



## 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

### BEET REUBEN (v) (s)

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

### POWER BOWL (v) (s) (se)

Golden Quinoa / Wild Rice / Blackmore Farm Greens / Butternut Squash / Roasted Blackmore Farm Turnips / Shaved Radishes / Spiced Cider Reduction / Roasted Pumpkin Seeds / Roasted Cauliflower / Dried Cranberries

### GRILLED CHICKEN CAESAR SALAD (vegan upon request) (s)

Grilled Romaine Hearts / Shaved Parmesan Cheese / Rosemary Crostini / Pasture-Raised Chicken Breast / Pickled Red Onions & Peppadew Peppers / House Caesar Dressing

### ITALIAN SAUSAGE & HOUSE RICOTTA FLATBREAD (gf) (vegetarian upon request)

Cauliflower Crust / Sweet Italian Sausage / House-Made Herb Ricotta Cheese / Peppadew Peppers / Charred Broccolini / Roasted Red Onions / Fresh Mozzarella / Baby Arugula / Balsamic Crème

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

(Vegan Impossible Burger upon request)

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

### NEW ENGLAND LOBSTER SALAD (s)

Maine Lobster Salad / Old Bay & Lemon Aioli / Fine Herbs / Celery Hearts / Green Onions / Blackmore Farm Greens / Toasted Brioche or Over Greens

### CHICKEN BREAST MILANESE (df)

Panko & Herb-Breaded Pasture-Raised Chicken Breast / Shaved Broccoli, Apple, & Arugula Salad / Pomegranate / Preserved Meyer Lemon / Lemon Vinaigrette

### CERTIFIED ANGUS BEEF STEAK POKE BOWL\* (s) (se)

Beef Tenderloin Tips / Sticky Rice / Broccoli / Carrots / Bell Peppers / Radishes / Green Onions / Furikake / Sweet & Spicy Garlic Teriyaki Sauce

### PAN-SEARED HUDSON VALLEY STEELHEAD TROUT\* (gf) (df) (n) (s) (se)

Parsnip Puree / Arugula & Micro Green Salad / Shaved Radishes / Lemon / Pine Nut Gremolata

### TURKEY PANINI (se)

Fresh Cranberry & Orange Relish / Brie / Cracked Pepper Turkey / Tart Apples / Multigrain Panini

## FROM OUR GARDEN BUFFET

### SALAD BAR & SEASONAL CONDIMENTS

### VEGETABLE LENTIL STEW (v) (gf)

### 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 offering.

## SIDES

### STEAMED EDAMAME (v) (gf) (s)

### TERRA CHIPS (v) (gf)

### HOUSE-MADE OVEN ROASTED

### STEAK FRIES (v)

### VEGETABLE & CHICK PEA SALAD (v)

(gf) (df)

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.