



SOAR CAFE

RISE & SHINE

Welcome to SOAR Cafe! We are honored to have you as our guest. SOAR stands for She Overcomes And Rises. Our mission is to provide healing, life skills, and employment to women survivors of trafficking, addiction, and sexual trauma. Our story began 40 years ago when God called our founder, Michelle Cochran, to "get up" when she had chosen death due to abuse and trauma in her life. God raised her to new life with those two words, "get up!" after which He continued to teach her about being an overcomer through many years and trials. Then one day, seven years ago, a young woman came into Michelle's life who was facing very serious trials and Michelle asked her if she could walk with her on her journey to hopefully be of some support. Out of that relationship, and many others who joined the journey, SOAR was born. Thank you for joining the *journey of helping women* overcome and rise! Every time you visit, you encourage us. Every purchase you make helps a woman find peace and safety to heal and overcome. And all of this rebuilds families and community where we all can SOAR, God bless you! #LoveRises

DINNER HOURS - OPEN THURSDAY, FRIDAY & SATURDAY UNTIL 7

BREAKFAST

CLASSICS

FARMHOUSE BREAKFAST BOWL

Soaring smashed potatoes, eggs, spinach, peppers, feta, tomatoes. Choose a protein: bacon, sausage, diced ham or avocado 14.99

LOADED TOAST

With a side of your choice

#1 - Avocado, hummus, micro greens, hard boiled egg 10.99

#2 - Scrambled egg, tomato and spinach 10.99

#3 - Nutella, banana, granola and cinnamon 10.99

PUFF PASTRY QUICHE LORRAINE

Made fresh daily - availability may vary

Flaky puff pastry crust, filled with eggs, swiss, spinach, onion, diced ham & bacon, served with cranberry walnut bread or mini muffin, and a side of your choice 14.99

SOAR FARMS BURRITO

Sausage, eggs, cheddar cheese, green and red peppers, onions, roasted corn & black beans, and house aioli, served on a grilled tortilla. Served with hashbrowns and a side of salsa 14.99

BISCUITS & GRAVY

Served with hashbrowns

Full Order 10.99 · 1/2 order 7.99

LOADED HASH BROWNS

Peppers, onions, cheddar cheese, topped with an egg cooked your way and braised beef. Served with a side of toast 12.99

SWEETS

FROM THE GRIDDLE

Choose from French Toast or Pancakes, served with your choice of meat or hashbrowns

#1 - Traditional Style 10.99

#2 - Fresh Blueberry Compote 11.99

#3 - Chocolate Chips 11.99

#4 - Banana, Cinnamon, Granola & Nutella 11.99

YOGURT PARFAITS

Vanilla - Granola and seasonal fruit 6.99

Greek Yogurt - Honey and granola 6.99

CINNAMON ROLLS

Baked fresh with cream cheese frosting 4.99

Your choice of toasted pecans or almonds 5.99

EGGS

OMELETS

Made with farm fresh eggs, your choice of potatoes and toast 14.99

Western

Green and red peppers, onions, ham and cheddar cheese.

Southern

Sausage, onion and cheddar cheese, topped with sausage gravy

Greek

Spinach, green peppers, tomatoes and onions with black olives and feta cheese

Farmers

Green and red peppers, potatoes, onions, sausage and cheddar cheese.

Build your own

Includes up to 4 choices from items above. .95 per additional item

· Avocado or additional protein +\$2.99

INCREDIBLE EGGS

#1 - Two Eggs and Toast 6.99

#2 Two eggs and toast with your choice of potatoes 7.99

#3 Two eggs and toast with your choice of bacon, sausage link, sausage patty, canadian bacon, turkey bacon 9.99

#4 Two eggs and toast, served with your choice of meat and potatoes 12.99

THE FOUR 8.99

· 1 egg

· 1 toast

· 1 choice of meat

· 1 choice of potato

HUEVOS OLE'

Scrambled egg, avocado, pepper jack cheese, diced tomatoes, roasted corn & black beans, with salsa on the side.

Choice of bacon or ham 13.99

EGGS ALA PORCH

English muffin with Canadian bacon, scrambled eggs, spinach, tomato and Swiss cheese 11.99

BREAD CHOICES

· Sourdough
· Whole Grain
· Light Rye

· Ciabatta +.75
· English Muffin

· Croissant +.75
· Gluten Free Bread +.75

CHOOSE TWO 14.99**Sandwiches**

- Chicken Salad
- Tuna Salad
- BLT
- Club

Salads

- Caesar
- Porch
- Garden
- Thai power kale +\$1

Soups

- Creamy Tomato
- Soup of the Day

SANDWICHES

Served with a pickle and a side of your choice.

All sandwiches served on your choice of fresh bread - Sourdough, Whole Grain, Light Rye, Ciabatta, English Muffin, Italian Bread, Croissant.

