

COFFEE & MORE

12 oz 3.00 | 16 oz 3.25 | 20 oz 3.50

HOUSE BREW

Higher Grounds and Panther coffee beans
Regular or Decaf

12 oz 4.00 | 16 oz 4.50 | 20 oz 5.00

HOUSE COLD BREW



HOT TEA • 16 oz 2.25

your choice of organic tea

12 oz 4.00 | 16 oz 4.50 | 20 oz 5.00

CAPPUCCINO

double shot of espresso, steamed milk & foam

LATTE

double shot of espresso, steamed milk

MOCHA

double shot of espresso, steamed milk,
house-made chocolate sauce

KETO COFFEE

MCT oil, grass-fed butter, house brew

CHAI LATTE

chai tea, steamed milk

MATCHA LATTE

matcha powder, steamed milk

GOLDEN TIGER

turmeric ginger chai tea, steamed milk

HOT CHOCOLATE

steamed milk, house-made chocolate sauce

MILKS

whole • oat • coconut • almond

FLAVORS + .50

vanilla • caramel • pistachio

double shot of espresso + 2.00 (Regular or Decaf)
add collagen to any coffee drink + 2.00

BREAKFAST

Breakfast served until noon

VEGAN VEGETARIAN

CLASSIC BURRITO • 10.00

two eggs, seasoned potatoes, local chicken
sausage, cheddar, salsa, grilled in a
sun-dried tomato wrap

GARDEN BURRITO • 10.00

tofu eggs, seasoned potatoes, avocado,
roasted red peppers, tomato, spinach, vegan
provologne, grilled in a sun-dried tomato wrap

FIESTA BURRITO • 10.00

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

WEST COAST BURRITO • 10.00

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

THIRD COAST BURRITO • 10.00

two eggs, seasoned potatoes, Beyond Breakfast
Sausage, cheddar, ranch dressing, Sriracha,
grilled in a sun-dried tomato wrap

HAM & CHEESE BURRITO • 10.00

two eggs, seasoned potatoes, ham, cheddar,
grilled in a sun-dried tomato wrap

BURRITO BOWL • 10.00

turn any of the above burritos into a bowl
by switching out the wrap for a bed of spinach

Gluten-free wraps + 2.00

GRAB 'N GO **OR** **STAY 'N ENJOY.**



SERVING OUR COMMUNITY
FOR OVER 40 YEARS

835 S. GARFIELD AVE
TRAVERSE CITY, MI, 49686

(231) 941-5221

www.edsonfarms.com

Home of the

3-DAY JUICE CLEANSE

159.00 + tax (pre-pay & pre-order)

3-day juice cleanse.

6 custom blends per day. 100% organic.

Includes 18 carefully crafted raw juices:

(3) Base Camp, (3) Detox Blast,
(3) Hail to Kale, (3) Carrot Cleanse,
(3) Cucumber Chill, (3) Sweet Dreams

CALL TO ORDER

231-941-5221

Please pre-order
24 hours in advance



SMOOTHIES

12 oz 8.50 | 16 oz 9.00 | 20 oz 9.50

ENERGIZER

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

TUTTI FRUTTI

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

PEACHES & GREEN

peach, mango, spinach, ginger, orange juice

COLD STOPPER

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

HALE TO KALE

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

MATCHA LOVE

pineapple, banana, peach, coconut, matcha
powder, lime juice, coconut milk

PROTEIN SHAKES

12 oz 9.00 | 16 oz 9.50 | 20 oz 10.00

ORIGINAL PROTEIN

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

HONEST PROTEIN

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

BERRY BEAUTIFUL

cherry, blueberry, strawberry,
collagen protein, coconut milk

PEANUT BUTTER CUP

banana, peanut butter, house-made chocolate
sauce, raw protein, coconut milk

PROTEINS

add protein to any drink + 2.00

whey • hemp  • collagen •
raw protein powder 

FRESH JUICES

12 oz 8.00 | 16 oz 8.50 | 20 oz 9.25

DETOX BLAST

carrot, celery, beet, apple

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

SALADS

CAESAR SALAD • 14.99

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

COBB SALAD • 14.99

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

FALAFEL • 14.99

romaine, house-made falafel, house-made
hummus, quinoa tabouli, vegan feta,
cucumber mint dressing

SOUP & CHILI

Cup 5.50 | Bowl 7.50 | Quart 13.00

 VEGAN  VEGETARIAN

Gluten-free bread & wraps + 2.00

GRILLED SANDWICHES

THE JESSICA • 11.99

turkey, house-made slaw, swiss, house-made
1000 island dressing, on local wheat bread

PESTO CLUB • 12.99

turkey, ham, bacon, provolone, tomato, red onion,
pesto, vegan mayo, on local italian bread

TURKEY PESTO • 11.99

turkey, provolone, spinach, roasted red peppers,
pesto, vegan mayo, on local wheat bread

EDSON GYRO • 12.99

choice of chicken or house-made falafel,
cucumber, red onion, tomato, lettuce,
vegan feta cheese, cucumber mint dressing,
on pita bread

TUNA MELT • 11.99

tuna salad, pickled red onion, pickles, tomato,
provolone, on local italian bread

GRILLED CHEESE • 6.99

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

WRAPS

Served on sun-dried tomato wraps

GRILLED PORTLAND • 10.99

balsamic portabellas, sun-dried tomatoes,
vegan provolone, bell pepper, pickled red onion,
spinach, green goddess dressing

CALIFORNIA TURKEY • 11.99

turkey, bacon, cheddar, avocado, onion,
tomato, cucumber, vegan mayo, lettuce

CHERRY CHICKEN • 11.99

house-made cherry chicken salad,
red onion, tomato, cucumber, lettuce

FALAFEL • 11.99

house-made falafel, house-made hummus,
quinoa tabouli, lettuce, cucumber mint dressing

VERY VEGGIE • 9.99

house-made hummus, house-made slaw,
cucumber, roasted red peppers, tomato,
red onion, spinach, green goddess dressing