

**9AM-3PM**

## EGGS

*grilled chicken thighs, sweet chili, carrot slaw, spicy cucumbers, sesame aioli*

*farm tomato, avocado, sprouts, billionaire bacon, havarti  
cheese + sun dried tomato aioli on multigrain*

turkey breast, truffle remoulade, honey apples, billionaire  
bacon, aged cheddar, greens + sprouts on toasted multigrain

*mushrooms, onions, poblano, epazote, tomatillo salsa, crema,  
queso, shaved green cabbage + radish slaw, cilantro+ salsa macha  
~ add avocado +2.50*

**grass fed** beef, seared halloumi, slow-roasted tomato,  
cucumber, preserved lemon, pickled fennel, roasted garlic aioli +  
arugula salad on a brioche bun  
~substitute salmon +5 add: egg +1.5 bacon +2.5 avocado +1.25

**grass fed** beef, *billionaire* bacon, roasted tomatoes, avocado, bib, aged cheddar + roasted garlic aioli on a brioche bun  
add: egg +1.5

## SALADS + BOWLS

*sliced avocado, dill cashew cream, lemon arugula salad with pickled red onion + power seed mix ~ served with choice of smoked paprika sweet potato wedges or feast fries*

*billonaire bacon, herb goat cheese, roasted tomato, egg,  
roasted garlic aioli on multigrain ~ served with choice of smoked  
paprika sweet potato wedges or feast fries*

vanilla + tahini greek yogurt, carol's granola, preserved orange,  
local honeycomb, fresh berries

house cured salmon, Feast Farms tomatoes, red onion, caper berries, lemon dill cream cheese, arugula salad + grilled toast points

two eggs any way, chicken sausage or billionaire nueske's bacon~served with choice of smoked paprika sweet potato wedges or feast fries

two eggs any way, smoked paprika sweet potato wedges, roasted halved farm tomato, sauteed quinoa + feast farms kale, avocado, carrot + cabbage slaw, arugula salad

**EGGIE SANDWICH**  
*fried egg, aged cheddar, billionaire bacon, garlic aioli on a brioche bun*  
 ~ served with choice of smoked paprika sweet potato wedges or feast fries  
 ~ add avocado +1.25

two sweet potato + corn cakes, two poached eggs, poblano crema, cabbage + carrot slaw, chili oil + kale chips

**CHILAQUILES** GF V

*green (tomatillo) salsa, house made tortilla chips, two eggs, crema, queso fresco, shaved green cabbage + radish slaw, cilantro, salsa macha*  
~add avocado +2.50

ADD: CHICKEN + 7 | TOGARASHI SALMON +10

**THE GRAIN BOWL** GF vegan

*black rice + red quinoa, avocado, roasted acorn squash, shishito peppers, greens, dill cashew crema ~ add 2 turmeric poached eggs +4*

**THE HOUSE SALAD** GF vegan  
farm greens, rainbow carrots, avocado, roasted corn + mango relish, spiced pepitas, cilantro + citrus chili vinaigrette

**THE FIGGY GREEN SALAD** GF  
*farm greens, billionaire bacon, mission figs,  
 shaved apple, pickled red grapes, gorgonzola, hazelnuts, fried brussel sprouts,  
 pickled fennel, whole grain mustard vinaigrette*

**FEAST FARMS KALE SALAD** <sup>GF V</sup>  
*farm kale + greens, parmesan, crispy garlic, power seed mix, lemon garlic  
 extra virgin olive oil vinaigrette*

**GRILLED TANDOORI CHICKEN BOWL** GF  
yogurt marinated chicken thighs, brown rice, lentils, wilted greens,  
red pepper yogurt, housemade pickles, almonds, crispy chickpeas

## SIDES

BILLIONAIRE BACON (nideske's)  
CHICKEN SAUSAGE (no antibiotic/nitrates)  
TWO EGGS ANY WAY  
1/2 AVOCADO

13 MULTIGRAIN TOAST W/ HOUSE JAM + BUTTER  
SMOKED PAPRIKA SWEET POTATO WEDGES  
FEAST FRIES W/ ARTICHOKE AIOLI

FEAST FARM VEGGIES  
SUB GLUTEN FREE BUN/ TOAST

FRIDAY

**FRIDAY**  
**FISH + CHIPS DF (FRIDAY DINNER ONLY)**  
*almond + panko crusted wild caught walleye, grilled zucchini,  
 green beans, golden beet tartar sauce, malt vinegar powder fries*


