



## SOURCING

### Coffee

Sweet Bloom works exclusively with farmers to bring coffee in that is seasonal and roast it locally here in Denver each week.

### Dairy

Our milk locally sourced from Origin, which is focused on regenerative practices. They pasture-raise their heritage Guernsey cows, which produce A2/A2 protein milk that is more readily digestible. They are mostly grass-fed with 15% supplemental feed.

### Meat

All of our meat is sourced locally from within 150 miles of our doors, antibiotic, hormone, and GMO free, and raised using regenerative practices. All of our beef and lamb is 100% grass-fed and our pork is pasture raised, spending their whole lives outdoors in the Colorado sunshine!

### Eggs

Our eggs are raised locally at Cottonwood Creek Farms out on pasture, scratching in the dirt and sunshine the way a chicken should be

### Produce

We source organic produce from local farms whenever possible and use organic wherever possible.

### Salt

We use Redmond Real Salt, mined in Utah from an ancient seabed, which is rich in minerals and free of micro plastics.

### Water

We try to think about water in everything that we do. Our 100% grassfed beef uses less water inputs per pound than many other forms of protein. Our farmers use regenerative practices which help to build topsoil and root systems that capture water. Other sourcing takes water into consideration.

### Seed Oil // Refined Sugar Free

We are a completely seed oil free facility instead using animal fats, avocado oil, and coconut oil. We have a refined sugar free menu and where we use honey, we make note of it. We do not use any gluten except where you see it on the menu. We will do our best to meet any dietary and lifestyle choices.

## BREAKFAST ALL DAY

<b>Chia Pudding</b>	<b>4.50</b>
organic chia seeds, whole milk or house oat milk, local honey, organic strawberries, organic coconut flake	
<b>Overnight Oats</b>	<b>4.50</b>
organic sprouted rolled oats, whole milk or house oat milk, organic blueberries, local honey, cinnamon	
<b>Breakfast Burrito</b>	<b>7.50</b>
Local eggs, Western Daughters Bacon, local cheese, smashed potatoes, pork fat tortilla	
<b>Farmers Breakfast</b>	<b>11</b>
Two Local eggs served how you want them, Western Daughters breakfast sausage, sweet potato hash or smashed potatoes	
<ul style="list-style-type: none"> <li>choose your cooking fat: tallow, lard, ghee, bacon grease, avocado oil, coconut oil</li> </ul>	

## BOWLS

<b>The Base</b>	<b>12</b>
Choose a base:	
<ul style="list-style-type: none"> <li>Grain: Quinoa or jasmine rice</li> <li>Grain-free: Cauliflower rice or sweet potatoes</li> </ul>	
<b>Protein</b>	<b>VARIES</b>
Choose a protein:	
<ul style="list-style-type: none"> <li>Chicken +1</li> <li>Pork +2</li> <li>Beef +3</li> <li>Black Beans +0</li> </ul>	
<b>Veggies</b>	
Seasonal vegetables vary, comes with one option	

## THE BURGERS

<b>House Naked Burger</b>	<b>12</b>
1/3 pound of our ground beef, house pickles, house aioli, house mustard, A-2 pastured cheddar, and caramelized onions on a bed of local butter lettuce	
<b>add sugar free bacon: 1.50</b>	
<b>The Works Burger</b>	<b>16</b>
1/3 pound of our ground beef, house pickles, house aioli, house mustard, A-2 pastured cheddar, caramelized onions, local butter lettuce, and bacon on a Reunion brioche bun	
<b>Sides</b>	<b>3</b>
<ul style="list-style-type: none"> <li>choose sweet potatoes or smashed potatoes cooked in your choice of ghee, tallow, lard, bacon grease, avocado oil, or coconut oil</li> <li>seasonal vegetables</li> </ul>	