BLT

Applewood smoked bacon, lettuce, tomato & mayo 13.99

TURKEY CLUB

Sliced turkey, applewood smoked bacon, pesto mayo with lettuce & tomato on your choice of bread 14.99

FRENCH DIP

Served on ciabatta bread with melted swiss, served with Au Jus 15.99

CHICKEN CAESAR WRAP

Grilled chicken, caesar dressing, croutons, parmesan cheese in a flour tortilla 13.99

CHICKEN OR TUNA SALAD

Made fresh in-house on your choice of bread 12.99

HOT CRAB SANDWICH

Just like Anna's! Served warm with crab in a seasoned cream cheese, fresh lemon and green onion on a croissant 14.99

SOAR BURGERS

- Mushroom Swiss and garlic aioli 14.99
- Smash Burger made with onions and topped with house aioli 14.99
- B.Y.O. Burger: 14.99
- Extra Cheese: 1.29
- Add Bacon: 2.99
- Add avocado: 2.99

QUESADILLA

Made with grilled chicken or braised beef, cheddar, grilled peppers, onions and house aioli on a grilled tortilla. Served with Fresh Salsa, sour cream, and tortilla chips

Chicken 12.99
Braised Beef 13.99

BOWLS 14.99**#1 Choose your Protein**

- Grilled chicken or grilled shrimp

#2 Choose your base

- Quinoa, brown rice or Thai noodle

#3 Choose your flavor

- Greek- Mediterranean: hummus, pepperoncini, olive relish, red onion & feta cheese
- Southwest: black bean, roasted corn, avocado, cheddar, onion, fresh salsa
- Thai: shredded carrots, kale crunch, green onion, red pepper, micro greens
- Florentine: fresh spinach, tomato, feta, olives

ALA CARTE

Sliced Tomatoes 2.99

Avocado Slices 2.99

1 Egg 1.99

Side Toast 2.99

1 Pancake 1.99

Cottage Cheese 3.29

Applesauce 3.29

Olive Relish: \$3.29

Seasonal Roasted Squash 3.29

Side Meat 3.29

Cup of soup 3.99

Grits 3.29

Couscous 3.29

Homemade Mac N Cheese 4.99

Hash Browns 3.29

Soaring Smashed Potatoes 3.99

Yogurt 3.29

Side of sausage gravy 3.99

Pasta Salad 3.29

Extra Side Dressing .75

Extra side Garlic or House Aioli .75

Bowl of Soup 5.99

SIDES

- Chips
- Apple Sauce
- Cottage Cheese
- Yogurt
- Seasonal Sides: couscous, fruit, roasted squash, pasta salad

SALADS**FLATBREAD SALAD**

Crisp romaine lettuce blend, red onion, diced tomato, feta, black olives, grilled chicken, chopped grilled pita bread served with creamy cucumber dill dressing 15.99 • Half 7.99

COBB

Grilled chicken, cucumbers, tomatoes, red onions, sliced egg, feta cheese, cheddar cheese on top of our crisp romaine lettuce blend with toasted almonds and creamy cucumber dill dressing 15.99 • Half 7.99

CAESAR

Crisp romaine, parmesan, hard boiled egg, croutons and house-made caesar dressing 12.99 • Half 6.99
Grilled chicken +3 • Sautéed Shrimp +4

PORCH SALAD

Crisp romaine lettuce blend, mandarin oranges, parmesan, dried cherries, sugared pecans and red onions served with our poppy seed dressing 13.99 • Half 7.99
Grilled chicken +3 • Sautéed Shrimp +4

SOAR FARMS SALAD (seasonal)

Crisp romaine lettuce blend with almonds, feta, blueberries, strawberries, served with balsamic dressing 13.99 • Half 7.99
Grilled chicken +3 • Sautéed Shrimp +4

THAI POWER KALE SALAD

Kale crunch, shredded carrots, diced red peppers, diced pineapple, micro greens 13.99 • Half 7.99
Grilled chicken +3 • Sautéed Shrimp +4

SIDE GARDEN SALAD

Crisp romaine lettuce blend, tomato, cucumber, cheese and croutons. Choice of dressing 4.99

DRESSINGS

Ranch, Italian, Creamy Cucumber Dill, French, 1000 Island, Balsamic Vinaigrette, Raspberry Vinaigrette, Poppyseed, Housemade Caesar

CHILDREN'S MENU

12 and under, drink included -soda, tea, lemonade, vitamin water, milk.
.75 upcharge for chocolate milk, apple or orange juice

BREAKFAST 7.99

- Two Pancake's and choice of bacon, sausage patty or sausage link
- 1 egg, 1 slice toast and 1 meat choice, bacon, sausage patty or sausage link

LUNCH 8.99

Comes with side of chips, cottage cheese, applesauce - seasonal sides: squash, pasta salad and fruit

- Housemade Mac N' Cheese
- Cheeseburger
- Quesadilla: Chicken or Cheese
- Grilled Cheese

BEVERAGES 3.49

- Coffee
- Milk
- Chocolate Milk
- Orange Juice
- Apple Juice
- Unsweetened Iced Tea
- Hot Tea
- Lemonade
- Coke Products
- Vitamin Water XXX

*Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

STARTERS

CAPRESE SALAD

Fresh basil, tomatoes, and mozzarella,
drizzled with balsamic glaze 7.49

ROASTED GARLIC HUMMUS

Served with veggies and flatbread 7.99

CHIPS AND HOUSEMADE SALSA 5.50

GUACAMOLE AND CHIPS 6.50

CHARCUTERIE CUPS

Chef's choice of protein, dairy,
fruit and crackers 6.99

EGG BITES (2 PER ORDER) 4.99

- Mushroom, peppers and onions
- Bacon, cheddar cheese and green onion



DESSERT

*ASK YOUR SERVER ABOUT
THE DESSERT SPECIAL OF THE WEEK!*

AFFOGATO

Vanilla ice cream and a shot of hot espresso

1 scoop and 1 shot espresso 4.50

2 scoops and 2 shots of espresso 5.50

16 OZ. CLASSIC MILKSHAKE 5.49

• Vanilla • Chocolate • Strawberry

CINNAMON ROLLS 4.99

With toasted pecans 5.99

ICE CREAM SUNDAE

Vanilla ice cream, chocolate or caramel syrup,
whipped cream

1 scoop 4.75 • 2 scoop 5.49

Add chocolate brownie for 2.49

