

THE LUNCH BUNCH (service starts at 10:30 a.m.)

hot entree feature:
lemon polenta plate 11.00 ✕

crispy house-made polenta cake topped with a
lemon-parmesan sauce & fresh veg
made-to-order with your choice of protein:
ohio free-range chicken breast or crispy baked tofu

HAND-HELDS (sandwiches & wraps)

all hand-helds come with your choice of chips
or leafy greens side salad
(you can choose any side for a slight add-on fee)

grilled munster 8.50

muenster cheese, raspberry jam, clarified butter
served grilled, on house-made whole wheat bread

the heirloom chicken club 10.50 ✕

ohio free-range chicken breast, ohio thick-sliced
bacon, pepperjack cheese, house-made 'quickles',
arugula, sweet chili sauce
served on an Auddino's Bakery kaiser roll

veggie burg 9.00 ✓

house-made vegan veggie pattie, sharp white
cheddar, onion, leafy greens, vegan special sauce
served on an Auddino's Bakery kaiser roll
vegan pattie contains spelt berries, a form of gluten

chicken salad wrap 8.00 ✕

house-made chicken salad
(ohio free-range chicken breast,
toasted walnuts, red grapes, celery, mayo)
wrapped in a whole-wheat tortilla with romaine lettuce

tuna salad sam 8.00 ✕

house-made tuna salad
(tuna, celery, carrot, mayo)
sharp white cheddar, leafy greens
served on house-made whole wheat bread

the lunch bunch sides

2.50 each

Great Lakes Potato Chip Co. ✕
bagged kettle-cooked chips
(plain, BBQ, sea salt & vinegar)

OR

mini pretzels

3.00 each

herbed & roasted potatoes ✓ ✕
cup of the soup-of-the-day
(please inquire for dietary restrictions)

4.00 each

dill potato salad ✕
green apple slaw ✕
side house leafy greens salad ✓ ✕
fresh-cut fruit cup

5.00

bowl of soup

minute maid orange juice 2.25
minute maid apple juice 2.25
coca cola, diet coke, or
sprite (can) 2.25
perrier energize caffeine + yerba mate 2.75
(pomegranate, grapefruit, tangerine)
powerade zero mountain berry blast 2.75

cans & bottles

**please check the beverage display @ the
register for all current offerings**

THE MEAN GREENS (bowls)

quinoa + greens 11.50 ✓ ✕

sauteed: quinoa, red bell peppers, onions, &
garbanzo beans, feta, toasted Brazil nuts,
spinach & arugula mix

served with cumin lime vinaigrette & your
choice of protein: ohio free-range chicken
breast or crispy baked tofu

seoul bowl 11.50 ✓ ✕

spinach & arugula mix, pickled veg (daikon
radish, cabbage, carrot), toasted almonds
served with gochujang vinaigrette

& your choice of protein:
ohio free-range chicken breast or crispy baked
tofu

fiesta bowl 11.50 ✓ ✕

ohio free-range ground turkey, pinto beans,
sharp white cheddar, Shagbark tortilla bits,
romaine lettuce, cilantro
served with cumin lime vinaigrette

house leafy green 8.00 ✓ ✕

mixed leafy greens, carrot, cucumber, radish,
house-made parmesan croutons,
maple & white balsamic vinaigrette
add your choice of protein:
ohio free-range chicken breast 3.00
crispy baked tofu 3.00

the conscientious combo

10.00

choose (1) one item from each category:

choice #1:

1/2 grilled munster
1/2 veggie burg ✓
1/2 the heirloom chicken club ✕
1/2 the local bird chicken salad ✕
1/2 tuna salad sam ✕

choice #2:

combo-sized house leafy green salad ✓ ✕
or
combo-sized soup

choice #3:

your choice of chips
or
fresh-cut fruit ✓ ✕

+substitute

green apple slaw ✕ and/or dill potato salad ✕
for \$1.00/each

*Menu items marked with a ✓ or a ✕,
can be made vegan and/or gluten-free,
please inquire for options.*

1871 N High St
Columbus, Ohio 43210

Columbus, Ohio 43210

Heirloom

LOCALLY OWNED EST. 2011

LOCALLY GROWN COLUMBUS, OHIO

ph (614) 292-2233

15 461H N 1Z81

freshly-brewed iced teas

black - scottish breakfast
green - cucumber mint
16 OZ 20 OZ
3.25 3.75

chai tea latte (hot or iced)

12 OZ 16 OZ
3.70 4.25

oat or almond milk, add 1.50

hot-brewed loose-leaf teas 16 oz serving 3.25

black:
scottish breakfast
cream earl grey
organic pumpkin spice
organic ginger orange peach

oolong:
formosa
orange blossom
tie guan yin

green:
jasmine flowers
japan bancha keiko
hojicha
organic cherry sencha
organic mint spice
organic high mountain

herbal:
peppermint
chamomile
vanilla rooibos
organic blood orange rooibos

pu-erh: caramel pu-erh
white: pai mu tan
peach apricot

sweets 'n' treats

cookies 2.25
chocolate chip
peanut butter
oatmeal butterscotch chip
vegan chocolate chip
almond (gluten-free)

banana mocha
bread 3.00
sea-salt choco-nut
cluster 2.25