



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.

WINTER SPECIALTIES

BLACK BEAN QUESADILLA (v) (gf) (n)

House Made Smashed Black Beans / Corn Tortilla / Vegan Cheddar Cheese / Pico De Gallo / Vegan Chipotle & Lime Sour Cream / Micro Cilantro

SHAVED PORK TENDERLOIN & SOURDOUGH GRILLED CHEESE (s)

Garlic & Herb Roasted Pork Tenderloin / Fontina Cheese / Caramelized Sweet Onions / Dill & Caper Aioli / Terra Chips

POTATO & GRUYERE PIEROGI WITH ELK SAUSAGE (vegetarian upon request) (e)

House Made Pierogi / Sautéed Kale / Caramelized Honey Sweet Onions / Blistered Tomatoes / Fines Herbes / Dill Sour Cream

YUZU & HOT HONEY GLAZED SALMON (gf) (df)

Grilled Sweet Potatoes / Sautéed Winter Farm Greens / Snow Pea Pods / Coconut

SPA SIGNATURE DISHES

ROASTED BEET REUBEN (v) (s)

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

WINTER FARRO & VEGETABLE POWER BOWL (v) (n) (se)

Butternut Squash Farro / Roasted Brussels Sprouts / Shaved Radishes / Chick Peas / Roasted Butternut Squash / Pecans / Butternut Squash Seed Oil

GLUTEN FREE ROASTED SQUASH & HUMMUS FLAT BREAD (veg) (gf) (n)

Gluten Free Cauliflower Crust / House Made Ricotta Cheese / Roasted Garlic Hummus / Thyme Roasted Delicata & Koginut Squash / Fines Herbes / Toasted Pine Nuts / Extra Virgin Olive Oil / Apple Balsamic Creme

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

(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

KALE & SPINACH QUINOA SALAD (vegan upon request) (n)

Black Quinoa / Dried Cranberries / Granny Smith Apples / Shaved Red Onions / Feta Cheese / Roasted Pecans / Warm Shallot & Cider Vinaigrette

OLIVE OIL & HERB-MARINATED GRILLED CHICKEN BREAST

Mediterranean Orzo & Arugula Salad / Cucumbers / Tomatoes / Olive Tapenade / Shaved Red Onions / Bell Peppers / Marinated Artichokes / Feta Cheese / Lemon / Kastania Extra Virgin Olive Oil

FROM OUR GARDEN BUFFET

SALAD BAR & SEASONAL CONDIMENTS

COCONUT CARROT CURRY SOUP (v) (gf)

SOUP DU JOUR

FRESH BAKED VEGAN CHOCOLATE

CHIP COOKIES (v) (gf) (s)

DOUBLE CHOCOLATE MINI BROWNIES

(veg) (s) (e)

SEASONAL SWEETS

Please see our Garden Buffet for the current offerings.

STARTER FOR THE TABLE

FAMILY-STYLE STEAMED EDAMAME

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
e = Contains Egg

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.