
COFFEE & MORE

-- COFFEE BEANS --

12oz 3.00 - 16oz 3.50 - 20oz 4.50

HOUSE BREW

Higher Grounds - regular or decaf -

12oz 3.75 - 16oz 4.50 - 20oz 5.75

CAPPUCCINO

double shot of espresso, steamed milk & foam

LATTE

double shot of espresso, steamed milk

MOCHA

double shot of espresso, steamed milk,
house chocolate syrup

12oz 6.75 - 16oz 7.75

KETO COFFEE

MCT oil, grass fed butter, house brew

COLLAGEN LATTE

double shot of espresso, collagen protein,
your choice of steamed milk

-- MILK --

whole milk -oat milk -coconut milk
unsweetned vanilla almond milk

-- ESPRESSO --

2.00
double shot of espresso
regular or decaf

--FLAVOR--

.50
- vanilla - caramel - hazelnut
- seasonal - peppermint

COFFEE & MORE

-- & MORE --

HOT TEA - 16oz 2.25

your choice of organic tea

12oz 3.75 - 16oz 4.50 - 20oz 5.00

HOT CHOCOLATE

steamed milk, house chocolate syrup

12oz 4.25 - 16oz 5.50 - 20oz 7.00

CHAI LATTE

chai tea, steamed milk

GOLDEN TIGER

turmeric ginger chai tea, steamed milk

MATCHA LATTE

matcha powder, steamed milk

12oz 5.25 - 16oz 6.25 - 20oz 7.25

PINK ME UP

beet powder, ginger, vanilla, steamed milk

BREAKFAST

ANY BURRITO AS A BOWL

switch out the wrap for a bed of spinach and
enjoy a veggified & gluten-free breakfast

-- BURRITOS/BOWLS - 8.00 --

CLASSIC

eggs, potatoes, local chicken sausage, cheddar,
salsa, grilled on a sun-dried tomato wrap

GARDEN -VEGAN-

tofu eggs, potatoes, avocado, bell pepper,
tomato, house vegan cheese sauce,
grilled in a sun-dried tomato wrap

WEST COAST

eggs, potatoes, bacon, avocado, cheddar,
ranch, grilled in a sun-dried tomato wrap

FIESTA

eggs, potatoes, avocado,
cheddar, salsa, black bean spread,
grilled in a sun-dried tomato wrap



**SERVING OUR COMMUNITY
FOR OVER 40 YEARS**

835 S. GARFIELD AVE
TRAVERSE CITY, MI, 49686

(231) 941-5221



www.edsonfarms.com



-- 3-DAY JUICE CLEANSE --

150.00 (pre-pay & pre-order)

A total of 18 drinks which include:

- (3) base camp
 - (3) detox blast
 - (3) hail to kale,
 - (3) carrot cleanse
 - (3) cucumber chill
 - (3) sweet dreams
-
-

SMOOTHIE

12oz 6.75 - 16oz 7.25 - 20oz 8.00

ENERGIZER

strawberry, mango, kefir, honey,
bee pollen, ginseng, orange juice

PEACHES & GREEN

peach, mango, spinach, ginger, orange juice

TUTTI FRUTTI

strawberry, banana, pineapple,
honey, kefir, orange juice

COLD STOPPER

banana, blueberry, apple, lemon, honey,
ginger, echinacea, coconut water

HAIL TO KALE

kale, banana, apple, pineapple,
chia seed, coconut water

-- PROTEIN SHAKE --

12oz 6.75 - 16oz 7.25 - 20oz 8.00

ORIGINAL PROTEIN

banana, blueberry, peanut butter,
raw protein, coconut milk

THE JOLT

coffee, vanilla syrup, chia seeds,
house chocolate sauce, oatmilk

HONEST PROTEIN

blueberry, spinach, peanut butter,
raw protein, almond milk

12oz 7.75 - 16oz 8.25 - 20oz 9.00

BERRY BEAUTIFUL

cherry, blueberry, strawberry,
collagen protein, coconut milk

--PROTEIN OPTIONS--

ADD PROTEIN TO ANY DRINK +2.00

-whey - hemp - collagen
-raw/vegan protein powder

JUICE BAR

12oz 8.00 - 16oz 8.50 - 20oz 9.25

DETOX BLAST

carrot, celery, beet, cabbage

UN-BEET-ABLE

carrot, orange juice, celery, beet

APPLE PUNCH

carrot, apple, orange juice

CUCUMBER CHILL

cucumber, green apple, celery, spinach, lime

FLU FIGHTER

filtered water, pineapple, carrot, lemon,
apple cider vinegar, ginger, turmeric

ON TAP

CULTURED KOMBUCHA

locally fermented kombucha

12oz 3.00 - 16oz 4.00 - 20oz 5.00

- REFILL -

HOWLER 7.50 - GROWLER 13.00

NEW BOTTLE 5.00

SALAD

CAESAR - 14.99

romaine, chicken, gluten-free croutons,
red onion, parmesan, house vegan caesar dressing

COBB - 14.99

romaine, chicken, bacon, egg, avocado,
red onion, tomato, blue cheese, ranch

FALAFEL - 13.99 - VEGAN

romaine, quinoa tabouli, vegan feta,
hummus, Edson's falafel,
cucumber mint dressing

SOUP

CUP 4.50 - BOWL 6.50 - QUART 12.00

SANDWICH

-- GRILLED ITEMS --

THE JESSICA - 10.99

smoked turkey, house slaw, swiss,
1000 island dressing, on wheat

THE CLUB - 12.99

smoked turkey, smoked ham, pepperoni,
provolone, pepperoncini, tomato, onion,
herbed cream cheese, on italian

GRILLED CHEESE - 5.99

swiss, provolone, fig spread, on italian
add bacon +2.00

THE CUBAN - 10.99

smoked ham, pepperoni, swiss, provolone
sauerkraut, pickled red onion, dijon, mayo, on italian

TUNA MELT - 10.99

tuna salad, pickled red onion, pickle,
provolone, tomato, on italian

THE PORTLAND WRAP - 9.99

grilled portabella, vegan provolone,
bell pepper, tomato, pickled red onion, spinach,
green goddess, balsamic, in a sun-dried tomato wrap

WRAPS

CALIFORNIA TURKEY - 10.99

smoked turkey, bacon, cheddar, avocado,
cucumber, tomato, onion, lettuce, mayo,
in a sun-dried tomato wrap

FALAFEL - 9.99

hummus, Edson's falafel, quinoa tabouli,
lettuce, cucumber mint dressing,
in a sun-dried tomato wrap

CHERRY CHICKEN - 10.99

cherry chicken salad, cucumber, tomato,
onion, lettuce, in a sun-dried tomato wrap

VERY VEGGIE - 8.99

hummus, house slaw, cucumber, bell pepper,
tomato, onion, spinach, green goddess
in a sun-dried tomato wrap

GLUTEN-FREE + 2.00

wrap or bread