



GLOBALLY INSPIRED.  
 SEASONALLY DRIVEN.  
 LOCALLY SOURCED.

## COMPOSED SALADS

<b>BLACKENED CHICKEN</b>	11
Avocado   Black Beans   Radishes   Tobacco Onions   Candied Walnuts	
<b>MEDITERRANEAN SHRIMP SALAD</b>	11
Artichoke Hearts   Chickpeas   Cucumber   Feta   Red Onion   Tomato   Citrus Vinaigrette	
<b>PAN ASIAN RAW KALE SALAD [v]</b>	10
Asian Vegetables   Red Onion   Red Pepper   Mushrooms   Crispy Noodles   Carrot-Ginger	
<b>MAIN COURSE TRIO [v]</b>	11
Three Salads from our Seasonal Selection	
<b>GRILLED CHICKEN CAESAR</b>	11
Murray's Organic Chicken   Crisp Romaine   House Made Croutons   Parmesan Tuille	
<b>CEDAR SMOKED SALMON</b>	13
Crumbled Bleu Cheese   Candied Walnuts   Roasted Grape Vinaigrette	
<b>MEZZE PLATE [v]</b>	13
Falafel   Hummus   Feta   Tabbouleh   Eggplant Zaalouk   Black Olives   Chopped Romaine   Grilled Pita	
<b>MAIN COURSE COBB</b>	11
Crumbled Bleu Cheese   Tomato   Avocado   Feather Ridge Farm Hard Boiled Egg   Grilled Chicken   Nitrate Free Bacon	
<b>GARDEN PATCH [v]</b>	6/8
Small   Large	
<b>DRESSINGS</b>	
Toasted Walnut   Caesar   Balsamic   Citrus   Roasted Grape   Carrot-Ginger	
[+4] additional protein: Chicken   Tofu   Seitan	
[+5] additional Beef   Shrimp [+9] additional Salmon	

## CREATE-YOUR-OWN CHOPPED SALAD

Choose from our list of over 25 ingredients.  
(Pick up a Chopped Salad Order Form)

## STREET FOOD

House-Made Ethnic Specialties. Add a side [+2]

<b>SPANISH BEEF EMPANADA</b>	7
Chimichurri	
<b>MUSHROOM + GOAT CHEESE EMPANADA [v]</b>	7
Harissa	
<b>MEDITERRANEAN FALAFEL [v]</b>	7
Pita   Isreali Salad   Tabbouleh   Tzatziki	

[v] Vegetarian (may contain egg or dairy). Many of our Vegetarian dishes can be made Vegan.

## DON'T FORGET ABOUT OUR DAILY LUNCH + DINNER SPECIALS

### SANDWICHES + PANINIS

Served with Mixed Greens, Tabbouleh or  
Potato Salad + House Made Pickles.  
Gluten Free Bread available upon request.

<b>SMOKED TURKEY</b>	10
Avocado   Roasted Red Peppers   Cheddar   Chipotle Aioli	
<b>GRILLED CHEESE [v]</b>	10
Havarti   Cheddar   Truffled Ricotta	
<b>GRILLED CHICKEN</b>	10
Fresh Mozzarella   Roasted Red Peppers   Basil Aioli	
<b>HOME STYLE MEATLOAF</b>	10
Cheddar   Barbecue Sauce   Tobacco Onions	
<b>MC VEGGIE BURGER [v]</b>	10
Lentils   Oats   Black Beans   Avocado   Chipotle Aioli	
<b>LOBSTER CLUB</b>	13
Avocado   Smoked Salmon Bacon   Frisee   Citrus Vinaigrette	
<b>CRISP EGGPLANT [v]</b>	10
Portobello Mushroom   Fresh Mozzarella   Roasted Red Peppers   Oven Roasted Tomato Chutney	
<b>BLACKENED CHICKEN</b>	10
Avocado   Roasted Red Peppers   Tobacco Onions   Chipotle Aioli	
<b>GRILLED HUDSON VALLEY CATTLE CO. HANGER STEAK</b>	11
Melted Cheddar   Roasted Onions   Portobello Mushroom Hash	
<b>MAIN COURSE COMBO</b>	10
1/2 Sandwich   Cup of Soup   Salad	
[+3] Lobster Club + Soup Combo	
[+1] Grilled Hanger Steak + Soup Combo	

## IN A HURRY? TRY OUR GRAB + GO SELECTIONS

House Made Heat & Serve Entrees, Soups,  
Salads, Sandwiches, Condiments + Desserts.

