

# Forthright

WEEKDAY BREAKFAST MENU

## COFFEE AND TEA

		Hot Tea	3
Drip Coffee	3.5	Iced Tea	2.5
French Press Coffee <i>Single Origin Selection</i>	4	NOT COFFEE	
Cold Brew	4		
Cold Brew Ice Cubes with House Cashew Milk	5	Fresh-squeezed Orange	3.5/5
Espresso	3	House Made Vanilla Cashew Milk	4
Cappuccino	4	Fresh-squeezed Lemonade	3
Americano	3	Mexican Coke Bottle	2
Cortado	3.5	Diet Coke Can	1.5
Latte	4.5	Topo Chico	2.5
Chai Tea Latte	4.5	Bottled Water	1.5
Matcha Latte	4.5		

+ Flavors: vanilla, chocolate, peppermint, caramel +.50  
 Alternative milks: almond, coconut, oat +.50 or house-made cashew +.1  
 Proudly serving Mill-King Creamery low-temp pasteurized, organic milk

## BREAKFAST TILL 10:30 AM

FRESH FRUIT YOGURT PARFAIT (GF)	Seasonal fruit and granola, vanilla spiced Greek yogurt		6
CARAMEL APPLE OATMEAL (GF)	Cinnamon sugar oatmeal, roasted apples, caramel, pecans		6
COCONUT CHIA PUDDING (GF)	Organic chia seeds, maple syrup, coconut milk, almonds, blueberries		6
BUTTERMILK WAFFLE	Maple walnut butter, maple syrup, vanilla bean whipped cream		8.5
AMERICAN BREAKFAST	Two fried eggs, choice of ham, bacon, or sausage, potato latke, toast w/ butter & jam		10.5
BREAKFAST SANDWICH	w/BACON +1 +2 w/GF toast +2		10.5
	Scrambled eggs, cheddar, ham, arugula, black pepper aioli, sourdough		
FORTHRIGHT WAFFLE SANDWICH	w/ fried chicken +4.5		13.5
	Fried egg, smoked bacon, gruyère, spicy maple syrup		
AVOCADO TOAST	w/EGG +2.75 w/GF toast +2		8.25
	Harvest toast, smashed avocado, olive oil, 'everything' seasoning, lemon, pumpkin seeds		
WILD MUSHROOM TOAST	w/EGG +2.75 +w/GF toast +2		8.5
	Harvest toast, roasted mushrooms, fresh herbs, shallot jam, whipped creme fraîche		

## A LA CARTE

Two Eggs	3.25
Applewood Smoked Bacon	4
House Sausage	4
Potato Latke	3.25
Toast, Butter and House Made Jam	w/GF toast +2 3.25
Extra House Made Jam	1
	<i>blueberry cinnamon vanilla or strawberry peach</i>
Avocado	mash or sliced 2.25
Fresh Fruit Cup	4
Buttermilk Waffle	6
Fried Chicken	6

## FRESH-BAKED + SWEETS

House Made Zucchini Bread (gf)	3.5
House Made Muffin <i>seasonal flavor</i>	3
Cinnamon-sugar Croissant	3

OUR BEEF: Antibiotic and hormone free | OUR CHICKEN Pasture raised

OUR PORK: Humanely raised, antibiotic and hormone free



ALLERGY DISCLAIMER: We endeavor to provide gluten free and dairy free options for our customers. However, we cannot guarantee that cross-contamination does not occur in our from-scratch kitchen. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

# Forthright

WEEKDAY LUNCH MENU

## ALL DAY

KALE CAESAR	Fresh kale, Caesar dressing, cherry tomatoes, Parmesan, croutons, spiced pumpkin seeds	10
BEET SALAD	Salt roasted beets, citrus, buttermilk vinaigrette, avocado, spiced pecans, goat cheese, spiced pumpkin seeds	10.5
FIELD AND LEAF	Field greens, butternut squash, spiced pumpkin seeds, apple, farmers cheese, Meyer lemon vinaigrette	10.5
AVOCADO TOAST	w/EGG +2.75 w/GF toast +2 Harvest toast, smashed avocado, olive oil, 'everything' seasoning, lemon, pumpkin seeds	8.25
WILD MUSHROOM TOAST	w/EGG +2.75 +w/GF toast +2 Harvest toast, roasted mushrooms, fresh herbs, shallot jam, whipped creme fraiche	8.5
MARKET BOWL	Kale, quinoa, avocado, shaved carrots, raw beets, sprouts, spiced pumpkin seeds, almonds, orange ginger vinaigrette	10.5
HARVEST BOWL	Brown rice, roasted sweet potatoes, chickpeas, fried Brussels sprouts, pickled red onions, creamy zhoug sauce, feta	10.5
TURKEY BLT	Sourdough, house roasted turkey, bacon jam, tomato, arugula, whole grain aioli	10
DIRTY BIRD	Buttermilk brined fried chicken, coleslaw, honey Dijon, bread & butter pickles, challah bun	11
FORTHRIGHT BURGER	Tillamook cheddar, shallot jam, lettuce, tomato, roasted garlic aioli, challah bun	11
CHICKEN PESTO	Grilled chicken breast, basil pesto, roasted tomatoes, arugula, balsamic reduction, ciabatta	10
VEGGIE BURGER	Beyond Burger, Tillamook cheddar, crispy onions, tomato, alfalfa sprouts, avocado, roasted garlic aioli, challah bun	10
VEGGIE SANDWICH	Cucumber, shaved red onion, carrots, avocado, herbed goat cheese, alfalfa sprouts, harvest loaf	9
PICK TWO	Choose two: Bowl of Soup, Kale Caesar, Beet Salad, Field & Leaf, Turkey BLT, Veggie Sandwich	10
SOUP OF THE DAY	Bowl of our seasonal house soup w/ bread w/GF toast +1	7

## A LA CARTE

Two Eggs	3.25
Toast, Butter and House Made Jam w/GF toast +2	3.25
Extra House Made Jam	1
Avocado <i>mash or sliced</i>	2.25
Fresh Fruit Cup	4
Fried Chicken	6

## FRESH-BAKED + SWEETS

House Made Zucchini Bread (gf)	3.5
House Made Muffin <i>seasonal flavor</i>	3
Cinnamon-sugar Croissant	3
Chocolate Chunk Cookie	3.5
White Chocolate Macadamia Cookie	3.5

## COFFEE AND TEA

Drip Coffee	3.5
French Press Coffee <i>Single Origin Selection</i>	4
Cold Brew	4
Cold Brew Ice Cubes with House Cashew Milk	5
Espresso	3
Cappuccino	4
Americano	3
Cortado	3.5
Latte	4.5
Chai Tea Latte	4.5
Matcha Latte	4.5

Hot Tea	3
Iced Tea	2.5

## NOT COFFEE

Fresh-squeezed Orange	3.5/5
House Made Vanilla Cashew Milk	4
Fresh-squeezed Lemonade	3
Mexican Coke Bottle	2
Diet Coke Can	1.5
Topo Chico	2.5
Bottled Water	1.5

+ Flavors: vanilla, chocolate, peppermint, caramel +.50  
 Alternative milks: almond, coconut, oat +.50 or house-made cashew +.1  
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