



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

CAPRESE PANZANELLA SALAD (veg) (n)

Baby Arugula / Fresh Mozzarella / Vine Ripe Flavor Bomb Tomatoes / Cucumbers / Roasted Pine Nuts / Rosemary Ciabatta Croutons / Hydroponic Basil / Aged Balsamic Vinegar / Extra Virgin Olive Oil

HAND-CRAFTED SPRING VEGETABLE FLATBREAD (veg) (gf)

Grilled Asparagus / Marinated Artichoke Hearts / Roasted Mushrooms / Fresh Mozzarella / Extra Virgin Olive Oil / Gluten Free Cauliflower Crust / Boursin Cream Cheese Garlic & Herb Sauce

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

House-Made Kimchi / Gochujang / Blackmore Farm Greens / Kaiser Roll / Sweet Chili Aioli

NEW ENGLAND LOBSTER ROLL (s)

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

HAWAIIAN-STYLE GRILLED CHICKEN SANDWICH (df) (s) (se)

Pasture-Raised Chicken Breast / Pineapple & Shaved Cabbage Slaw / Canadian Bacon / Ace Bakery Brioche Roll / Roasted Sweet Potato Fries / Huli Huli Sauce

VEGAN STIR FRY (v) (df) (s) (se)

Sushi Rice / Crispy Chick Peas / Bell Peppers / Broccoli Florets / Julienne Carrots / Snow Peas / Furikake / Sweet & Spicy Garlic Teriyaki

BEET REUBEN (vegan upon request) (veg) (s)

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

SMASHED BLACK BEAN LETTUCE WRAP (v) (gf) (s)

Blackmore Farm Greens / Roasted Red Pepper / Vine Ripe Tomato / Butter Lettuce / Vegan Chipotle-Lime Aioli

MISO-MARINATED BLACK COD* (gf) (df) (s) (se)

Wild-Caught Black Cod / White Miso Marinade / Sticky Rice / Baby Bok Choy / Sesame / Sweet Soy Miso Glaze

TURKEY BURGER

Sea Salt, Cracked Pepper, & Garlic Seasoned Turkey / Avocado / Roasted Red Peppers / Blackmore Farm Greens / Quick Pickle Peppadew Salad / Cucumber Ranch Dressing / Ace Bakery Burger Bun

FROM OUR GARDEN BUFFET

SALAD BAR & SEASONAL CONDIMENTS

TOMATO, WHITE BEAN, & SPRING

VEGETABLE SOUP (v) (df) (gf) (s)

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)

SPRING 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.