

# organic yogurts

made in-house from scratch

## greek combos

### FRESH BERRIES & GRANOLA

fraiche's unsweetened organic yogurt, fresh berries, homemade granola, honey

### THE GREEK (gf)

fraiche's unsweetened organic yogurt, dried fruit compote, toasted walnuts, local wildflower honey

### LEMON CHEESECAKE

fraiche's unsweetened organic yogurt, homemade lemon curd, ginger snaps

### BLUEBERRY POWER

fraiche's unsweetened organic yogurt, blueberries, super seed trifecta (chia, flax, hemp hearts), grapenuts, organic agave

### AMOUR (gf)

fraiche's unsweetened organic yogurt, blackberries, hand-shaven belgian dark chocolate, toasted almonds, fresh mint, sea salt, organic agave

## frozen combos

### CHOCOLATE DECADENCE

fraiche's valrhona chocolate yogurt, raspberry puree, hand-shaven belgian dark chocolate

### MOCHI BLISS (gf)

fraiche's organic natural yogurt, choice of market puree, homemade mochi

### TRES FRUITS (gf)

fraiche's organic natural yogurt, fresh strawberries, blueberries, sour cherry preserve

### MUDPIE

fraiche's valrhona chocolate yogurt, cold brew coffee sauce, all natural "oreo" crumbles

### OLALLIEBERRY PIE

fraiche's organic natural yogurt, olallieberry puree, crumbled graham crackers

## ALL COMBOS 7.5

	organic kids	organic small	organic large	organic pints
DESIGN YOUR OWN	4.5	5.5	6.5	10
each topping +0.75				

# breakfast

served all day

## fraiche specials

### SF CHRONICLE SPECIAL

hot steel-cut oats topped w/ fraiche's creamy organic yogurt, fresh fruit, dried figs, toasted coconut, homemade granola, wildflower honey

8

### LOX TARTINE

petite capers w/ mixed greens

10

mayfield levain toast, santa barbara smoked salmon, labeneh yogurt, pickled red onions,

### VEGGIE FRITTATA (gf)

two organic eggs baked with lots of veggies, Sprinkle of pecorino cheese with mixed greens

7.5

### AVOCADO TOAST

mayfield levain toast, smashed avocado, virgin olive oil, aleppo pepper, fleur de sel, lemon wedge w/ mixed greens

6.5

### PROTEIN WRAP (df)

five egg whites, fresh spinach, red peppers on a spinach lavash, side of homemade salsa

8

### MAYFIELD BREAD AND SPREAD

thick cut levain, choice of labeneh & z'tar, seasonal jam, organic butter or nutella

4

### HOMEMADE GRANOLA & BLUEBERRIES

your choice of organic milk, califia almond milk, or organic soy milk. add toppings .75

8

### BREAKFAST ADD-ONS

pico de gallo .50                      bowl of berries 6  
organic hard boiled egg 2              avocado, lemon, salt 4  
organic kale & quinoa salad 5              side of hummus 3

## oatmeal combos

7.5

### ANTIOXIDANT (df)

hot steel-cut oats, blueberries, hand-shaven dark chocolate, chia seeds

### THE PRESLEY (df)

hot steel-cut oats, sliced bananas, unsweetened peanut butter, honey and walnuts

### OMEGA-3 (df)

hot steel-cut oats fortified with milled flax seed, dried fruit compote, toasted walnuts, vermont maple syrup

### BAKED APPLE CARAMEL

hot steel-cut oats, cinnamon, baked granny smith apples, homemade caramel and toasted walnuts

### ALMOND JOY (df)

hot steel-cut oats, toasted almond, toasted coconut, a touch of coconut oil, belgian dark chocolate sauce

### STRAWBERRIES & CREAM

hot steel-cut oats, fresh strawberries, fraiche organic whole milk yogurt, graham cracker crumbles and raspberry puree

# light lunch

served all day

## soups, salads & more

### FRAICHE DAILY SOUP (df, v, gf)

creamy soup made from the puree of one seasonal vegetable, w/mayfield bread or homemade croutons

6.5

### BONE BROTH

made with organic bones from 100% grass-fed cattle and from chickens raised w/o antibiotics, paired with organic vegetables

4.5

### KALE AND QUINOA SALAD (df)

chopped organic kale, organic quinoa, golden raisins, toasted almonds, pecorino cheese, garlic croutons, lemon vinaigrette

9

## smoothies & juices

### STRAWBERRY BANANA (gf)

#### BOOSTER

fraiche's greek organic yogurt, strawberry, banana, flaxseed, agave

7

### GREEN SMOOTHIE (gf, df)

kale, spinach, cucumber, green apple, lemon  
+ ginger .50  
+ banana 1.00  
+ organic yogurt 1.00

7.5

### PURPLE PASSION (gf)

fraiche's greek organic yogurt, blueberries, ollalieberry puree, banana, agave

7

### SWEET FRUIT LASSI (gf)

fraiche's greek organic yogurt, blended with strawberry or mango and served over ice

6

#### choose your sweetener

local honey  
organic agave nectar  
vermont maple syrup

### CUSTOM SMOOTHIE

fraiche's greek or frozen organic yogurt, 2 blend-ins and/ or oatmeal

7

# coffee & tea

all beverages served hot or iced

## wrecking ball coffee

ESPRESSO 3.25

double espresso

CAPPUCCINO 4

8oz, double espresso, foamed organic milk

AMERICANO 3.5

8oz, double espresso with water

LATTE 4.5

12oz, double espresso, steamed organic milk

FRAICHE MOCHA 5.5

12oz, double espresso, hand-shaven belgian dark chocolate, steamed organic milk

FILTER COFFEE 3.5

quick cup option

KALITA POUR OVER 5

made to order

COLD BREW ICED COFFEE 4.5

your choice of organic milk

### milk options

clover organic milk (non-fat, low-fat, whole, half and half)

organic soy milk

califia almond milk

## organic teas

SPICY CHAI 4.5

black tea with fresh pressed ginger and hints of cardamom and cinnamon

HERBAL 3.5

peppermint, chamomile, better morning blend, better belly blend

GREEN 3.5

jasmine petal, tamayokucha

BLACK 3.5

english breakfast, earl gray

## house beverages

HOT CHOCOLATE 5.5

hand-shaved belgian chocolate, steamed organic milk

MOCKTAIL 4

homemade iced tea or lemonade, muddled with fruit or herbs

SUGAR FREE LEMONADE 3.5

sweetened with splenda

LEMON OXIDIZER SHOT 2.5

with choice of cayenne, maple, and/or ginger

FRESHLY SQUEEZED

CITRUS JUICE