14 **ENGLISH BREKKIE**  
two eggs any way, rustic baked beans, bangers, slow-roasted  
tomatoes, pork loin, marinated mushrooms  
+ ADD A DRAFT BEER — *CHEERS MATE!*

16 FRIED CHICKEN SAMMIE  
panko fried chicken, housemade buffalo sauce, dill yogurt, rhubarb  
jam slaw + house farm pickles ~ served with feast fries

## DESSERT

16 **APPLE RICOTTA ALMOND CAKE** GF V 8  
*almond cake, dehydrated apples + salted caramel*

FLOURLESS CHOCOLATE CAKE GF V 8  
smoked sea salt crumble + seasonal fruit

9 CUPCAKE OF THE DAY  5  
bakers' daily offering

9

**CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.**

MIMOSAS		
THE STRAWBERRY + THYME	11	
<i>fresh in-house strawberry juice, fresh oj, cava</i>		
THE LAVENDER	11	
<i>house-made lavender syrup, cava</i>		
THE CLASSIC	10	
<i>fresh oj, cava</i>		
THE SEASONAL	12	
<i>ask server</i>		

# SPECIALTY DRINKS

IN-HOUSE JUICE		
FRESH IN-HOUSE OJ	6	
EVERYONE LOVES A GINGER	9	
<i>carrot, turmeric, ginger, apple</i>		
 THE FEAST BEAST	9	
<i>spinach, lemon, cucumber, parsley, ginger, apple</i>		
HOT SHOT	3.5	
<i>ginger, lemon, apple, turmeric, jalapeño, cayenne</i>		

COCKTAILS		
 ZANAHORITA	14	
<i>mezcal, tequila, carrot, orange, lime, chili lime smoked sea salt</i>		
THE FEAST BLOODY MARY	15	
<i>yame eight goddesses 10-year Japanese whiskey, housemade bloody mary mix, wasabi, vodka-brined heirloom cherry tomatoes</i>		
BEVERAGES		
COFFEE BY GOES WITH CO		
HOUSE COFFEE	3	
ICED COFFEE	3	
CAPPUCCINO	4	
CAFE AU LAIT	4	
LATTE   HOT OR ICED	4.5	
TEA BY RISHI TEA	3.2	
BLACK TEA   earl grey • china breakfast		
GREEN TEA   jade cloud • peppermint		
HERBAL   turmeric ginger • butterfly pea flower		
WHITE TEA   white peony		
ICED TEA	3.5	
KOMBUCHA ON TAP	5	
<i>ask server</i>		
SYRUP, ALMOND MILK, OR OAT MILK	+.75	
ADDITIONAL ESPRESSO SHOT	+1	

SEA SALT MATCHA LATTE  
*sea salt, ginger, milk + agave*

GOLDEN CHAI LATTE  
*ginger, turmeric, pink peppercorn, cardamom + clove*

MIDNIGHT MOCHA  
*espresso, cocoa, activated charcoal, agave + sea salt*

GOLDEN MILK  
*turmeric, ginger, cinnamon + agave*

MF BEET DOWN  
*beet, lime, ginger, agave + topo chico*

STORMY LONDON FOG  
*traditional london fog + espresso*

LAVENBERRY  
*lavender, blueberry powder + agave*

MATCHA LEMONADE  
*ginger, matcha, lemonade, sea salt + topo chico*



## ABOUT MF+CO

EST. 1999

We responsibly source our ingredients from our farm in Aurora, IL, Feast Farms, as well as other local growers to create seasonal salads, sandwiches, meals to-go + fresh baked pastries. Every dish we prepare is made from scratch daily, using foods that nourish + support our community. We smoke + grill our meats in-house. We procure fish from companies that support wild fisheries + aquaculture. Moveable Feast + Company sources specialty products from like-minded artisans that share our values + aesthetic. Our catering services bring the experience to you by transporting personalized meals to private events. We will craft your menu based on farmer's market availability to celebrate each season.

### MF•CO MISSION STATEMENT

Our mission is to help our community celebrate life through thoughtful, wholesome, handmade foods + the joy of entertaining.

### THANK YOU FOR SUPPORTING LOCAL!

