRI TIP - 12, FALAFEL - 7

## eat + drink local

SCRATCH MADE, LOCALLY SOURCED, SEED OIL FREE

Enjoy piece of mind dining at Amelia's if you are gluten-free, nearly all of our menu items can prepared gluten-free by request

\*consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions\*

## 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

### BYOB

fried or scrambled local organic egg\* 4 | 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

### BREAKFAST BURRITO 14

housemade chicken sausage, roasted potato, scrambled eggs, green chilis, mozzarella + cheddar, fire roasted tomato salsa

## toasts

### AVOCADO TOAST 14

calabrian chili honey relish, coriander, lemon zest, hemp seeds, herbs, seeded noble toast \*add egg (4)

### EGG SALAD TOAST 15

herby egg salad, hot honey, local micro greens, seeded noble toast or mixed greens

### CHICKEN SALAD TOAST 14

EAT signature chicken salad, local micro greens, seeded noble toast or mixed greens

### TOAST + JAM 5

organic strawberry + chia jam, grass fed butter, seeded 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 7 | 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 4 | uncured nitrate free bacon 8 root chips 6 | 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

### SEASONAL SORBET 6

## 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 krispy treat 5 s'mores bar 5 | gf mini flour-less cakes 4 | almond croissant 5

amelia's  
BY EAT

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