



Flavor-forward, seasonal meals that taste as good as they look.

Our commitment to eating well means yes to whole foods and no to preservatives, refined sugars or out-of-season eating.

Ingredients you recognize, meals you can customize. FARE for all!

[foodbyfare.com](http://foodbyfare.com)

THIS SEASON'S FARMERS INCLUDE:

Skibbe Farms, Benton Harbor, MI  
Squash, Cabbage

JJ Dill, Union, IL  
Watermelon Radish, Beets

Mick Klug  
Blueberries, Peaches,  
Asparagus, Apples

Bolthouse Bros., Marne, MI  
Corn, Cabbage

Publican Quality Bread

Grajauski Farms, Sodus, MI  
Cucumbers

Dykstra & Sons, Hudsonville, MI  
Squash, Peppers

Closed Loop Farms  
Microgreens

Nichols  
Blueberries, Apples, Beets,  
Broccoli, Squash

Borzynski Farms, Havana, IL  
Corn

DeGroot Farms, St. Anne, IL  
Cabbage

Michigan Turkey



Summer Menu  
2020



# FARE

# FARE's Faves

OUR FAVORITE COMBINATIONS FEATURING THIS SEASONS' FLAVORS

PICK A BOWL OR A PLATE

## #1 - Chicken

summer slaw, pickled cucumbers + red onion, maple harissa sweet potatoes, greens + grains, roasted garlic tahini – 13 (DF) (GF)

## #2 - BBQ Salmon

maple harissa sweet potatoes, curry tahini chickpeas, pickled cucumbers + red onion, greens + grains, herby pesto – 15 (DF) (GF)

## #3 - FARE Veggie Patty

za'atar beets with oranges, tomatoes, peaches + basil, maple harissa sweet potatoes, greens + grains, herby pesto – 13 (V) (GF)

**Avocado Toast – 10 (V)**

Publican Quality Bread Sourdough,  
Seasonal Toppings  
(GF BREAD AVAILABLE – 2+)

## Smoothies – 8

MORE GOOD STUFF:

## Sweets

Gigi (V) (GF)  
Spinach, avocado, pineapple, apple, ginger, date

Blu (V) (GF)  
Banana, blueberries, nut milk, almonds, cinnamon

Cece (V) (GF)  
Banana, oats, date, cacao nibs, cardamom, cold brew

Rose (V) (GF)  
Strawberries, pineapple, nut milk, dates, hemp seeds

Walnut Banana Bread – 3 (V)

Chocolate Chunk Cookies – 3 (V) (GF)

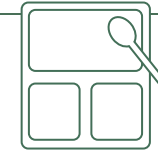
The Tahini Brownie - 4 (V) (GF)



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# Build-Your-Own – STARTS AT 10

1. PICK A BOWL OR A PLATE



2. PICK YOUR BASE:

Hearty Greens	Grains
Curly kale and shaved brussels sprouts	Red, brown + black rice

3. PICK 3 SEASONAL VEGGIE TOPPERS:

Curry Tahini Chickpeas (V) (GF)  
Chickpeas tossed with turmeric, chili powder, coriander, cumin, ginger and tahini, then sprinkled with nigella seeds

Maple Harissa Sweet Potatoes (V) (GF)  
Sweet potatoes slow roasted with harissa and maple syrup for a spicy-yet-slightly-sweet touch

Tomatoes, Peaches + Basil (GF)  
Juicy local peaches and tomatoes, drizzled with raw honey and lots of fragrant basil

Pickled Cucumbers + Red Onion (V) (GF)  
Cucumbers and red onions lightly pickled in vinegar and raw honey, topped with a flurry of basil and parsley

Summer Slaw (V) (GF)  
Thinly shaved watermelon radish, green cabbage and green onion, tossed with tangy FARE vinaigrette and our signature seed mix

Za'atar Beets with Oranges (V) (GF)  
Deeply roasted red beets marinated with tangy, toasty za'atar and are dressed with thinly sliced oranges for brightness

4. ADD A PROTEIN IF YOU LIKE:

Chicken Thighs – 3 (GF)  
Turkey Meatballs – 3 (GF)  
BBQ Salmon – 5 (GF)  
FARE Veggie Patty – 3 (V)  
Avocado Mash – 1.5 (V)

5. DRESS IT WITH A SAUCE:

Clean ingredients, no sugars!  
Spicy Red Pepper (V) (GF)  
Creamy Garlic Tahini (V) (GF)  
Herby Pesto (V) (GF)  
FARE Dressing (V) (GF)

VEGGIE SIDES:

8oz – 5  
24oz – 12

(V) – VEGAN (VE) – VEGETARIAN (GF) – GLUTEN FREE (DF) – DAIRY FREE

ADD-INS:

Avocado - 1  
Hemp Seeds - 2  
Epic Protein - 2  
VP Collagen - 2  
CBD - 4

VEGGIE SIDES:  
8oz – 5  
24oz – 12