

HOMEMADE GRANOLA & CEREALS

Choice of gluten free granola:

FORAGER'S - rich maple, chewy cranberries, crunchy nuts

HI-PROTEIN - sweet & salty, crunchy amaranth clusters

PALEO - sweet coconut, crunchy nuts, chewy apricots

with almond milk or yogurt	8
with wild blueberry yogurt	9
with yogurt and fresh fruit	10

Steel Cut Oatmeal	5
with fruit compote	7

FRUIT & YOGURT

Wild blueberry yogurt with honey & almonds	5
add fresh cut fruit	9
Fresh cut fruit bowl	5

FARM FRESH ORGANIC EGGS

Frittata with zucchini, eggplant, portabello mushroom, tomato, onions, basil, served with salad 10

Any Style Eggs with tomato-jalepeno chutney & croissant French toast 9

Poached Eggs with parmesan corn croquettes & succotash 12

Egg White Omelette with tomato-cilantro salsa

choice of Tomato & Basil or Spinach & Avocado, or Ham & Cheddar 11

Quiche individually baked in flaky crust served with salad 9

MULTIGRAIN TARTINES & BREADS

Fresh baked pastries made here in our kitchen	p/a
Housemade Pretzel Bagel with cream cheese & jam	4.75
with smoked salmon, capers & crème fraiche	7.95

Ruby Red Grapefruit marmalade tartine with smoked salt & butter 5

Egg & Avocado tartine with hardboiled egg, chipotle creme 8

Chunky Avocado Butter tartine with mildly spicy tomatillo and savory cilantro 8

Scrambled Whole Eggs & Cheddar on fresh croissant or pretzel bagel 6

Egg Whites & Spinach on on fresh croissant or pretzel bagel 6

BURGERS & SANDWICHES served with housemade herbed potato chips

Croque Monsieur / Madame	11/13
Chicken Burger with fried egg & avocado on brioche	13
Short Rib Angus Pulled Beef on brioche with pickled jalepeno peppers	13
Grilled Cheese with tomato chutney	11
Chicken Salad with mustard seeds	10
Roast Turkey, parsley dijon remoulade	10
Country Ham with chives & cornichon butter	10
Tuna Salad, lightly dressed, with red onion	10
Smoked Salmon with dill crème fraiche	10
Roasted portabella mushroom, eggplant, zucchini, herbed goat cheese spread	10

HEARTY SALADS

Green & Red Lentil, Kale & Mesclun Salad, lemon garlic vinaigrette 10

Simply Kale, marinated with Red Quinoa, Red Bell Peppers, Hearts of Palm 10

Grilled Shrimp Confetti Salad, shredded cabbage, carrots, cucumber, tomatoes, chickpeas, tamari 13

Add chicken or organic fried egg to any of these 3/2

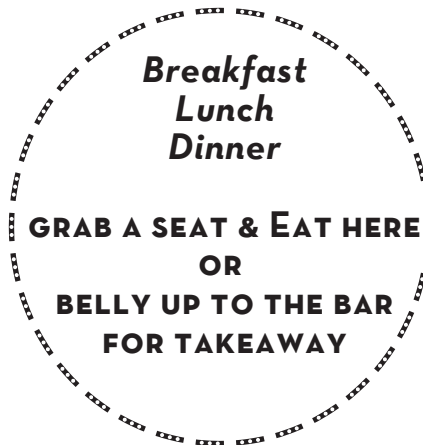
WHOLE MEAL BOWLS served with Red Quinoa & warm Brown Rice flavored with shallots, bell peppers, marinated Hearts of Palm

Grilled Meatballs cooked with tomato balsamic reduction with fresh herbs and spices	11
Marinated Chicken Breast tossed with fresh lemon, olive oil and roasted garlic aioli	11
Herbed Grilled Salmon with thyme, rosemary and parsley	13
Spinach and Fancy Mushroom Ragout	10
Green Superfood broccoli, peas, cucumber, avocado, queso fresca, fresh mint and parsley, toasted seeds	10

Add organic fried egg to any of these 2

ADD-ONS, SIDES & VEGGIES

Roasted Cauliflower Soup	8
Bacon, totally awesome thick cut slab	5
Multigrain Toast with butter and jam	3
Succotash, sautéed tender bits of corn, edamame, savory red peppers and red onions	5
Avocado, 'nuff said	3
Roasted Beets with goat cheese and honey vinaigrette	8
Sautéed Spinach w/ toasted pine nuts and mustard seed	8



ORGANIC & FAIR TRADE

COFFEE

Americano	3.00
Espresso	3.00
Macchiato	3.50
Cortado	3.75
Flat White	3.75
Cappuccino	4.00
Latte	4.00
Mocha	5.00

ORO HOT CHOCOLATE

local fresh milk,
64% luscious dark chocolate
5.00

HOT MULLED CIDER

fresh pressed apple juice,
cinnamon, clove & allspice
5.00

EXTRAS

Iced Latte	5.50
Iced	+0.50
Extra Shot	+0.75
Steamed Milk	+0.75

HOT TEA 3.50

Chai
Earl Grey
English Breakfast
Green
Orchid Oolong
White Lotus
Chamomile Citron
Verbena Mint

ICED TEA 4.00

Mint
Black
Green

FRESH MADE JUICES

Orange Juice	4.50
Lemonade	3.95

SODAS & WATER

Coke, Diet Coke 2.00
Aranciata, Evian 2.00
Badoit Sparkling 3.00



We support our farmers!

Violet Hill Farm, NY organically fed chickens, soy free, and free roaming
Hudson Valley Fresh dairy, 100% locally produced, sustainable agriculture methods