



## 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

### GRILLED CAESAR SALAD *(n) (vegan upon request) (s)*

Grilled Romaine Hearts / Shaved Parmesan Cheese / Rosemary Crostini / Apple Wood Smoked Bacon Lardons / Pickled Red Onions & Peppadew Peppers / Vegan House Caesar Dressing

### AUTUMN HARVEST FLATBREAD *(veg) (gf)*

Cauliflower Crust / Basil Pesto / House Made Ricotta Cheese / Sage Roasted Butternut Squash / Roasted Red Onions / Fresh Mozzarella / Baby Arugula / Brussels Sprouts / Balsamic Crème

### GRASS-FED BLACK ANGUS BEEF BURGER\* *(s) (se) (Vegan Impossible Burger upon request)*

Smoked Gouda / Crispy Shallots / Vine Ripe Tomato / Blackmore Farm Greens / Kaiser Roll / Honey Bourbon BBQ Sauce

### NEW ENGLAND LOBSTER ROLL\* *(df) (s)*

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

### CHICKEN BREAST MILANESE *(df)*

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

### CHAR-BROILED BLACK ANGUS BEEF CARNITAS\*

Flour Tortilla / Charred Tomato Salsa / Guacamole / Queso Fresco / Micro Cilantro / Lime

### BARBEQUE PULLED MUSHROOM SANDWICH *(v) (s)*

Creamy Vegan Cole Slaw / Shaved Radishes / Sweet Potato Pommes Frites / Vegan Kaiser Roll / Carolina Barbeque Sauce

### FALL POWER BOWL *(v) (gf) (s) (se)*

Golden Quinoa / Wild Rice / Blackmore Farm Greens / Koginut Squash / Delicata Squash / Honey Nut Squash / Spiced Cider Reduction / Roasted Pumpkin Seeds / Roasted Cauliflower / Dried Cranberries

### PAN-SEARED RAINBOW TROUT\* *(gf) (df) (n) (s)*

Sweet Potato Puree / Green Bean Almondine / Roasted Brussels Sprouts / Lemon / Lemon Agrumato

### TURKEY PANINI *(se)*

Fresh Cranberry & Orange Relish / Brie / Cracked Pepper Turkey / Tart Apple / 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)*

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.