

Appetizers

- Indian Chickpea Blinis (mini pancakes)
3 wheat and gluten free blinis topped with cashew date chutney 8.5
- Quesadillas - Served with guacamole, sour cream, salsa and caramelized onions, roasted peppers, vegan cheddar and your choice of either
black olives 8.5
Black beans with corn and spinach 9.5

Salads

- Simple Mixed Green Salad
*red onion, sliced carrots and roasted beets with
Dijon Vinaigrette* Small 5.50 Large 7
- Vegan Caesar
*Our version of the traditional Caesar tossed with
red onions, homemade croutons and toasted
almonds* Small 6.00 Large 8.00
- Everything Salad
*mesclun greens tossed with Dijon vinaigrette
topped with a large scoop of salad made from one
of the following: Either whole grains, tempeh, tofu
or beans. Check our specials for today's
combination. Served with warm homemade foccacia* Small 7.50 Large 10
- Tuscan Arugula and White Bean Salad
roasted garlic dressing and seasoned croutons Small 7.00 Large 9

Sandwiches

- some of our sandwiches can be served over mesclun greens with Dijon
vinaigrette instead of bread for an additional charge of* 2

Homemade Southwest Black Bean and Roasted Sweet Potato Burger

Our homemade burger is a combination of southwest spiced black beans and roasted sweet potatoes. Served on a toasted bun with guacamole and salsa 9.5

Add: Slice of vegan cheddar 1.5

Grilled Portabella Mushroom Panini

roasted peppers, caramelized onions, garlic aioli on our homemade foccacia with small mesclun salad 10

Soups

Two homemade soups to choose from daily Cup 4.50 Bowl 6.00
Quart 11.00

Soup, Salad, and Bread 10

A cup of soup, a small simple salad, and either a wedge of cornbread or foccacia

Entrees

Check our Specials Menu for Additional Entrees

Make Your Own Bowl: Choose any 3 of the following for

brown rice 10

Baked Tofu or Tempeh

Sauteed Greens

Bean of the day

Wholewheat Spiral Pasta with homemade Marinara

Small Salad

Roasted Beets, Carrots or Potatoes

Pan Seared Tofu with Pistachio Gravy over Butternut Squash Mash

quinoa and roasted apple saute with rosemary sauce 21

toasted sesame seed dijon baked brussels sprouts (GF)

Garden Bowl

A meal in a bowl reflecting our global cuisine of deliciously prepared whole grains and seasonal vegetables and sauces made with either beans, baked tofu or tempeh. Sautéed greens come with every bowl
Check the Specials Menu for today's selection 12

Macro Meal

brown rice, sautéed greens, arame seaweed, tahini sauce and your choice of either the bean of the day or baked tofu 14

Indian Vegetable & Chickpea Enchiladas with Bombay Sauce

curried apple coconut salad, sautéed greens 16

Pick Your Pasta: Choose from:

pasta puttanesca: capers, kalamata olives, parsley in a mildly spicy tomato sauce OR Pasta marinara with no-meat balls served with garlic bread and a small mesclun salad 15

Childrens Menu

Wholewheat spiral pasta marinara with Meatless Balls, small salad 6

Peanut Butter sandwich with strawberry jelly and sliced apples 5.5

Cheese Quesadilla served with guacamole, sour cream, and salsa on the side 6.50

Fried Rice with small salad 6

Many of our side dishes are suitable for children

Sides

Baked Tofu, Baked Tempeh, Brown Rice, Sautéed Greens, Roasted Potatoes, Cornbread, Bean of the day, Foccacia 4

Arame seaweed 5.50

Desserts

Pie

Organic seasonal pies sweetened with maple syrup. Check specials menu 7

Fruit Crisp

Wheat free cinnamon baked seasonal fruit with crunchy oat topping 7
Add: Soy vanilla ice cream or no dairy whip cream 1.5

Warm Chocolate Brownie

Chocolate sauce and whip cream 7

Sorbet or Ice Cream

Two scoops of mango sorbet or vanilla or chocolate ice cream 5.5

Carrot Apricot Cake

with cream cheese frosting 7

Beverages

AGAVE SWEETENED SMOOTHIES

All fruit is organic except for the blueberries 16 oz. 7

Banana Latte

Chocolate soymilk, coffee, bananas, cinnamon 7

Berry Ambrosia

Bananas, blueberries, strawberries, coconut milk, orange juice 7

Strawberry Peach

Peaches, peach nectar, strawberries and your choice of coconut milk, vanilla soy ice cream, or just juice 7

Vivacious Violet

Vanilla soymilk, chocolate soy ice cream, blueberries and bananas 7

Peaches N Cream

Vanilla soy ice cream, peaches and peach nectar 7

Add:

Fresh ginger or protein powder for .5

Soy whip cream 1.5

Tea Pots

Organic loose teas 3

BLACK

English Breakfast, Earl Grey, Coconut Cream, Pumpkin Spice, Mexican Chocolate 3

GREEN

Kukicha, Chinese Sencha, Jasmine White 3

CHAI

Coconut Vanilla, Mayan, Rooibus 3

HERBAL

Chamomile, Meeting of the Mints, Fresh Ginger, Orange Detox 3

OTHER

Roasted Yerba Mate, Rooibus 3

Coffee

Organic Fair trade from Catskill Mountain Coffee

Regular or Decaf	1.50
<i>Refills</i>	.50

Coffee to go	Medium 1.75	Large 2
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Soda, Water and Fruit Juices

Izze Sparkling Fruit Juice	2.5
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Reed's Ginger Ale (may contain honey)	2.5
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Virgil's Root Beer	2.5
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San Pellegrino Water	5
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Additional Information