

SOUP & STARTERS *

hummus plate with warm flatbread & olives 6
 sweet & spicy special sauce flatbread
 with chicken & cheese or vegan 8
 today's vegan, gluten-free soup 4 | 6
 vegetarian chili, cheddar, scallions & cornbread 6 | 8

SALADS

fresh leafy greens
 add chicken, turkey, tempeh or tofu 2

beets *

goat cheese, sunflower
 seeds tarragon vinaigrette 8 | 12

asian *

rice noodles, carrots,
 scallions & sesame ginger dressing 8 | 12

house *

seasonal fruit, ricotta salata,
 sunflower seeds & white balsamic 8 | 12

kale *

carrots, scallions, cranberries,
 almonds & miso lemon vinaigrette 8 | 12

greek *

cucumbers, olives, grape leaves,
 ricotta salata &
 mediterranean vinaigrette 8 | 12

SANDWICHES

served hot on a dark grain Balthazar bakery roll,
 Tomcat rosemary round ciabatta, or gluten free wrap
 with a pickle & chips or a small green salad

fresh turkey breast

cheddar, greens & dijon mustard 12

roasted chicken breast

pesto, roasted peppers & cheddar 12

beef brisket

sweet pickles, cheddar & mustard 14

grilled sausage sandwich

with chutney, greens & dijon mustard 12

goat cheese

local honey, greens & chutney 12

tempeh

chutney & greens 12

grilled cheddar cheese

simple pleasure 10

hotdog on a Balthazar bun

with sauerkraut 5

BURRITOS & TACOS

served with small green salad

local's famous quinoa burrito

whole wheat tortilla, cheddar,
 black beans & house made salsa 12
 with chicken | tofu | tempeh 14 brisket 16

atc burrito

whole wheat tortilla, fresh avocado,
 chopped tomatoes, & cheddar 12
 with chicken | tofu | tempeh 14 brisket 16

falafel burrito

whole wheat tortilla, oven baked falafel,
 hummus, cucumber & tomato 12
 with chicken | tofu | tempeh 14 brisket 16

grilled veggie burrito

whole wheat tortilla, quinoa, black beans,
 cheddar, grilled zucchini & red peppers 14

local tacos *

two soft corn tortillas, cheddar,
 black beans, tomatoes & avocado crema
 with chicken | tofu | tempeh | veggie 12 brisket 14

hummus wrap

salad greens, carrots & cucumber-try it "spicy" 10

PLATES**hudson valley grass fed beef brisket**

tamarind BBQ sauce, cornbread & salad 16

grilled local farm kielbasa

with sauerkraut 14

warm kale

roasted squash & goat cheese salad 12
 add chicken, tofu, or tempeh 4

falafel plate

hummus, cucumber, grape leaves,
 olives & flatbread 12

sesame ginger chicken *

with quinoa & green salad 12

goat cheese & herb quiche

with small green salad 12

LOCAL

KIDS

served on Balthazar sliced bread
with fruit, carrots or chips &
a small milk, organic lemonade or cider 8

grilled cheese

add \$2 for fresh chicken or turkey

fresh roasted chicken breast

plain and simple.

burrito

quinoa, beans & cheese

soup of the day

organic peanut butter & jelly

nutella sandwich

organic hot dog

ICE CREAM

SoCo Creamery

all natural, hand made in
Great Barrington, Massachusetts

cups & cones

kids 3.50 | single 5 | double 7

shakes 5 | 8

rootbeer float 8

two scoop sundaes 8

toppings 1

hot fudge

caramel

whipped cream

marshmallows

gummies

cookie crunch

sprinkles are free!

DRINKS, COFFEE & TEA

all drinks 3

home made lemonade

raspberry hibiscus herbal iced tea

lemon ginger herbal iced tea

ceylon black iced tea

Virgil's root beer

Reed's extra strong ginger brew

Irving Farm organic iced coffee

Perrier

chocolate milk

small bottle of water 2

Irving Farm organic farm brew coffee

Serendipi-tea organic, loose leaf tea

temple of heaven gunpowder green

english breakfast

peppermint (herbal)

chamomile & lavender (herbal)

masala "cha cha" chai

buccaneer black tea

with vanilla bean and toasted coconut

blood orange (herbal)

decaf black

SMOOTHIES 5 | 8

non fat yogurt, milk (or almond milk)

with your choice of fruit:

banana

blueberries

ask for other fruit available today

vegan smoothies are available

add spinach or vegan protein 1

* gluten free