



GLOBALLY INSPIRED.  
 SEASONALLY DRIVEN.  
 LOCALLY SOURCED.

## COMPOSED SALADS

- BLACKENED CHICKEN** 11  
 Avocado | Black Beans | Radishes  
 | Tobacco Onions | Candied Walnuts
- MEDITERRANEAN SHRIMP SALAD** 11  
 Artichoke Hearts | Chickpeas | Cucumber  
 | Feta | Red Onion | Tomato | Citrus Vinaigrette
- PAN ASIAN RAW KALE SALAD [v]** 10  
 Asian Vegetables | Red Onion | Red Pepper  
 | Mushrooms | Crispy Noodles | Carrot-Ginger
- MAIN COURSE TRIO [v]** 11  
 Three Salads from our Seasonal Selection
- GRILLED CHICKEN CAESAR** 11  
 Grilled Chicken | Crisp Romaine | House Made  
 Croutons | Parmesan Tuille
- CEDAR SMOKED SALMON** 13  
 Crumbled Bleu Cheese | Candied Walnuts  
 | Roasted Grape Vinaigrette
- MEZZE PLATE [v]** 13  
 Falafel | Hummus | Feta | Tabbouleh | Eggplant  
 Zaalouk | Black Olives | Chopped Romaine | Grilled Pita
- MAIN COURSE COBB** 11  
 Crumbled Bleu Cheese | Tomato | Avocado  
 | Feather Ridge Farm Hard Boiled Egg |  
 Grilled Chicken | Nitrate Free Bacon
- GARDEN PATCH [v]** 6/8  
 Small | Large
- DRESSINGS** | 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]**

- SPANISH BEEF EMPANADA** | Chimichurri 7
- MUSHROOM + GOAT CHEESE  
EMPANADA [v]** | Harissa 7
- MEDITERRANEAN FALAFEL [v]** | Pita |  
 Isreali Salad | Tabbouleh | Tzatziki 7

**[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

### PANINI SANDWICHES

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

- SMOKED TURKEY** 10  
 Avocado | Roasted Red Peppers  
 | Cheddar | Chipotle Aioli
- GRILLED CHEESE [v]** 10  
 Havarti | Cheddar | Truffled Ricotta
- GRILLED CHICKEN** 10  
 Fresh Mozzarella | Roasted Red  
 Peppers | Basil Aioli
- HOME STYLE MEATLOAF** 10  
 Cheddar | Barbecue Sauce  
 | Tobacco Onions
- M.C. VEGGIE BURGER [v]** 10  
 Lentils | Oats | Black Beans  
 | Avocado | Chipotle Aioli
- LOBSTER CLUB** 13  
 Avocado | Smoked Salmon Bacon  
 | Frisee | Citrus Vinaigrette
- CRISP EGGPLANT [v]** 10  
 Portobello Mushroom | Fresh  
 Mozzarella | Roasted Red Peppers  
 | Oven Roasted Tomato Chutney
- BLACKENED CHICKEN** 10  
 Avocado | Roasted Red Peppers  
 | Tobacco Onions | Chipotle Aioli
- GRILLED HUDSON VALLEY  
CATTLE CO. HANGER STEAK** 11  
 Melted Cheddar | Roasted Onions  
 | Portobello Mushroom Hash
- MAIN COURSE COMBO** 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.

**SAUVIGNON BLANC** | Bright flavors of citrus and  
grapefruit

**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 9

*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 6.5

Six Point | Gun Hill | Mill House | Mikkeller NYC | Paradox  
| Newburgh | Singlecut | Kings County | Common Roots |  
Bronx | Adirondack | Peekskill | Greenport Harbor | Doc's |  
Graft Cider | Hudson Standard 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.*