



All meals made with love to nourish your body, mind & soul!
Gluten free, soy free, refined sugar free and flavor-FULL
Fresh, local & high quality ingredients

KEY: (V) Vegan
(*) Seasonal

SALADS, SOUPS & HEARTY FOODS

BRUNO SALAD (V) 8

Organic Spring Mix, green bell pepper, cucumber, cherry tomatoes, red onion, chickpeas, dates, walnuts, and your choice of dressing.

+Add Sofrito Chicken, Tuna or Black Bean Burger (V)

CHICKEN RANCH BLT SALAD 9.95/13

Organic Spring Mix, cherry tomato, cucumber, nitrate-free turkey bacon, grilled organic chicken breast, Ranch Dressing (Non GMO, dairy free, soy free, egg free).

CALDO DE TOMATE (Tomato Soup) (V) 5 12oz. / 8 16oz. (16oz. to-go only)

+Add garlic bread, avocado, toast*

BEEF CHILI 6.50 12oz. / 10 16oz. (16oz. to-go only)

Grass-fed beef, red and green bell peppers, jalapeno pepper, red beans, white onions and garlic slow cooked in EWF Specialty Chili Blend Seasoning.

+Add garlic bread, avocado, sour cream, shredded cheese & chives*

ASOPAO de POLLO (Chicken & Rice Gumbo) 8 12oz. / 13 16oz. (16oz. to-go only)

This is Madeline's mothers recipe and includes Organic Chicken Breast, red onion, long grain rice, and Calabaza (pumpkin). Enjoy the Caribbean flavors of Dominican Oregano, Malagueta (Allspice) and Naranja Agria (Bitter Orange) in this dish today.

+Add avocado and garlic bread*

HALFSIES 11

Small bowl of our Caldo De Tomate/Tomato Soup with a slice of our Open-face Tuna Sandwich

SANDWICHES *In addition to gluten free, our bread is dairy, nut and soy free.*

GRILLED CHEESE 8

Nitrate-free turkey bacon, mozzarella and tomato. Includes vegetable chips.

Tuna Melt 10

Wild-caught sustainably sourced Tuna, mozzarella cheese. Includes vegetable chips.

(T)BLT 9

Nitrate-free turkey bacon, organic spring mix, tomato and mayo (Non GMO, dairy free, soy free, egg free). Includes vegetable chips.

CHICKEN (T)BACON RANCH 11

Organic chicken, nitrate-free turkey bacon, spring mix, tomato, cucumber and Ranch Dressing (Non GMO, dairy free, soy free, egg free). Includes vegetable chips.

SOFRITO CHICKEN 10

Sofrito is used in cooking throughout the Caribbean, and especially in the Dominican Republic and Puerto Rico. Our Sofrito blends the freshest herbs and spices, marinating organic chicken breast and served with mozzarella, tomato, spinach and mayo (Non GMO, dairy free, soy free, egg free). Includes vegetable chips.

OPEN-FACE TUNA 11

Wild-caught, sustainably sourced Tuna, organic spinach, tomato, red onion, cilantro, green pepper and mayo (Non GMO, dairy free, soy free, egg free)

BURGERS All burgers are served with house salad or vegetable chips. *In addition to gluten free, our buns are dairy, nut and soy free.*

BLACK BEAN BURGER (V) 10

Homemade black bean burger (black beans, cilantro, red onion, green pepper, garlic, flax seed, cumin, Dominican oregano and cassava bread) served on a bun with organic spring mix, tomato and EWF Burger Sauce*
**Bun contains egg.*

BEEF BURGER 9

8oz. grass fed beef served on a bun with organic spring mix, tomato and mayo (Non GMO, dairy free, soy free, egg free)

CHEESE BURGER 10.95

8oz. grass fed beef with mozzarella served on a bun with organic spring mix, tomato and mayo (Non GMO, dairy free, soy free, egg free)

BACON BLEU BURGER 12.95

8oz. grass fed burger with nitrate-free turkey bacon, bleu cheese organic spring mix, tomato and EWF Burger Sauce

FUEGO BURGER 12.95

8oz. grass fed burger with nitrate-free turkey bacon, mozzarella, organic spring mix, tomato, sautéed onions and jalapenos topped with EWF Burger Sauce

BEVERAGES

BOTTLED WATER 1.50

SELTZER 2.00

- ◇ Raspberry Lime
- ◇ Lemon
- ◇ Mandarin Orange

INFUSED WATER 2.00

Did you know that the recommended water intake is half your weight in ounces? For example, if you weigh 200lbs then this means you should drink at least 100 ounces of water per day. We prepare these waters in 32oz containers to help you support and track your hydration.

Ask “What’s in our hydration station today?”

Flavors include:

- ◇ Apple Cinnamon
- ◇ Lemon, Cucumber, Mint & Ginger
- ◇ Strawberry, Mint
- ◇ Citrus Medley (Orange, Lemon & Grapefruit)
- ◇ Lemon Blueberry

Gift Certificates Available
