



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

PEACH & ARUGULA SALAD (vegetarian upon request) (gf) (n)

Baby Arugula / Peaches / Raspberries / Blueberries / Prosciutto / Ricotta Salata / Pine Nuts / Peach-Champagne Vinaigrette

GREEK VEGETABLE & HUMMUS FLATBREAD (veg) (gf) (se)

Cauliflower Crust / Roasted Garlic & Lemon Hummus / Tomatoes / Cucumbers / Red Onions / Baby Arugula / Lemon Balsamic Crème / Extra Virgin Olive Oil / Tzatziki

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

Calkin's Creamery Vampire Slayer / Tomatoes / Blackmore Farm Greens / Kaiser Roll / Horseradish Truffle Sauce

NEW ENGLAND LOBSTER ROLL (s)

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

LEMON & HERB GRILLED CHICKEN BREAST (gf)

Free-Range Chicken / Asparagus / Basmati & Herb Rice Pilaf / Lemon, Garlic, & Herb Compound Butter

CHAR-BROILED BLACK ANGUS BEEF CARNITAS

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

MISO-MARINATED EGGPLANT SANDWICH (df) (s) (se)

Grilled Eggplant / House Made Hummus / Avocado / Pickled Carrots / Local Pea Shoots / Extra Virgin Olive Oil / Sprouted Grain Bread

BARBEQUE PULLED MUSHROOM SANDWICH (v) (s)

Carolina BBQ / Creamy Vegan Cole Slaw / Blackmore Farm Shaved Radishes / Vegan Kaiser Roll

GRILLED SCOTTISH SALMON* (gf) (df) (s)

Honey, Lemon, & Soy Lacquered / Blackmore Farm Radishes / Blackmore Farm Baby Greens / Charred Lemon / Extra Virgin Olive Oil

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

SUMMER VEGETABLE MINISTRONE

(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.