

EAT REAL. BE REAL.
ONLY REALLY, REAL FOOD SERVED HERE.
NO, REALLY.



organic + local



615.567.6240
3078 MADDOX WAY, STE 300
FRANKLIN, TN 37069



franklin, tennessee

FOOD MENU

Everything is made on demand, please allow 10 - 15 minutes of cook time.

KITCHEN OPEN DAILY UNTIL 4PM

Vegetarian
Organic

SANDWICHES

FRESH + MADE ON-DEMAND + LOCAL + ORGANIC* INGREDIENTS

The Focaccia \$7.99

Focaccia Bread*, Local Pastured Egg (cooked in Herban Market Butter Infused Olive Oil),
Caramelized Onions*, Avocado*, Cheddar Cheese*

The Honey Kick {Panini Pressed w/ Avocado & Coconut Oil*} \$7.99

Honey Wheat Bread*, Local Pastured Egg, Herban Market Cayenne Olive Oil Sauteed Kale*,
Cheddar Cheese*, Mayo (Soy-Free, Gluten Free, Vegan, Non-GMO)

The Sour Goat {Panini Pressed w/ Avocado & Coconut Oil*} \$7.99

Sour Dough Bread*, Local Pastured Egg (cooked in Herban Market Butter Infused Olive Oil),
Roasted Red Peppers*, Local Bloomsbury Farm Alfalfa Sprouts*, Noble Springs Goat Cheese

Grilled Pesto & Cheddar {Panini Pressed w/ Avocado & Coconut Oil*} \$6.99

Sour Dough Bread*, House-Made Kale Basil Pesto*, Cheddar Cheese*

Reuben 100% GRASS FED {Panini Pressed w/ Avocado & Coconut Oil*} \$10.99

Rye Bread*, Roast Beef*, Grass-fed Cheddar Cheese*, Live Sauerkraut, with an Herban "Fancy
Sauce" (Soy-Free Mayo*, Sweet Relish*, Garlic and Harissa Olive Oil, Spices*)

Italian \$9.99

Focaccia Bread*, Salami*, Ham*, Grass-fed Cheddar Cheese*, Mixed Greens*, Mayo (Soy-Free,
Gluten Free, Vegan, Non-GMO)

Turkey Melt {Panini Pressed w/ Avocado & Coconut Oil*} \$9.99

Sour Dough Bread*, Turkey*, Cheddar Cheese*, Avocado*, Tomato*, Mayo (Soy-Free, Gluten
Free, Vegan, Non-GMO)

Sandwich of the Day {Panini Pressed w/ Avocado & Coconut Oil*} \$9.99

Only what is organic, seasonal, abundant, and inspirational makes it's way into our
sandwich-of-the-day recipes for an always-changing, mouth-watering special.

BUILD - A - BOWL : BREAKFAST STYLE

FRESH + MADE ON-DEMAND + LOCAL + ORGANIC* INGREDIENTS

Bowl Base (3) Local Pastured Eggs - Cooked in Herban Market Olive Oil \$8.99

Choose Your Extra Virgin Olive Oil Flavor

Butter Infused Olive Oil | Cayenne fused Olive Oil

Choose 3 Toppings

Avocado* | Caramelized Onions* | Roasted Red Bell Peppers* | Sauteed Kale*
Spinach* | Local Bloomsbury Farm Alfalfa Sprouts* | Live Sauerkraut | Tomato*
Feta* | Cheddar* | Local Noble Springs Goat Cheese

+ Add Meat +

ADD + \$2.75

Roast Beef* | Salami* | Turkey* | Chicken* | Ham*

ADD ONS / SUBSTITUTIONS:

Gluten-Free Bread \$2.25 | Avocado \$1.5 | Extra Egg \$1.25 | Quinoa \$2
Extra Sauce \$.75 | Live SauerKraut \$1 | Extra Meat \$2.75 | Cheese \$1.25
Roasted Red Bell Peppers \$1.5 | Carmelized Onions \$1 | Pesto \$1.25 | Berries \$1.5
Extra Dressing \$1 | Carrots \$.75 | Kale \$.75 | Cucumber \$.75 | Tomato \$.75
Toast \$1.5 | Diced Almonds \$1.5 | Walnuts \$1.5 | Vegan Cheese \$3 | Sprouts \$.50

