Snack Shack

Snacks

**GRANOLA BAR**
homemade with gluten free oats, peanut butter, sunflower seeds, sesame seeds, dried cranberries, chocolate chips and our own Gardens’ Apiary honey
$4

**CHOCOLATE COVERED BANANA**
banana dipped in chocolate and rolled in peanut pieces, served frozen on a stick
$4.50

**BROWNIE ICE CREAM SANDWICH**
Gifford’s old fashioned vanilla ice cream sandwiched between thin homemade brownies
$6

Smoothies

16 oz. - made with local yogurt and honey from our own Gardens’ Apiary

**BERRY**
strawberry, blackberry, raspberry, banana, almond milk, yogurt, and honey.

**TROPICAL**
mango, pineapple, banana, coconut milk, yogurt & honey

**CACAO**
cacao, banana, blueberry, chia, dates, and honey

**PEACHY**
peach, banana, oat milk, rolled oats, yogurt, cinnamon, and honey

**TUMERIC**
mango, banana, ginger, coconut milk, turmeric, cinnamon, chia seeds, and honey

**GREEN**
spinach, banana, almond butter, chia seeds, and honey

**ALMOND**
banana, almond butter, almond milk, yogurt, flax meal, and honey

Beverages

**ROSEMARY HONEY LEMONADE**
homemade lemonade with rosemary honey simple syrup served over ice
$5

**COLD BREW COFFEE**
Swift River Cold Brew served over ice
$4

**HOT COFFEE**
12 oz. or 16 oz.
$2.50/$3.50

**HOT TEA**
12 oz. or 16 oz.
$2

**HOT CHOCOLATE**
12 oz.
$3.00

**BOTTLED WATER**
27 oz. - refillable at our bottle filling stations
$4

Sandwiches

all sandwiches and salads are premade fresh every day
$12

**TURKEY, BACON & SMOKED GOUDA**
with lettuce, tomato, mayo

**HAM & SWISS**
with lettuce, tomato, mustard, mayo

**ROAST BEEF & CHEDDAR**
with lettuce, tomato, mayo

**ROASTED CHICKEN SALAD**
with lettuce

**HUMMUS & VEGGIES**

Farm Salad

greens, cucumbers, tomatoes, carrots, beets, choice of dressing
$9

More selections available in our Market