GOOD MORNINGS (available til 2pm)
from the MG Kitchen
- Chia Lime Pudding or HM Yogurt with Granola $8
- Raspberries & passion fruit curd, with black sesame soriander granola
- The Albuquerque (Burrito, Scramble, or Omelette) $11
- Hatch green chile, cumin, garlic, sharp cheddar & bacon
- as an omelette or scramble.
- Buttermilk Biscuit Sandy $9
- Homemade spicy sausage, fried egg, Tillamook Cheddar. (sub avocado for sausage)

DESSERTS
- Mashed feel good Russets and served with sliced fruit & veggies.
- Erin’s Mac & Cheese With extra-sharp cheddar, jack and Asiago cheeses
  With garlic and ginger.
- Rick's Chocolate Cake w/ Robin's Chocolate Butter Cream $8
- Mercedes' Carrot Cake $7
- Evette’s Apple Pie $6

SIDES & SNACKS
- Albondigas $5/8
- Mushroom Stew $5/8
- Tomato Soup $4/7 (try with grilled cheese!)
- Albondigas $5/8

PAIR YOUR SALAD
- Grilled Marinaied Baby Artichokes $5.50
- Grilled Tofu $6
- Lemon-herb Chicken Breast $6
- Grilled Flank Steak $7.50
- Grilled Pork Tenderloin $6

VINAIGRETTE SALADS
- The Omega $13.25
  Leafy greens and kale chopped and tossed with sweet corn, diced bell pepper, tomato, avocado, red onion, cilantro and toasted pine nuts. Dressed with blue cheese vinaigrette.
- La Pepita $13.95
  Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepitas and a lemon-cumin citronette.
- All Kale Caesar! $12.25
  Shredded super-food kale with a zingy, zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies.
- The Beet Goes On $13.75
  Fresh baby greens and arugula tossed with tangy goat cheese, chapped pistachios, balsamic roasted beets and honey-balsamic vinaigrette.
- Cherry Tart $12.25
  Sweet dried cherries, crumbled feta and chilled pecans tossed with arugula, bright Champagne vinaigrette.

SANDIES
- Roasted Veggie & Provolone (vinny) $12.50
  Roasted bell peppers, onions and squash grilled with basil aioli and provolone, on sourdough bread.
- Hot Turkey (vinny) $12.75
  House-roasted cumin-rubbed turkey breast with griddled red onion and tomato, avocado, mayo and provolone, on toasted sourdough.
- Grilled Cheese (tfg) $9
  Cheddar, jack, come on MG-baked sourdough. (add chopped shallots 1)
- Ham, Brie & Arugula (tfg) $13
  Pressed, with whole grain mustard and cultured butter.

SOUPS
- Chicken Soup $5/8
- Tomato Soup $4/7 (try with grilled cheese!)
- Albondigas $5/8

SIDES & SNACKS
- Sateed Kale $6.50 With garlic and ginger.
- Erin’s Mac & Cheese $8
  With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies.
- Mashed feel good Russets $7

DESSERTS BY THE SLICE
(order a whole cake with 24 hr. notice)
- Rick’s Chocolate Cake w/ Robin’s Chocolate Butter Cream $8
- Mercedes’ Carrot Cake $7
- Evette’s Apple Pie $6

VICAI GRETTE TO place your order
Santa Fe 505 820 9205 | ABQ 505 842 5507
or go to moderngeneralfeedandseed.square.site
Call Vinaigrette to place your order
Santa Fe 505 820 9205 | ABQ 505 842 5507
or go to moderngeneralfeedandseed.square.site
To preorder your meals online for the following day!
Hours: Open at 10am / MG breakfast items
Vinaigrette open 11am-7pm / lunch & dinner items
Closed Sundays for now.

JUICE
- Fresh OJ (6.00)
- Immune Support Celery, cucumber, apple, lemon, parsley
- Sweet Green Kale, spinach, cucumber, apple, ginger, lemon
- Spicy Carrot Carrot, ginger, turmeric, orange, bee pollen, lemon

SMOOTHIES
- Kale Pineapple Kale, pineapple, spinach, banana, orange, lemon $8/9.25
- Blueberry Fizz Blueberries, flax, yogurt, chard, orange, banana, lemon
- The Anti-inflammaticious Strawberry, mango, carrot, ginger, fresh turmeric, coconut oil

HEALTH SHOTS
- Bone Broth: $4 You really need this right now!
- Healing Hot Chocolate $5
- Perfect Drip $3
- Latte $4.75
- Chai Latte $4.75
- Golden Milk $5 (because turmeric)
- MG Cold Brew $4 (growlers available too)

COFFEE & HOT DRINKS
- Ginger Tumeric Tonic $5
- Liver Love $4.50
- Hibiscus or Black Iced Tea $3

BEVIES
- Ginger Turmeric Tonic $5
- Liver Love $4.50
- Hibiscus or Black Iced Tea $3
- Turmeric Immunity Tea $4.50 (growler available)

Rick’s Amazing Homemade BREAD & PASTRIES
Support our amazing bakers by buying your baked goods through us, for delivery. Join our bread club online for weekly delivery at moderngeneralfeedandseed.square.site
- Sourdough $8 | Whole Wheat $9
- Cookies 3 each, 12 per 6
- Spicy Ginger (wheat free), Whole Wheat Chocolate Chip, Chocolate Chubby Chewy, Peanut Butter Sesame
- Muffins 3.50 each, 15 per 6
- Blueberry Corn Poppy Seed

SOUl SATISFYING FAMILY STYLE DINNER
(Pre-order by 7pm previous day)
- the feel good's Brined Spicy Battered Fried Chicken small bucket $14 | big bucket $30 (feeds 4)
- With Fixins (sm. 5, lg 10)
- biscuits & jam, mashers & gravy
- Family-sized Mac & Cheese $25
- Family-sized Mashers & Gravy $18

GRANDMA DOROTHY’S DELICIOUS CASSEROLES AKA DISASTEROLES
(Pre-order by 7pm previous day)
(Feeds family of 6 with leftovers)
- Lasagna $40
  Stewed tomato sauce, seasoned beef, cotija, monterey jack. Let us know if you want to heat at home.
- Jamaicb $45
  (We don’t know what that means either, and neither did Dorothy, but it’s basically delicious). Tender pork, tomato sauce, fusion, cheddar, bell peppers.
- Bowl of Arugula, Chopped Kale, or Mixed Greens $10
  (Serves family of 4)
  With a jar of Vinaigrette’s champagne or honey balsamic vinaigrette.

GREEN GOOD MORNINGS
(Serves family of 4)
- Healthy Happy Healthy
- Immunity Soul
- Vinaigrette / Modern General / The Feel Good
- the nourishment you need, delivered to your door
- Jamsetti

GOOD MORNINGS
(Serves family of 4)
- Healthy Happy Healthy
- Immunity Soul
- Vinaigrette / Modern General / The Feel Good
- the nourishment you need, delivered to your door
- Jamsetti