WRAPS

FRESH + MADE ON-DEMAND + LOCAL + ORGANIC* INGREDIENTS

Turkey Cucumber - 2 wraps \$14.99

Turkey*, Cucumber*, Avocado*, Shredded Carrots*, Bloomsbury Farm Alfalfa Sprouts*, Feta Cheese*, Soy-Free Mayo, lovingly wrapped in a Coconut Wrap* (Coconut wrap is Organic, Raw, Vegan, Paleo, and Gluten-Free) topped with Herban Market Serrano Honey Vinegar

Breakfast Tacos - 2 wraps \$14.99

3 local Pastured Eggs, Ham*, Avocado*, Cheddar Cheese*, Soy-Free Mayo lovingly wrapped in a Coconut Wrap* (Coconut wrap is Organic, Raw, Vegan, Paleo, and Gluten-Free) and topped with Hot Sauce

SALADS

FRESH + LOCAL + ORGANIC* INGREDIENTS

Level 1 - "Don't Stop Be-Leafing!" V \$8.99

Seasonal Greens*, Cucumber*, Shredded Carrots*, Red Onions*, Feta*, Nuts*, Bloomsbury Farm Alfalfa Sprouts + Herban Market Dressing of the Day

Level 2 - "Let's Turn a New Leaf" V \$12.49

Seasonal Greens*, Cucumber*, Shredded Carrots*, Red Onions*, Feta*, Nuts*, Bloomsbury Farm Alfalfa Sprouts* + Avocado* + Quinoa* + Herban Market Dressing of the Day

Level 3 - "You Make me Sa-(g)lad!" \$14.79

Seasonal Greens*, Cucumber*, Shredded Carrots*, Red Onions*, Feta*, Nuts*, Bloomsbury Farm Alfalfa Sprouts* + Avocado* + with your choice of Turkey*, Chicken*, Roast Beef*, Salami*, or Ham* + Herban Market Dressing of the Day

SOUP OF THE DAY

{ 16 oz } \$7.99 { 32 oz } \$14.99

MADE FROM SCRATCH | HOUSE-MADE | ALL ORGANIC | GLUTEN-FREE | SOY-FREE

ASK WHETHER IT IS DAIRY-FREE, VEGAN, VEGETARIAN, OR WHOLE-30 COMPLIANT... IT TYPICALLY IS!

ADD ONS* / SUBSTITUTIONS* :

Gluten-Free Bread \$2.25 | Avocado \$1.5 | Extra Egg \$1.25 | Quinoa \$2
Extra Sauce \$.75 | Live SauerKraut \$1 | Extra Meat \$2.75 | Cheese \$1.25
Roasted Red Bell Peppers \$1.5 | Carmelized Onions \$1 | Pesto \$1.25 | Berries \$1.5
Extra Dressing \$1 | Carrots \$.75 | Kale \$.75 | Cucumber \$.75 | Tomato \$.75
Toast \$1.5 | Diced Almonds \$1.5 | Walnuts \$1.5 | Vegan Cheese \$3 | Sprouts \$.50

Please let us know if you have any food allergies. We try and accommodate your dietary needs within our ability. Most items can be modified to be Gluten Free.

Our food is organic + prepared upon order. We only use UP Olive Oil (extra virgin) and Balsamic Vinegar. NO CANOLA OIL or VEGETABLE OIL to be found in our kitchen!

Consuming raw or undercooked meats, poultry, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions or a weakened immune system such as in children or the elderly.

**We serve Organic.
At a Profit if we can.
At a Loss if we must.
But, always ORGANIC.**

*-Matt & Ashlea Hogancamp
Quote Inspired by Pappy*

WWW.HERBAN-MARKET.COM

