



DRINKS

ICED SPORTEA*

Our staple house iced tea is a premium blend of decaf tea leaves, sugar free, and naturally flavored with ginseng, ginger, lemon and Brazilian mate

SOFT DRINKS

Coke / Diet Coke / Sprite / Ginger Ale

COFFEE

Our locally sourced Moka Origins Fresh-Roasted Coffee Beans / Cappuccino / Espresso

THE TEA SPOT TEA

A full tea menu is available.

THERAPEUTIC LATTE (\$)

Our therapeutic lattes provide a pleasant pause to your day and can serve as a meditative and sensory indulgence that supports and ignites a lifestyle aligned with overall health and well-being. Ask your server for more information on our therapeutic lattes.

MIMOSA OF THE DAY (\$)

Ask your server about our mimosa of the day.

HEART AND SOUL (\$)

Kimerud Collector's Norwegian Pink Gin / Fresh Red Berries / Hand-Squeezed Lime Juice / ROOT The Granada Pomegranate / Fizz Topper / Blackmore Farm Rosemary Garnish

A FULL WINE & COCKTAIL LIST IS AVAILABLE BY REQUEST.

MAIN

SESAME-SEARED AHI TUNA* (gf) (df) (s) (se)

Blackmore Farm Greens / Mandarin Orange Segments / Cucumbers / Pickled Red Onions / Wasabi Peas / Sesame Ginger Dressing

GRILLED GREEK CHICKEN & NAAN

Mediterranean Marinated Chicken Breast / Cucumbers / Feta Cheese / Tomatoes / Greek Olives / Tzatziki / Grilled Buttermilk Naan

CLASSIC GRASS-FED BLACK ANGUS BEEF BURGER* (s) (se)

(Vegan Impossible Burger upon request)

Calkin's Creamery Barn Red Cheddar / Woodloch Burger Sauce / Red Onions / Vine Ripe Tomato / Blackmore Farm Greens / Kaiser Roll / Steak Fries

CHICKEN BREAST MILANESE (df)

Panko & Herb-Breaded Pasture-Raised Chicken Breast / Shaved Broccoli / Carrots / Asparagus / Watercress & Blackmore Farm Greens Salad / Strawberries / Lemon Vinaigrette

SHRIMP TACO* (df) (s)

Blackened Shrimp / Purple Cabbage Slaw / Chipotle Aioli / Cilantro / Lime / Green Onions / Flour Tortilla

GRILLED PORTABELLA MUSHROOM CHEESE "STEAK" (veg)

Balsamic-Marinated Portabella Mushrooms / Bell Peppers / Sweet Onions / Fontina Cheese / Brioche Roll / Terra Chips

BEET REUBEN (v) (s)

Roasted Red Beets / Sauerkraut / Vegan Swiss Cheese / Vegan Thousand Island Dressing / Marbled Rye Bread / Terra Chips

SPRING VEGETABLE POWER BOWL (v) (gf) (n)

Golden Quinoa / Asparagus / Blackmore Farm Greens / Carrots / Haricot Vert / Shaved Spring Radish / Avocado / Chick Peas / Toasted Marcona Almonds / Charred Scallion & Herb Vinaigrette

WILD CAUGHT BARRAMUNDI* (gf) (df)

Crispy Smashed Fingerling Potatoes / Spring Pea Puree / Haricot Vert / Dill & Grain Mustard Vinaigrette / Extra Virgin Olive Oil

ROAST BEEF PANINI* (se)

Chimichurri Marinated London Broil / Swiss Cheese / Watercress / Multi-Grain Ciabatta / Herb Sour Cream / Chimichurri Dipping Sauce / Steak Fries

FROM OUR GARDEN BUFFET

SALAD BAR & SEASONAL CONDIMENTS

BLACKMORE FARM CELERY ROOT &

CAULIFLOWER SOUP (v) (gf) (df)

SOUP DU JOUR

FRESH BAKED VEGAN CHOCOLATE

CHIP COOKIES (v) (gf) (s)

DOUBLE CHOCOLATE MINI BROWNIES

(veg) (s)

SEASONAL SWEETS

Please see our Garden Buffet for the current offerings.

We are proud of sourcing only sustainable seafood, local produce, our own Blackmore Farm herbs and vegetables, hormone-free beef, and free-range poultry. Locally sourced farms include: Willow Wisp / Calkin's Creamery / Mountain View Mushrooms / Harvest Moon Microgreens / Quails R' Us / Lukan's Farm Resort / Blackmore Farm / Lato Sud Farm / Hudson Valley Fish Farms / Subarashii Kudamono

v = Vegan veg = Vegetarian gf = Gluten Friendly n = Contains Nuts df = Dairy Free gel = animal gelatin s = soy se = Contains Seeds

Many items can be made gluten friendly or vegan upon request. Ask your server for more information.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. Items cooked to your liking. Many items can be made gluten friendly or vegan upon request. Ask your server for more information.