



Heritage Kitchen

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports

US Fast Food Restaurant Market Research

This Report will provide in-depth Market and Industry Analysis, Evaluate General Indicators, Financial and Scrutinize Investment Attractiveness.

Fast Food Industry →

The 2025 US Pizza Restaurants & Industry Trends Report

Pizza Industry →

The U.S. Fast-Casual Restaurant Industry

A Comprehensive Analysis of Market Dynamics, Consumer Trends, Innovation, and Competitive Strategies.

Fast Casual Industry →

2025 US Dining Restaurants & Industry Market Research

Casual Dining Industry →

Competitor Price Intelligence →

Breakfast	
ITEM	PRICE
1. Breakfast Sandwich Sourdough bread, cheddar - provolone cheese, baby greens, tomatoes, smoked applewood bacon and Russian sauce.	\$8.00
2. Sunshine BLT Sandwich Honey wheat bread, garlic aioli, baby greens, tomatoes, smoked applewood bacon and free range egg.	\$10.00
3. Heritage Breakfast Bowl Two scrambled eggs, smoked applewood bacon, breakfast potatoes, and nine grain vegan toast.	\$10.00
4. Terra Steak & Eggs Breakfast Bowl Two scrambled eggs, flat iron steak, breakfast potatoes, and nine grain vegan toast.	\$13.00
5. Avocado Toast Nine grain toast, avocado, fried egg, grape tomatoes, baby greens and sprouts.	\$6.00
6. Smoked Salmon & Avocado Toast Nine grain toast, smoked salmon, avocado, fried egg, grape tomatoes, baby greens, dill crema, and sprouts.	\$7.00
7. Fiesta Toast Nine grain toast, avocado, fried egg, grape tomatoes, baby greens, roasted corn pico de gallo, queso fresco and sprouts.	\$7.00
Salads	
ITEM	PRICE
Farmers Market Salad Organic baby greens, spiced garbanzo crouton's, house pickled red onion, seasonal heirloom cherry tomatoes, nine grain v...	\$7.00
California Chicken Salad Organic baby greens, free range mary's farms herbed chicken, Heritage bacon bits, crushed avocado, seasonal heirloom che...	\$12.00
Herbed & Spiced Salmon Salad Wild caught salmon, organic baby greens, quinoa, crushed avocado, house pickled red onion, crispy radish with dill and l...	\$12.00
Falafel Salad Housemade falafel, tahini sauce, roasted garlic housemade hummus, organic baby greens, quinoa and seasonal heirloom cher...	\$10.00
Featured Items	
ITEM	PRICE
Fish Tacos Grilled tilapia, cabbage, tomatoes, and sauce.	\$8.00
Shrimp Tacos Grilled shrimp, cabbage, tomatoes, and sauce.	\$8.00
Taco Any Meat	\$8.00
Taco Any Meat with Beans & Rice	\$10.00
3 Amigos Tacos	\$13.00
Lobster Tacos	\$11.00
Tofu Tacos	\$9.00
Kids' Quesadilla	\$7.00
Lobster Quesadilla	\$16.00
Quesadilla Any Meat	\$10.00

ITEM	PRICE
Quesadilla Any Meat with Shrimp	\$12.00
Shrimp Burrito	\$12.00
Lobster Burrito	\$16.00
Burrito Any Meat	\$12.00
Bowl Any Meat	\$12.00
Burrito Any Meat with Shrimp	\$12.00
Bowl Any Meat with Shrimp	\$12.00
Tofu Burrito	\$11.00
Mulita Any Meat	\$8.00
Hard Shell Tacos	\$7.00
Taquitos	\$9.00
Empanadas	\$10.00
Fish Plate	\$12.00
Meat Plate	\$12.00
Guacamole	\$7.00
Carne Asada Nachos	\$11.00

A Meal in a Bowl Feast

ITEM	PRICE
Heritage Bowl Grass fed flat iron steak, house blend creamy grains, organic baby greens, farmers market veggies, crispy onions, and ch...	\$11.00
Terra & Mar Bowl Grass fed flat iron steak, deviled tail-on garlic shrimp, house blend creamy grains, organic baby greens, farmers market...	\$13.00
California Bowl Free range mary's farms herbed chicken, house blend creamy grains, organic baby greens, farmers market veggies and romes...	\$12.00
Fiesta Bowl Free range mary's farms herbed chicken, house blend creamy grains, organic baby greens, farmers market veggies, crushed...	\$11.00
Karma Bowl Portobello mushroom sautéé, house blend creamy grains, organic baby greens, farmers market veggies, farmers grilled corn...	\$10.00
Herbed & Spiced Salmon Bowl Wild caught salmon, house blend creamy grains, organic baby greens, farmers market veggies and lemon dill crema.	\$12.00

Let's Taco 'Bout This

ITEM	PRICE
Little Big Green Machine Spinach infused hand crafted tortilla, grass fed flat iron terra steak, house pickled red onion, crispy onions, queso fr...	\$4.00
Free Range the Queen Free range mary's farms herbed chicken, hand crafted tortilla, grilled corn pico de gallo, queso fresco and the sauce of...	\$3.00
Fiesta Shrimp Tail-on garlic spiced shrimp, hand crafted tortilla, grilled corn pico de gallo and dill crema sauce.	\$4.00

ITEM	PRICE
Karma Your Hunger Portobello mushroom sauté, spinach infused hand crafted tortilla, baby greens, farmers market veggies, farmers grilled...	\$3.00

Sides

ITEM	PRICE
Pesto Fries Zesty seasoned fries, pesto sauce, Parmesan cheese, and chives.	\$6.00
Truffle Fries Zesty seasoned fries, truffle oil, Parmesan cheese, and chives.	\$6.00
Parmesan Sweet Potato Fries Sweet potato fries, Parmesan cheese and chives.	\$6.00
Regular Zesty Fries Zesty seasoned fries with house blend seasoning and chives.	\$5.00
Side Farmers Salad A half version of our farmers salad.	\$4.00
Farro Succotash	\$3.00
Rainbow Veggie Blend	\$3.00

House Crafted Drinks

ITEM	PRICE
1. Organic Seasonal Lemonade	\$3.50
2. House Cold Brew (16 oz.)	\$4.00
3. Organic Cold Pressed Juice	\$8.00
4. H2O	\$2.00
5. Pellegrino	\$2.00