



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 “Black & Brass” Fresh-Roasted Coffee Beans / Cappuccino / Espresso

ORGANIC “TWO LEAVES” 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 Pink Gin / Fresh Red Berries / Hand-Squeezed Lime Juice / ROOT The Grenada Pomegranate / Fizz Topper / Blackmore Farm Rosemary Garnish

A FULL WINE & COCKTAIL LIST IS AVAILABLE BY REQUEST.

Main

HAND-CRAFTED CAULIFLOWER CRUST SOUTHWEST TACO FLATBREAD* (veg) (gf) (s)

Cheddar Jack Cheese / Southwest Seasoned Beef / Lettuce / Tomatoes / Onions / Salsa / Sour Cream
Caprese Flatbread with Balsamic Glaze (veg) Upon Request

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

Cheddar Cheese / Balsamic Onions / Kaiser Roll

BLACKENED MAHI-MAHI* (gf) (df) (n)

Mahi-Mahi / Coconut Basmati Rice / Strawberry Cilantro Lime Salsa / Chile Oil

FREE-RANGE GRILLED BUFFALO CHICKEN CAESAR SALAD* (gf) (df) (s)

Lemon & Rosemary Marinated Chicken / Shaved Romaine / Crumbled Blue Cheese / Tomatoes / Onions / Buffalo Caesar Dressing / Herb Croutons

EGG SALAD PANINI (n) (s)

Fresh Chives / Sweet Pickle Relish / Arugula / Tomatoes / Rosemary Ciabatta

KOREAN STEAK TACO* (df) (s) (Impossible Meat upon request)

Grilled Korean Beef / Pickled Farm Vegetables / Radishes / Sesame Seeds / Green Onions

VEGETARIAN WRAP (df)

Whole Wheat Wrap / Hummus / Grilled Eggplant / Red Peppers / Blackmore Farm Zucchini and Carrots / Onions

HAND-CRAFTED BLACK BEAN QUESADILLA (v) (gf)

Corn Tortilla / Vegan Cheddar / Garden Greens / Pickled Sweet Corn & Vegetable Salad / Roasted Red Pepper Coulis

PAN-SEARED RAINBOW TROUT* (gf) (n) (df)

Sticky Rice / Grilled Asparagus / Watermelon Radishes / Citrus & Blackmore Farm Herb Vinaigrette

MANGO & CARIBBEAN-STYLE JERK SPICED GRILLED SHRIMP SALAD (s)

Marinated Jerk Shrimp / Blackmore Farm Greens / Diced Mango / Diced Pineapple / Roasted Red Peppers / Red Onions / Creamy Mango Dressing

v = Vegan veg = Vegetarian gf = Gluten Friendly n= Contains Nuts or Seeds df = Dairy Free gel = Animal Gelatin s = Soy
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.

We are proud of sourcing only sustainable seafood, local produce, and our own Blackmore Farm herbs and vegetables, hormone-free beef, and free-range poultry.

Locally sourced farms include:

Anthill Farms / Calkin’s Creamery / Freebird / Catskill Food Hub / Quails R’ Us

From Our Garden Bar

SALAD BAR & SEASONAL CONDIMENTS

TOMATO BASIL BISQUE (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 Bar for the current offering.

Sides

STEAMED EDAMAME (v) (gf) (s)

TERRA CHIPS

HOUSE-MADE OVEN ROASTED

STEAK FRIES (v)