

A non-profit connecting consumers to sustainable prepared foods

Valerie Kaminski Founder

www.ncgreenmenu.com

# Why choose "sustainable"

"Sustainable" food choices preserve ecosystems, promote healthier plants & animals and therefore more nutritious foods, promotes a local economy, and is an important component in food safety and food security.

### Northern Colorado Green Menu

Home

Restaurant menu offerings

Definitions and exclusions

Why choose sustainable foods

About Northern Colorado Green Menu

Newsletter

Resources for eateries

Food allergy resources

Useful links

Contact us



A non-profit connecting consumers to sustainable prepared food offerings at Northern Colorado eateries.

Click here to find grass-fed, pasture-raised, organic, semi-organic, and local offerings

# Food items listed

- Locally grown (CO, WY) or procured
- Organic or semi-organic
- 100% grass-fed or pasture-raised

# Additional exclusions

- Most grocers, meat-processors, distributors, caterers
- CAFO's (Confined Animal Feeding Operations)
- Most fish
- USDA requirements
- Other egg/meat certifications

### Home Restaurant menu offerings Definitions and exclusions Why choose sustainable foods About Northern Colorado Green Menu Newsletter Resources for eateries Food allergy resources Useful links Contact us

### Restaurant offerings

#### Keep checking back as we add more listings!

Listings include 100% grass fed, pasture-raised, organic, semi-organic, and/or locally-grown or procured\* Please verify with eateries that this is the most up-to-date information.

Local organic pasture-raised duck. Some local organic produce used. Still Ace Gillett's Lounge

confirming other items

Alley Cat Coffee House Local organically-produced milk. Locally-procured coffee. Local

honey

Aspen Grille At least some local content in most offerings, more when in season. Local

> produce used when available, some pesticide-free. Pork and beef are local & free of hormones, antibiotics, steriods. Local bison. Local fish. Local milk. Locally

procured coffee and locally-grown wines.

Sporadic use of local produce. Still confirming other items. Austin's American Grill

Backcountry Provisions Potatoes, celery, cucumbers, canteloupe sourced locally when in season. Local

dairy.

Backporch Cafe Local organically-produced milk, organic coffee

Bean Cycle Baked goods procured locally, 100% Organic produce, Locally-sourced burrito.

Local organically-produced milk. Local honey. Locally-procured organic tea.

Organic coffee, soy & rice milk, hummus, peanut butter

Bisetti's Sporadic use of local produce, especially lettuce & local organic dairy items

Butter Cream Cupcakery Local fruit used when in-season. Local organic eggs used in pies. Local

milk used in coffee drinks

Cafe Ardour Local organically-produced milk & cream. Local eggs, antibiotic-free.

> Organically grown local produce when in-season. Out-of-season is organic. Organic locally-milled flour. Local goat cheese. Organic soy milk & juice. Mostly organic granola. Locally made burritos. Some local chais & organic teas. Organic

hummous & peanut butter. Locally procured coffee

May offer specials with local/organic ingredients. Sporadic organic produce in Cafe Bluebird

winter, majority of summer produce is organic and sometimes local. Organic &

sometimes local flours. Local eggs. Locally procured coffee.

Organic juice. Local hormone-free milk. Organic flour, sometimes local.

Cafe Vino Local organic produce when in season. Organic out-of-season fruits. Local

