

A detailed botanical illustration of a Passiflora plant, showing its characteristic five-lobed leaves, a central flower with numerous stamens, and a developing fruit. The illustration is rendered in a fine-line, engraved style. An orange rectangular box is positioned in the upper left quadrant, containing the company name and tagline.

Passiflora LLC.
TEAROOM & HERBAL APOTHECARY

MENU

“Never doubt that
a small group of citizens
can change the world.
Indeed it is the only thing
that ever has.”
- Margaret Mead

Welcome to Passiflora. We are honored that you have decided to spend time with us.

At Passiflora, we have decided to prepare all of our food with no pesticides, fertilizers, genetic modifications and with lots of gratitude and love. From our beautiful commercial kitchen to the Seasonal Organic Garden that sits at its side, each ingredient is carefully selected. Enjoy.

WHY DO WE SUPPORT LOCAL?

Support of local agriculture helps to reduce our petrochemical costs in transporting food and helps to protect our environment. It also boosts our local economy by supporting small businesses.

Seasonally, we support:

Our own Organic Garden (Pleasant Valley, CT); Wild Carrot Farm LLC (Canton, CT); Urban Oaks Farm (New Britain, CT); Lamothe's (Burlington, CT); Griffin's Goat Farm (East Granby, CT); Bantam Bread (Bantam, CT); Marwin Farm (New Hartford, CT); Clark Farm (Granby, CT)

WHY ORGANIC?

ALL FOOD was organic 100 years ago. Although we have increased our food supply, we maintain that man-made foods, created with chemicals, do NOT provide optimal nutrition to our bodies, but they certainly DO provide unnecessary TOXINS. Seek out Environmental Working Group's Dirty Dozen list to ensure that you make a choice of Organic, among those vegetables and fruits that are most contaminated, thus minimizing your intake of pesticides.

BREAKFAST

Quiche of the day \$7.99

Served with your choice of a seasonal side

Homemade Granola \$4.99

Prepared with Organic Oats, Almonds, and a hint of Vanilla, with your Choice of Milk.

Organic Yogurt Parfait \$5.99

Organic Vanilla Yogurt, Plus Passiflora's Gluten-free Granola, Walnuts or Lycii Berries (aka Goji)

Passiflora Oatmeal \$4.99

Prepared with: Gluten-free Oats, Bran, and Flax, with a hint of sweetness, served with your choice of Milk. Top with Maple Syrup, Honey, Lycii Berries (aka Goji) or Walnuts, you decide.

Homemade Seasonal Muffins and Scones

\$2.99

Served with Jam, Butter and/or Earth Balance

Breakfast Toast \$3.99

Bantam Bread's Sourdough Flax or Udi's Gluten Free Bread with Almond/Peanut butter, Apples and Honey OR Goat Cheese, walnuts and honey, you decide!

Milk Choices:

Organic 1%, Rice, Soy, and Almond (Chocolate and Vanilla)

EAT LOCALLY • EAT WHOLLY • EAT THANKFULLY

HEALTHY LIVING GUIDELINES

LUNCH- THE MOST IMPORTANT MEAL OF THE DAY

Lunch is the time of day that your digestive fire is the strongest. You are not going to be able to have stamina throughout the day if you do not eat a large lunch

OUR ORGANIC BREADS:

Bantam Bread Company:

Sourdough Flax, Semolina

Udi's Gluten Free:

Whole Grain

SEASONAL SIDES

(prices vary for Additional Sides)

House Organic Green Salad, Cup of Our Homemade Soup, Our Seasonal Side or Terra Chips

SALAD DRESSING:

House (Sesame Ginger),

Balsamic Vinaigrette,

Thousand Island (Vegan) or

Oil and Vinegar

WE AVOID GENETICALLY MODIFIED PRODUCTS

We serve organic soy, corn and canola (not genetically modified).

WE Recycle almost Everything and Compost our tea, coffee and Food Scrapes (for our Organic Garden).

All of our take-out containers are compostable and recyclable. Please dispose of them in recycle bin.

YOU NEED TO ADD ESSENTIAL FATTY ACIDS (OMEGA 3 OILS) TO YOUR DIET

Americans are deficient in essential fatty acids. Yes, you do need fat, but it needs to be the right kind. Omega - 3 oils provide every cell with benefit.

They allow the brain to cognate; they allow the cells to hydrate; they protect our circulatory system and our skin, to name just a few of the benefits.

LUNCH

PANINIS-SANDWICHES-WRAPS

Served with a Seasonal Side

Basil Pesto Chicken Panini \$8.99

Organic Free Range Chicken with our Organic Garden's Basil Pesto. Served on Bantam Bread's Semolina.

Cranberry Walnut Chicken Salad Wrap \$8.99

Marwin Farm's Organic Free Range Chicken, Cranberries, Celery, walnuts and Organic Canola Mayonnaise

The Best Veggie Burger in Town!! \$8.99

Our Secret Passiflora Recipe, with or without bread....served with Local Organic Greens on Sourdough Flax Bread.