## JUICE BAR Small | 4.5 Large | 6.5

### VEGGIE BURST

Parsley | Tomatoes |  
Cucumber | Spinach  
| Celery | Carrot

### GREEN MACHINE

Spinach | Cucumber  
Celery | Kale | Apple  
| Lemon

### ORANGE-CARROT GINGER

### DEVIL BURST

Veggie Burst + a Shot  
of Sriracha Chili Sauce

### APPLE CARROT BEET

### SMOOTHIE OF THE DAY

Check out our Daily  
Specials

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## COLD BEVERAGES

Bottled Water [ New York | Dasani | Penta ] Vitamin  
Water | Saratoga Sparkling Water | Coconut Water |  
Natural Sodas [ Boylan | Mash | Virgil's | Dry ] Coke |  
Kombucha Wonder Drink | Iced Tea [ Harney & Sons  
| Joe's | Honest ] | Amazon Energy

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## WINE BY THE GLASS 7.5

**ROSÉ** | Notes of guava & peach blossom followed by  
flavors of strawberry & watermelon

**CHARDONNAY** | Light-medium bodied, un-oaked,  
crisp & dry with lots of green apple & lemony aromas.

**WHITE MERLOT** | Bright grapefruit and lemongrass  
aromas accented by flavors of citrus & Fuji apple.

**RED BLEND** | Medium bodied dry red wine with lush  
dark cherry cola, cedar & peppery spiciness.

**RESERVE GAMAY NOIR** | A rich, robust body with  
little to no tannins

*See our full wine list for wines available by the bottle.*

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## SIGNATURE COCKTAILS 8.5

*Check out our cocktail menu for our seasonal signature  
cocktails. Additional cocktails are available on our daily  
specials menu.*

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## CRAFT BEER 5.5

Six Point | Middle Ages | Mill House | Flagship | Paradox  
Newburgh | Ommegang | Coney Island | Bull & Barrel |  
Ellicottville | Chatham | Adirondack | Peekskill | Southern  
Tier | Greenport Harbor | Doc's | Yankee Folly (14) |  
Graft Cider

*Seasonal & limited availability, stop by our case for  
today's selections.*

## COFFEE + TEA

### NOBLE COFFEE ROASTERS

Regular - Small   Large	2/2.5
Decaffeinated - Small   Large	2/2.5
Six Depot Cold Brew Iced Coffee	3.5
Iced Coffee	2.25
Espresso	2.5
Double Espresso	3.5
Cappuccino	3.5
Cafe Latte	3.5
Cafe Americano	3.5
Cafe au Lait	3.5
Macchiato	3.5
Iced Latte or Cappuccino	3.5
Double Hot Chocolate	3.5

### HARNEY + SONS TEAS

Cup   Pot	2/4
Iced Tea of the Day	3.5

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## INFUSED ICED TEAS + ORIGINAL SPRITZERS

Look for our daily creations!

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## HOUSE MADE DESSERTS

Cookies | Brownies | Pastries | Pies | Tarts  
| Puddings | Breads | Cakes | Scones |  
Specialty Desserts | Cupcakes

*Our desserts are made fresh daily. Check out  
today's selections at the counter. Additional  
desserts are available in our our grab + go.*

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## PREPARED SALADS BY THE POUND

Hummus | Curried Chicken Salad | Eggplant  
Zaalouk | Mediterranean Kale Salad | Asian  
Vegetables | Grilled Vegetables | Grilled  
Potato Salad | Tabbouleh

*Visit our showcase to see our freshly  
prepared salads of the day.*