organic poultry. Local lamb. All other meats local, except cured meats. Hormone-

free local dairy. Local organic eggs. Locally procured coffee. Local wines

Canyon Chop House	Mostly local organic produce when in-season. Growth hormone-free beef available. Predominantly local cheeses. rBST-free milk. Local organic
	mushrooms. Locally-procured pasta, ice cream, coffee, crackers. Local spirits.
Chimney Park Bistro	Organic wines.  Extensive use of local organic produce when in-season, some use when out-of-season. Hormone-free local pork. Local eggs, cheese, ice cream, sorbet. Local
	organically-grown milk, cream. Local organic 100% grass-fed pasture-raised
	lamb. Local bison available. Local organic mushrooms. Locally-procured coffee.
	Local spirits. Local and organic wine available.
Chipotle Mexican Grill	Meat free of hormones and antibiotics, sourced locally when available. Produce
	sourced locally and organically when available. Beans mostly organic. All dairy items rBGH-free. Organic milk offered.
Cilantro Grille	Some local organic produce especially when in season, local eggs, locally
	procured salsas, locally roasted coffee
Cocoa Ole	Locally-procured organic coffee. Local tea available. Locally-procured muffins,
	cookies, breads, bagels. Locally-procured burritos. Local fruit when in season,
	organic if possible. Organic soy milk. Locally-procured packaged nuts. Local honey
<u>Creperie</u>	Organic flour, buckwheat. Organic pancake mix. Organic maple syrup. Locally-
Domnsovis	produced tea  Locally-procured bread available
<u>Dempsey's</u> <u>Everyday Joe's</u>	Locally-procured baked goods, burritos. Local organically-produced milk. Local
<u>Lveryday 30e s</u>	coffee. Locally-procured tea, some organic
Fort Collins Food Co-op	Grocery store offering prepared foods and catering. Vast majority is organic:
	meats, produce, breads. Local when in season. Breads always local. Also
	available are local organically-produced milk, organic juices, organic fruits, local
	and organic snack foods
<u>Gelazzi</u>	Local organically-produced milk in gelato base
Gib's Bagel	Local organically-produced milk, local wheat, local juice, organic juice lemons,
Hideaway Bakery	locally-produced tea, locally-procured coffee  Local organically-produced milk. Locally-procured coffee
HuHot Mongolian Grill	Local organically-produced milk, buttermilk. Local eggs
Jason's Deli	Organic field greens, spinach, apples, wheat wrap, tortilla chips, mustard, salad
<u>3030113 DC11</u>	bar items
Lucille's Creole Cafe	High local vegetable content. Organic grains and dried fruit. Local eggs. Local
	honey. Organic maple syrup. Local organically-produced milk. Locally procured
	coffee, tea.
Little Bird Bakeshop	Local organic produce & eggs. Local organically-produced milk. Locally roasted
	organic coffee & locally-produced chai
Lyric Cinema Cafe	Locally-produced burritos, baked goods, dips and spreads, crackers, salsa,

popcorn, tea. Locally-produced confectionary items available. Local organic

cheese available. Locally-produced organic coffee.

Mugs Coffee Lounge Organic coffees, teas, bread, energy bars. Organically-produced local milk.

Locally made burritos, bagels, bread, salsa, teas, chips, energy bars

<u>Rainbow</u> Local eggs. Local honey when in-season. Local coffee. Still confirming other items

Ras Ka 100% grass-fed pasture-raised buffalo. When available, organically-

grown produce, grains, lentils, beans, mushrooms, sunflower seeds

Rio Grande Mexican Organic cilantro, salad mix. Local mushrooms & potatoes (most of yr). Local milk &

eggs

Rustic Oven Occasional special offering some local ingredients.

Salsitas Mexican Grill Locally grown and milled corn tortillas

Snooze Mostly organic produce and mostly local when in season. Local organically-

produced milk. Local eggs. Antibiotic and hormone-free pulled pork and steak. Local and organic mushrooms occasionally offered. Local bread. Local honey.

Organic spices. Organically-grown coffee. Local honey. Local spirits.

<u>Spoons</u> Extensive use of local organic produce when in-season. Local eggs. Antibiotic-free

sausage. Local organic mushrooms. Still confirming other items.

Starry Night Espresso Cafe Local growth hormone-free milk, Local eggs, Organic teas, Locally-procured organic

coffee. rGST-free cheddar. Honey sometimes local

<u>Tacos on the Street</u> Local produce used, when available

Tasty Harmony Mostly organic produce used. More local produce when in season. Organic soy, oil,

flour, nuts. All cheese organic. Local organic beer. Organic tea. Organically-grown

wine. Organic honey.

Thai Pepper Organic special-of-the-day, Organic tofu, Local organic produce when

available. Organic spring mix salad

Walrus Ice Cream Ingredients from local dairy. Locally procured organic coffee.

Whole Foods Growth hormone-free milk. Many prepared items include organic ingredients,

especially produce. Local produce used extensively when in season. Meat is

antibiotic and growth hormone-free. Local & organic beverages available.

Young's Cafe Vietnamese Local broccoli and mushrooms most of the time

Email us to request restaurants you'd like us to include

<sup>\*</sup>See definitions and exclusions page

## What YOU can do

- Use the site, keep checking back. Patronize eateries offering sustainable items
- Encourage other eateries to offer more
- Sign up online for <u>www.ncgreenmenu.com</u> newsletter
- Get politically involved to ensure a sustainable food supply <u>www.foodandwaterwatch.org</u>

www.ncgreenmenu.com