

6 east 1st ave,
conshohocken, pa 19428

hours:

mon - fri: 6am - 7pm

sat - sun: 7am - 2pm



take out & catering

610 828 7037

info@localtablecafe.com

www.localtablecafe.com

THE LOCAL MORNING 6AM-12PM

parfait - homemade pumpkin and flax seed granola, local organic maple yogurt, golden raisins, blueberries **\$7**

local morning sandwich - baked cage free eggs stuffed with smoked organic bacon and spinach, served on a Conshy Bakery pumpernickel bagel spread with avocado smash **\$8**

quinmeal - a porridge type blend of quinoa, almond milk, cinnamon, nutmeg and molasses, baked with daily selection of fresh fruit and nuts **\$7**

smoked salmon bagel - pumpernickel bagel topped with housemade cashew cream cheese and smoked salmon, thinly sliced organic cucumber, caramelized leeks, and heirloom tomato jam **\$8**

toast - sliced 7 grain sprouted bread served with smashed avocado, tomato and chia seed spread, organic jam, local honeycream **\$6**

egg white bake - baked local cage free egg whites with kale and quinoa topped with a fresh herb pesto **\$6**

brioche toast - topped with lavender infused ricotta, local honey, and organic lemon and cherry jam **\$6**

the breakfast popsicle - coconut milk, pumpkin flax seed granola, whipped bananas, maple syrup, golden raisins **\$5**

THE LOCAL AFTERNOON 11AM-7PM

SANDWICHES

aloe crab wraps - purple cabbage filled with grapefruit, avocado, and lump crab meat dressed lightly with an aloe and basil puree **\$10**

turkey club - oven roasted turkey with smoked uncured bacon, heirloom tomato jam, smashed avocados, dairy free avocado ranch served on 12 grain toast **\$9**

chicken tartine - toasted brioche served open faced with pulled cage free chicken, purple cabbage and pomegranate slaw, smashed avocado drizzed with dark sesame oil **\$9**

maple chicken salad - tossed with local organic maple yogurt, pecans and apples served on toasted brioche **\$8**

spicy BBQ chicken - pulled cage free chicken, smashed avocado, pickled carrots, all natural spicy BBQ sauce on warm pita **\$9**

SALADS

crunch - baby kale, romaine, purple cabbage slaw, shredded carrots, crispy leeks, toasted pecans, citrus basil vinaigrette **\$7**

harvest protein - lettuce blend, quinoa, hummus, spicy crispy chick peas, hard boiled egg, avocado, pumpkin seeds, apple cider vinaigrette **\$7**

grain - wheatberries tossed with raisins and beets on a bed of kale with a citrus vinaigrette **\$7**

chopped - spinach, kale, cucumber, carrot, tomatoes, apples tossed in a lemon and apple cider vinegar dressing **\$7**

- add pulled cage free chicken or local organic roasted turkey to any salad **+\$3**

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SNACKS

diptrio - (choose 1 or sample all 3)
chickpeasmash, avocadosmash,
avo-chick smash assorted veggies, and spicy
kale chips **\$7**

chia pudding pops - ask for the flavor
of the day! **\$4**

fro yo - choose coconut milk vegan vanilla or
organic Dutch chocolate and choose one of our
fresh daily toppings. **sm \$3.50 lg \$5**

cereal milk blendie coconut milk based fro yo
with cinnamon, granola, and pecans
sm \$4.50 lg \$6

organic popcorn - choice of flavor **\$4**

protein pack - deviled eggs, pumpkin flax seed
granola, almond butter celery logs **\$8**

veggie popsicle - ask for daily flavor! **\$5**
fresh fruit cup \$5

DRINKS

post workout protein shake - almond milk,
natural hazelnut almond butter, banana **\$7**

the morning boost - a healthy blend of fresh
ground, french pressed, organic coffee beans,
grass fed butter, coconut oil and our secret
mixture of seeds and spices This boost will keep
you fueled and focused all morning! **\$6**

assorted bottles \$3 - \$6

lavendar lemonade - house made with
essential oil, great for helping with headaches
and anxiety **\$5**

wheat grass shot \$4

zest tea - assorted flavors of zest energy tea
blends **\$2.75**

coffee 3\$

CHAKRA SHAKES

\$6 each

red
(ground down with healthy ENERGY)
apple, beet, carrot, celery, ginger

orange
(find balance and a HEALTHY IMMUNE SYSTEM)
carrot, cayenne, clementine, sweet potato

yellow
(increase self esteem with FAT BURNER)
ginger, grapefruit, honey, lemon

green
(eliminate stress as you HYDRATE)
cucumber, coconut water, kale, pineapple,
romaine

spicy green
(embrace the day, and DETOX)
apple, celery, green pepper, jalapeno, lemon,
parsley, spinach

blue
(stay calm with ANTI-AGING blend)
almond milk, aloe, basil, blueberries, coconut oil

violet
(trust your intuition and fill with POTASSIUM)
apple, banana, blueberry, pomegranate, purple
cabbage

ASK ABOUT OUR DAILY SPECIALS
&
SOUP OF THE DAY!