



**www.allthingsfoodllc.com**

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## **A MOTHER'S DAY CELEBRATION BRUNCH**

**Saturday, May 10th**

**10 am - 2 pm**

A simple, deliciously healthy gathering to celebrate Moms.

*The Cafe focus is on seasonal dishes including LOCAL and ORGANIC nutrient dense foods with gluten, dairy and meat free options.*

Waffles with **LOCAL** Maple Syrup or **LOCAL** Warmed Jam  
*Gluten Free with Optional Toppings such as Pecans and Fresh Fruit*

**LOCAL** Sausage Patty  
From Peaceful Pasture Farms  
*with Adobo Blend spice From Frontier Coop*

Soup & Salad Combo:  
Apple Lentil Salad  
or **LOCAL** Spring Mix  
*with House Made Dressing*  
Spring Celebration Soup  
**LOCAL** Asparagus, Veggies, Lemon Broth and **ORGANIC** Parsley

Raw Yogurt w/ Fruit & Granola Toppings  
*Dairy Free Yogurt and Wheat & Salt Free Granola*

Orange Mint Tea  
*with fresh squeezed Orange, Grapefruit and Lemon Juice*

Equal Exchange Coffee  
*Fair Trade and ORGANIC with optional coconut milk and  
Flavororganics Hazelnut or Amaretto Syrup*

Frontier Coop ORGANIC Teas  
*served warm with **LOCAL** honey*

Live music by Jennifer McCord

"Hello, My name is Jennifer McCord and I am delighted to share music with you on this special day."

With Special Guests:  
**LOCAL** Dairy Farmers From Katieland Dairy  
And Grass Fed, Organic Dairy Samples  
From Their Amazing Mothers.

**Sign up at the register to reserve your spot today!!**