

To Share is to Love...

Dinner



Vegan Menu

PLANT ADDICTS UNITE!

A La Carte...

Salad

EAT YOUR GREENS

FIELD GREEN SALAD* 12|16
roasted beets, radish, pear, craisins,
toasted seeds, raspberry balsamic vinaigrette
+ADD TOFU 4

Small Plates

WE LOVE GOOD COMPANY

SHAVED BRUSSELS SPROUTS*^ 14
sautéed red onions, honey mustard,
sunflower seeds

HOUSE FRIES*+ 9
pre-emption plant & produce rosemary & garlic,
house made ketchup

TEMPURA CAULIFLOWER*^+ 20
choice of: miso glaze, bbq sauce,
house ketchup or honey hot sauce

Grilled Flatbreads

MADE IN HOUSE USING NYS FLOURS

THIRD EYE FUNGI MUSHROOM 19
white garlic, caramelized onions,
olive oil & herbs

SLICED PEAR 19
pear purée, caramelized onions,
broccolini, sunflower seeds

A 2% hospitality supplement is added to all checks to help our restaurant provide competitive pay & benefits to our hardworking employees. This is not gratuity. If you would like to opt out, please let us know, no questions asked.

Mains

IN VEGETABLES WE TRUST

TOFU VEGETABLE RICE BOWL 26
turmeric rice, miso glaze,
pickled red onions,
sautéed market vegetables,
scallions, peanuts, sesame seeds

VEGETABLES DU JOUR* 24
chef's daily seasonal preparation
+ADD TOFU 4

PASTA PRIMAVERA* 26
butternut squash, cauliflower,
brussels sprouts, peppers & onions,
olive oil, white wine, garlic & herbs
choice of: gluten free penne or shells
+ADD HOUSE FOCACCIA BREAD 2

Dessert

DON'T FORGET THE SWEET STUFF

CHOCOLATE COCONUT TART* 10
dark chocolate & coconut milk filling,
almond flour crust, seasonal fruit coulis
+ADD A SCOOP OF SORBET 4

SORBET* 4|10
house made, seasonal flavors, 1 or 2 scoops



If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.

(*)gluten free or options available
(+)items fried in our veggie oil fryer
may contain trace amounts of shellfish
(^)may contain small amounts of honey