

Garden Cafe on the Green | Vegetarian Organic Dinner Menu  
6 Old Forge Road | Woodstock New York 12498 | Tel 845 679 3600

Appetizers

White Bean and Walnut Pesto Hummus spread on crispy toasted pita wedges	7
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
Vegan Cheddar Corn Cashew Tart	9

Salads

Simple Mixed Green Salad <i>red onion, sliced carrots and roasted beets with Dijon Vinaigrette</i>	Small 5 Large 7
Vegan Caesar <i>Our version of the traditional Caesar tossed with red onions, homemade croutons and toasted almonds</i>	Small 5.50 Large 7.5
Baby Spinach & Grapefruit Salad <i>avocado, red onion, toasted sunflower seeds, dijon vinaigrette</i>	Small 6.50 Large 9
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 Large 10

Tuscan Arugula and White Bean Salad  
*roasted garlic dressing and seasoned croutons* Small 6.50 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

**Afghani Lentil and Vegetable Boulanee (Roll up) with Lemon Sour Cream Cumin Glaze**  
*sautéed vegetables tossed with spiced lentils, potatoes and Afghan spices, rolled in a warm wholewheat tortilla* 9.5

**Grilled Portabella Mushroom Panini**  
*roasted peppers, caramelized onions, garlic aioli on our homemade foccacia with small mesclun salad* 10

**Grilled Curry Tofu Mango Sandwich**  
*caramelized onions, roasted red peppers, spiced aioli served with a small mesclun salad with dijon vinaigrette* 10

### Soups

**Two homemade soups to choose from daily** Cup 4 Bowl 5.5 Quart  
10.5

**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*

*Baked Tofu or Tempeh*

*Sauteed Greens*

*Bean of the day*

*Wholewheat Spiral Pasta with homemade Marinara*

*Small Salad*

*Roasted Beets, Carrots or Potatoes*

10

**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 todays 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*

12

**Quinoa and Black Bean Pilaf with Mole Sauce**

*blue corn chip and pecan crusted tempeh with peach salsa, spiced avocado and cucumber salad, sauteed greens*

21

**Indian Vegetable & Chickpea Enchiladas with Bombay Sauce**

*curried apple coconut salad, sautéed greens* 16

**Turkish Carrot and Apricot Rolls with Dill Yogurt Drizzle**

*Mideastern rice and vegetables with pistachio sauce* 21

*Baked tofu with cinnamon cumin tomato glaze, sauteed greens*

**Pasta Puttanesca**

*Capers, kalamata olives, parsley in a mildly spicy tomato sauce* 15

*served with garlic bread and a small mesclun salad*

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, Focaccia** 4

**Arame seaweed** 5

**Guacamole** 5

Desserts

**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

**Strawberry Shortcake with Whipped Cream**

8

**Sorbet or Ice Cream**

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

**Blueberry Coconut Cake with Lemon Glaze**

7

Beverages

**MAPLE SYRUP 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**

*Vanilla soy yogurt, peaches, peach nectar, strawberries* 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** 2

*Refills* 1

**Coffee to go** Medium 2.25 Large 2.5

Soda, Water and Fruit Juices

**Izze Sparkling Fruit Juice** 2.5

**Reed's Ginger Ale (may contain honey)** 2.5

**Virgil's Cream Soda (may contain honey)** 2.5

**San Pellegrino Water** 5

Additional Information