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# Farm 2 Heart Prepared Meals



## Fresh Rainbows from our Gardens:

- **Micro Flower Power Salad**  
(Gourmet Microgreens, Mixed Greens, & Edible Flowers. Extra Virgin Olive Oil, Raw Honey, Fresh Ginger, Fresh Cilantro, Organic Apple Cider Vinegar with the Mother, Sea Salt Dressing on the Side)
- **Virgin Margarita Shake Mix**  
(Start the day with our Fresh Harvested Soulful, Tasty & Delicious Pea Shoots, Fresh Organic Ginger, Fresh Lemon, Organic Brown Sugar. Just add spring water, ice, blend and enjoy!)  
**PRICE: \$7 pint - \$14 quart**

## From our Tapas & Deli Bar:

- **Pio Pio Sandwich** (My Italian Grandpa's Style Sandwich with whole wheat bread, home made chicken breast marinated in white wine and apple cider vinegar with the mother, roasted veggies, herbs, extra virgin olive oil, sea salt). **\$8 - \$16**
- **Buddha's Hummus** (Our kitchen pinto beans with fresh squeezed lemon, cumin, fresh chopped cilantro, extra virgin olive oil, cayenne pepper & sea salt. Optional: non spicy without cayenne pepper) **\$4 ½ pint - \$8 pint**
- **Nutty Mushroom Tapenade** (our roasted oyster mushrooms, sunflower, pumpkin & chia seeds, rosemary, thyme, extra virgin olive oil, sea salt) **\$5 - 4 oz.**

## From our Sustainable Kitchen:

- **Apple Infused Veggie Broth** (fresh onions, carrots, cabbage, peppers, celery, broccoli, garlic, tomatoes, cilantro, parsley, rosemary, thyme, apple cores) **\$5 pint - \$10 quart**
- **Aqua Fava** (soothing broth from cooking the NY Grain Project Pinto Beans, natural spring water, sea salt).
- **Turf & Surf Paella** (fresh onions, celery, carrots, garlic, cabbage, broccoli, peppers, tomatoes, cilantro parsley, white wine, brown rice, fresh Main mussels) **\$10.75 pint - \$21.50 quart**
- **Holistic Beans** (NY Grain project beans grown, harvested and milled by farmer, soaked in water for 24 hrs, with 3 water changes. Then cooked in natural spring water & sea salt) **\$7 pint - \$14 quart**
- **Roasted Mediterranean Rainbows** (roasted potatoes, carrots, onions, garlic, mushrooms, in a extra virgin olive oil thyme, rosemary, sea salt & black pepper marinate) **\$7 pint - \$14 quart**
- **Our Signature Yin Yang Meatballs** (50% vegetables, 50% turkey/organic grass feed beef, fresh, local, naturally grown onions, carrots, celery, garlic, organic fat free milk, oats, extra virgin olive oil, black pepper & sea salt) **\$14 pint - \$28 quart**

## From our Café & Candy Shop:

- **Rainbow Chills** (Flower Citrus Herbal Iced Teas)  
**\$4 - 16 oz \* \$8 - 32 oz**
- **Sweet Temptations** (Our signature caramelized fresh lemon rinds, our Herbs and Edible Flowers) **\$5 - 4 oz**
- **Zen Tea Bags** (Our signature caramelized fruits, our dried herbs, edible flowers, and spices) **7 Bags - \$7 - 14 Bags - \$14**