

251.929.0055  
251.929.0030, Fax  
Serving Lunch  
Monday-Saturday  
10:30-4:00



320 Eastern  
Shore Shopping  
Center  
Fairhope, AL  
36532

[www.va-fairhopehealthfoods.com](http://www.va-fairhopehealthfoods.com)

## APPETIZERS

Hummus of the Day    

Our freshly made hummus served with grilled pita triangles  
7.95

Breakfast Pizza  

Whole wheat pita bread topped with peppered gravy, eggs, sausage, and  
mozzarella cheese  
9.99

Spinach and Artichoke Dip   

Creamy warm dip made with spinach and chunks of artichoke hearts, garnished with  
parmesan and served with tortilla chips  
7.95

## ENTRÉE

*Served with fruit salad and oven roasted potatoes*

Breakfast Burrito 

Warm breakfast burrito stuffed with tofu, green onions, tomatoes, mushrooms, bell peppers, sausage, and  
cheese sauce.  
10.99

Quiche

Homemade quiche with spinach, tomatoes, mushrooms, onions, and bell peppers  
10.99

Eggs Benedict  

Two poached eggs served on top of English muffins and ham, topped with Hollandaise  
11.99

Eggs Florentine  

Poached eggs on top of English muffins and spinach, topped with a creamy lemon herb Alfredo sauce  
11.99

Omelet Your Way 

Three egg omelet with your choice of ham, onions, bell pepper, tomatoes, mushrooms, bacon,  
feta cheese, and mozzarella cheese  
12.99

## ENTRÉE

*Served with fruit salad and oven roasted potatoes*

### French Toast

Cinnamon French toast made with homemade French bread, served with warm organic Maple syrup  
11.99

### Hoe Cakes

Southern waffles made from organic cornmeal and served with warm organic Maple syrup  
10.99

### Cranberry-Apple Turkey Sandwich

Granny Smith apples, free-range turkey, cranberry mayo, and lettuce served on our fresh Focaccia bread  
12.99

### Chicken Salad Sandwich

Freshly made free-range chicken salad served with lettuce and roma tomatoes on our home-made Focaccia bread  
11.99

### Biscuits and Gravy

Fresh made from scratch biscuits covered with savory peppered gravy and your choice of chicken or vegetarian sausage  
11.99

### Mediterranean Turkey Wrap

Free-range turkey, hummus, feta cheese, olive tapenade, and spring mix rolled into a warm wrap  
13.95

*\* The consumption of raw or undercooked food increases the risk of food-borne illnesses.*

## DRINKS

### Mimosa

The perfect brunch drink with organic orange juice and chilled champagne  
4.99

### Wasabi Bloody Mary

An organic twist to the classic bloody mary, served with celery and vodka  
4.99

### Iced Tea

Fresh brewed tea, ask your server about today's teas  
1.49

### Coffee

Organically grown Fair Trade coffee, decaf and regular  
1.49



Vegetarian



Vegan



Lactose Free



Gluten Free Option



Wheat Free Option

Please inform your server of any special needs