

Menu

Date: Thursday, Dec 7th 12pm to 6pm
***Lunch at Old Town North's
Farmer's Market***



LENTIL SOUP - \$5

Lentil, carrots, cabbage, onion, tomato, coriander, garlic, cumin, pepper and salt

DAIRY FREE, MEAT FREE, GLUTEN FREE



OVEN BAKED EMPANADAS - \$4

GROUND BEEF: Ground beef, peas, red pepper, green pepper, onion, tomato, spices. All natural without colors or flavors added.

CHICKEN: Chicken breast, red pepper, green pepper, tomato, basil, onion, spices. All natural without colors or flavors added.

VEGETERIAN: Green squash, peppers, peas, carrot, cauliflower, quinoa, onion, tomato and spices. All natural without colors or flavors added.



DESSERT (Paleo based so no need to feel guilty)



MINI BUNDT CAKES: \$5

Cardamom Pistachio Spice, Carrot, and Spiced Rum

100% organic (minus Captain Morgan's Spiced rum)

MINI PIES: \$8

Apple tart, lemon, pecan, and bourbon pecan

95% organic, no artificial anything, dairy and soy free



DRINK - \$6

BLACKBERRY JUICE, with real fruit. 20oz

COMBO: soup, empanada & drink: \$12.99

