SALADS
- arugula w/ white beans, croutons, red onion, & roasted garlic maple dressing  sm 8.5 [lg 13]
- caesar w/ croutons, red onions & almonds  sm 8.5 [lg 13]
- simple mesclun greens with veggies & dijon vinaigrette  sm 7 [lg 9]
- Baby spinach w/ fresh strawberries, pumpkin seeds, red onions & dijon vinaigrette  sm 8.5 [lg 13]
- soup, salad & bread: choice of bowl of soup, our small simple salad & focaccia or cornbread 13
- change from simple salad add 2

SANDWICHES
- portobello panini w/ roasted red peppers, sauteed onions & garlic aioli on our focaccia w/ salad 14
- mediterranean chickpea wrap w/ olives, cherry tomatoes & tahini, w/ roasted potatoes 10.5
- black bean and rice burrito w/ lettuce, tomato, red onion, cilantro, sour cream, guacamole, salsa & salad 13
- red bean sweet potato rice burger w/ chipotle aioli & roasted potatoes 13
- TLT, tempeh bacon, lettuce, tomato & mayo on whole grain bread w/ salad 13
- beyond burger w/ bbq mushrooms, dalya & pesto mayo w/ salad 16

KIDS
- PB & J w/ apple slices 6
- pasta marinara w/ un-meatballs 8
- dalya cheddar quesadilla 6
- fried rice 6

SIDES
- pan-seared tofu or baked tempeh 5
- brown rice 4
- roasted potatoes 5
- sauteed kale 5.5
- black beans 4
- house made focaccia 3
- house made cornbread 5
- arame seaweed salad 6.5
- half avocado 5
- tahini 1.5

WE ARE 100% PLANT BASED, NON GMO AND STRIVE TO USE AND SUPPORT LOCAL PRODUCERS AND ORGANIC INGREDIENTS.

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES
3% SERVICE CHARGE ON TOGO'S
POT OF TEA 4
black: irish breakfast, mango, earl grey, coconut cream, mayan chai
green: kukicha, sencha
herbal: chamomile, mint, orange detox, fresh ginger, rooibos, hibiscus, maple cream
mug of immune boost tea 4
fresh ginger, lemon, turmeric & a sprinkle of cayenne & black pepper

FRESH ORGANIC JUICE 8
choose from the following ingredients:
carrot, beet, apple, kale, spinach, celery, cucumber, parsley, cilantro, lemon, ginger
(leafy greens must be mixed with others to juice properly)
hot shot: ginger; lemon, turmeric, cayenne, and black pepper 1 oz. 2.5
apple lemonade 6.5
fresh, organic: aj 6.5

SMOOTHIES 8
banana latte: soy milk, cocoa, coffee, banana, cinnamon, maple syrup
berry ambrosia: blueberry, strawberry, coconut milk, apple juice, agave
vivacious violet: soy milk, chocolate cashew ice cream, blueberry, banana, maple
custom: choose a base, fruit and sweet
base: coconut milk, soy milk, almond milk, apple juice or orange juice
fruit: strawberry, blueberry or banana
sweet: maple, agave
add hemp seed, hemp protein, spirulina, cacao, or chia for 1

HOT BEVERAGES
organic, fair trade, and locally roasted coffee
cup 3 iced 3.5
to-go sm 2.5 lg 3
espresso 3
cappuccino 3.5
latte 4.5
extra shot 1
chai latte 5
matcha latte 5

SODA 3.5
izzie: pomegranate or clementine
natural brew ginger ale
natural brew root beer
pellegrino 5

BEER
1911 Hard Cider - Lafayette, NY 5.5% 8
Abita Purple Haze - Abita Springs, LA 4.2% 6
Captain Lawrence Kolsch - Elmsford, NY 4.8% 6
Founders All Day IPA - Grand Rapids, MI 4.7% 6
New Grist Gluten Free Pilsner - Milwaukee, WI 5.1% 7
Ommegang Abbey Ale - Cooperstown, NY 8.2% 7
Ommegang Hennepin - Cooperstown, NY 7.7% 7
Samuel Smith Chocolate Stout - Tadcaster, England 5.0% 7
Samuel Smith Lager - Tadcaster, England 5.0% 8
South Hampton Double White - Southampton, NY 6.6% 6
Southern Tier 2X IPA - Lakewood, NY 8.2% 8
Sunday Light Lager - Brooklyn, NY 3.9% 6
Founders Porter - Grand Rapids, MI 6.5% 7

SPECIAL COCKTAILS
Sake Bloody Mary 10
traditional mix with 2 shots of sake
Sake Apple Lemonade 10
with 2 shots of sake
White Summer Sangria 11
fresh berries, fresh oj, white wine, and a splash of prosecco
Classic Mimosa 9

ORGANIC WINE
WHITE
sauvignon blanc, maison legrand, 2016, france 9/36
bright herbs, lemon and apple
pinot grigio, ziabaffa, 2016, italy 8/32
zesty, dry with stone fruits
chenin blanc, cape original, 2016, south africa 9/36
bold citrus, tropical fruits, crisp
chardonnay, claudie via lade, 2016, france 9/36
full bodied, dry, apples & oak
rose, casa do valle, 2018, portugal 8/32
strawberry accents, light acidity

RED
malbec, vallisto, 2014, argentina 9/36
ripe red and black fruits, soft tannins
montepulciano, castorani, 2014, italy 9/36
intense fruit notes, with hint of chocolate, spice
garnacha, proyecto, 2015, spain 10/40
wild grapes, juicy red berry flavor, white pepper notes
pinot noir, stringtown, 2015, oregon 10/40
light to medium bodied, aromatic
toscanca, ziabaffa, 2013, italy 10/40
intense bouquet, fruity, violet aroma

SPARKLING
prosecco, ziabaffa, italy 9/36
make it a mimosa