Add ons: (+.50 for any combo) Roasted Peppers, Cheese (Goat, Swiss, Havarti or Provolone) or Hummus

Tempeh Reuben \$8.99

Tempeh, Sauerkraut and Cheese with Vegan Thousand Island Dressing. Served on Bantam Bread's Sourdough Flax.

Hummus Wrap \$7.99

Our homemade Hummus of the Day with Garden Fresh Veggies on a whole wheat wrap.

SIMPLY SANDWICHES

Organic Grilled Cheese Melt \$5.99

A medley of Swiss, Provolone and Havarti. Add some Organic Tomato, if you desire.

Organic Peanut / Almond Butter and Jelly \$3.99

SOUP

Freshly Made Soup of the Day (check our Blackboard)

Served with Bread or Savory Herb/Cheese Biscuit

Cup of Soup	\$3.75	with House Salad	\$5.75
Bowl of Soup	\$5.50	with House Salad	\$7.50

QUICHE

Served with a seasonal side

Quiche of the Day \$7.99

ENTREES

Served with a seasonal side

Check out our Seasonal, Healthful Organic Entrees on our Blackboard

SALADS

Make Your Own Salad \$8.99

Two Hearty Scoops of our Cranberry Walnut Chicken Salad, or Homemade Hummus or Goat Cheese (or any combo), you decide, on Organic Greens with Seasonal Vegetables.

Freshly Harvested House Salad \$3.99

Organic Greens, Carrots, and other Fresh Veggies.

Add Griffin's Goat Cheese (+ \$2.00)

**Vegan Options/Gluten-Free Options are available.
Please consult your server.**

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BEVERAGES

HOT OR COLD

Chai and Lattes

\$4.75 cup/Pot \$7.00

We Serve over 140+ kinds of High
-quality loose Leaf Tea
(Check out our Tea Menu)

Tea Latte

Any Tea

Any Yerba Mate

Any Chai: Masala, Rooibos, Indian
Spice or Chocolate Chai

Sweet (Ginger) Matcha (green tea
powder) \$5.75

*Add your choice of

1% milk, rice, almond, or soy milk,
and ice if you like!

Hot Apple Cider

Organic Hot Apple Cider \$3.50
(Clark Farm)

Hot Chocolate

Organic Hot Chocolate \$4.75
(Coffee, Tea Etc.)

*Add your choice of

1% milk, rice, almond, coconut milk
or soy milk, and ice if you like!

Organic Coffee Drinks

	Single	Double
Espresso	\$1.75	\$3.00
Cappuccino	\$4.25	\$4.75
Latte	\$4.75	\$5.25
Mocha Lattes	\$4.75	\$5.25
Americano	\$2.50	\$3.25
Macchiato	\$2.00	\$3.00
Coffee	\$1.75	-

BOTTLED DRINKS

Water(Function/Hint):

\$2.50

Fizzy Lizzie: \$1.75

Kombucha: \$3.75

Organic Milk/ \$1.75

Chocolate Milk

SMOOTHIES

Healthfully prepared for you fresh with organic fruits
and bases:

Mochaholics Delight: Milk, frozen banana,
chocolate syrup, and espresso \$5.50

Green Mango: Kale, Mangos, and Yogurt \$5.99

Strawberry-Banana Freeze:

Milk, strawberries, and bananas (add chocolate syrup to
make a Chocoholics Delight) \$5.50

Anti-Oxidant Blast: Cranberry sparkling juice and
blueberries \$4.99

Life and Luscious: Apple juice, strawberries,
raspberries, and frozen banana \$5.50

Cardamom Ginger Mango Lassi: Mango, milk,
ginger tea, yogurt, agave and a hint of cardamom
\$6.50

Mega-Smoothie: Apple juice, milk, blueberries,
strawberries, bananas, vanilla whey powder, and
organic green powder \$6.75

Protein Jolt: Almond butter, yogurt, milk, bananas,
protein powder, Udo's Oil Blend \$6.99

Coconut Oil Blast: Coconut milk, coconut oil,
yogurt, peaches, raspberries, strawberries, shredded
coconut. Udo's Oil and vanilla yogurt \$6.75

Pumpkin-Chai: Organic Pumpkin, Chai tea,
Almond milk, cinnamon and agave nectar \$6.50

Create Your Own Smoothie: \$5.50 for base& fruit:

Select a base: organic 1%, almond, chocolate almond,
rice milk, soy milk, or green tea, ginger tea or any of
our 140+ loose-leaf teas

Select fruit: strawberries, raspberries, blueberries,
peaches, mixed berries, mangos, and bananas

Select additive : .50 each: Honey, Vanilla Extract,
Almond Extract; \$1.00 each: Paleomeal-Dairy Free
(Whey Protein), Organic Greens, Udo's Balanced Oil,
Coconut oil, Passiflora Adaptagenic "Stress Busting
Powder" (Ashwaganda, Eleuthero, Holy Basil, and
Bacopa)

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