

# FORD FOOD + DRINK

## BREAKFAST

we bake all bread and pastries from scratch

### AVOCADO TOAST

whole wheat topped with guacamole, savory granola, and mama lil's peppers 6.

### RICOTTA TOAST

cardamom bread topped with ricotta, granola, local honey, and dried Oregon cranberries 6.

PLAIN TOAST with butter or Earth Balance 2.  
choose: whole wheat, cardamom country white, or gluten free

### BOWERY BAGELS

Vegan, kosher, fresh and delicious.

Toasted, with butter or Earth Balance 2.45

Add cream cheese, hummus, or PB for 1.

### BREAKFAST BAGEL PLATE:

choose your bagel, spread, and protein; served with salad, a little red onion, and fruit. 10.

<u>spreads:</u>	<u>protein:</u>
peanut butter	lox
herbed cream cheese	bacon
hummus	turkey
guacamole	tempeh

### BREAKFAST BISCUIT 3.75

fresh mozz, pesto, organic tomato jam on a buttermilk biscuit  
Add a baked egg\* to your breakfast biscuit for 2.

### BREAKFAST MELT 4.75

apple, bacon, and Tillamook cheddar on ciabatta  
Add a baked egg\* to your breakfast melt for 2.

### EGG\* IN A FRAME 5. [add salad for 3.]

a soft cooked egg in the center of your piece of toast

### BREAKFAST PANINO 6.75

scrambled egg\* + green onion + cherry peppers + parsley + provolone 8.75  
add bacon

### STRATA 6.

breakfast quiche with seasonal veggies

### MAPLE CASHEW GRANOLA with yogurt 5.25

### FIG WALNUT MEUSLI with choice of steamed milk 5.25

## BEANS & RICE & VARIATIONS

We slow-cook organic locally farmed black beans with lots of vegetables and herbs. All bean and rice bowls are gluten free. Add marinated tempeh or Cascade Farms chicken breast for 3.  
Add Mama Lil's peppers for 2.

### BASIC BEANS & RICE 6.75

Black beans, Juanita's chips, and eco-farmed brown rice

### DELUXE BEAN & RICE BOWL 11.

The basics, plus: salsa, sour cream, guacamole, pepper jack cheese, and garnished with pickled veggies.

### TACO SALAD 10.

Chopped organic romaine lettuce topped with our beans, guacamole, pepper jack, salsa, and Juanita's chips.

### NACHOS 9.75

Juanita's chips topped with beans, pepper jack cheese, salsa, guacamole and sour cream.

## LIGHT FARE

### PIZZA BY THE SLICE 3.95. with salad 6.95

check the specials board for today's choices

### STUFFED CHICKPEA FLATBREAD 5.95

check the specials board for today's choice. Gluten free. add marinated tempeh or chicken breast for 3. add salad for 3.

### SALADS + SOUP

[+ marinated tempeh, chicken breast, or smoked salmon for 3.]

### Seasonal House Salad sm 5. lg 8.50

### Caesar Salad sm 5.75/lg 9.

### SOUP OF THE DAY cup 4. bowl 5.

### SOUP + SALAD MEAL 8.75

cup of soup + small salad + housemade bread.

## PANINI

served with Kettle chips; add soup or salad for 2.

\*sandwiches are made daily and may sell out\*

### Heartswith Panino 7.75

artichoke hearts + fresh mozzarella + feta + pesto + organic tomato jam

### Turkey + Provolone Panino 8.

with pesto sauce (contains nuts)

### Tuna Melt 8.50

albacore tuna salad + moonbrine pickles + melted cheddar

### Turkey Bacon & Swiss 9.25

smoked turkey breast + pepper bacon + swiss cheese + Moonbrine pickles + Dijon mustard

### Vegan Sandwich 7.75

olive tapenade + roasted red peppers + marinated artichoke hearts + roasted portabella mushrooms

### Ford Sliders 5.75 / two for 9.

our housemade veggie patty on a housemade roll, with pickles, melted swiss + Dijon mustard [limited availability]

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

## BAR MENU

Grilled Cheese	5.50
Smoked Tillamook cheddar on whole wheat, white cardamom, or gluten free bread with onion confit	
Moonbrine Pickle Plate	6.
Artisan pickles made here in the Ford Building	
Cheese plate	10.
Scandinavian rye crispbread served with three artisanal cheeses, fig jam, and pinot noir salt.	
Add charcuterie for 4.	
Pint of Masala Pop	1.50
Bagel Chips	2.25
Spicy-Sweet Bar Nuts	2.
Housemade stecca with olive oil	2.75
Hummus with bagel chips	4.

## HAPPY HOUR FOOD SPECIALS

5-7pm daily                      dine-in only

### ONE BUCK:

pint of masala pop  
bar nuts

### ONE BUCK OFF:

grilled cheese  
all black bean dishes  
cheese plate

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[www.fordfoodanddrink.com](http://www.fordfoodanddrink.com)

COFFEE + TEA

TAP BEERS + FULL BAR

HOUSEMADE BREADS + PASTRIES

BREAKFAST

LUNCH

DINNER

SMALL PLATES

DAILY SPECIALS

GRAB + GO

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**KROGGETT'S**

**MICROBODEGA**