



## 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

### BLACKMORE FARM LUNCH POWER BOWL (gf) (df)

Blackmore Farm Hoop House Mixed Greens / Avocado / Tomatoes / Chick Peas / Cucumbers / Hard-Boiled Local Farm Egg / Seasonal Shaved Blackmore Farm Vegetables / Fresh Lemon / Extra Virgin Olive Oil

### HAND-CRAFTED STEAK FLATBREAD (gf)

Beef Tenderloin / Point Reyes Blue Cheese / Roasted Red Peppers / Spinach / Caramelized Sweet Onions / Fresh Mozzarella / Port Wine Reduction / Extra Virgin Olive Oil / Gluten Free Cauliflower Crust

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

Calkin's Creamery Barn Red Cheddar / Hardwood Smoked Bacon, Tart Apple, & Sweet Onion Jam / Baby Arugula / House-Made Pickles / Tomato / Kaiser Roll

### BLACKENED MAHI-MAHI TACO\* (df)

Creole Seasoned Mahi-Mahi / Pineapple Salsa / Avocado / Green Goddess Crème / Flour Tortilla

### GRILLED LEMON & HERB-MARINATED CHICKEN BRUSCHETTA (gf)

Pasture-Raised Chicken Breast / Shaved Parmesan Cheese / Vine Ripe Tomatoes / Onions / Local Basil / Balsamic Glaze / Basil-Infused Jasmine Rice / Roasted Garlic

### UDON NOODLE BOWL (v) (df) (s) (se)

Udon Noodles / Kale & Vegetable Pot Stickers / Bell Peppers / Broccoli Florets / Julienne Carrots / Furikake / Korean Ramen Broth

### BEET REUBEN (veg) (s)

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

### SMASHED BLACK BEAN WRAP (v) (s)

Vegan Chipotle Lime Aioli / Cilantro / Blackmore Farm Greens / Roasted Red Peppers / Tomatoes

### 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 (s)

Sea Salt, Cracked Pepper, & Garlic Seasoned Turkey / House-Made Guacamole / 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

### WARM POTATO LEEK SOUP (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)

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.