

Garden Cafe on the Green | Vegetarian Organic Dinner Menu
6 Old Forge Road | Woodstock New York 12498 | Tel 845 679 3600

Appetizers

White Bean and Walnut Pesto Hummus Spread on crispy toasted pita wedges	7
Indian Chickpea Blinis (mini pancakes) 3 wheat and gluten free blinis topped with cashew date chutney	8.5
Quesadillas - Served with guacamole, sour cream, salsa and caramelized onions, roasted peppers, vegan cheddar and your choice of either	
Black olives	8.5
Black beans with corn and spinach	9.5
Vegan Cheddar Corn Cashew Tart	9

Salads

Simple Mixed Green Salad <i>Red onion, sliced carrots and roasted beets with Dijon Vinaigrette</i>	Small 5 Large 7
Vegan Caesar <i>Our version of the traditional Caesar tossed with red onions, homemade croutons and toasted almonds</i>	Small 5.25 Large 7.5
Baby Spinach & Grapefruit Salad <i>Avocado, red onion, toasted sunflower seeds, dijon vinaigrette</i>	Small 6 Large 9
Everything Salad	

Mesclun greens tossed with Dijon vinaigrette topped with a large scoop of salad made from one of the following: Either whole grains, tempeh, tofu or beans. Check our specials for today's combination. Served with warm homemade foccacia Small 6.5 Large 10

Tuscan Arugula and White Bean Salad
Roasted garlic dressing and seasoned croutons Small 6 Large 9

Sandwiches

Some of our sandwiches can be served over mesclun greens with Dijon vinaigrette instead of bread for an additional charge of 2

Homemade Southwest Black Bean and Roasted Sweet Potato Burger
Our homemade burger is a combination of southwest spiced black beans and roasted sweet potatoes. Served on a toasted bun with guacamole and salsa 9.5
Add: Slice of vegan cheddar 1.5

Afghani Lentil and Vegetable Boulanee (Roll up) with Lemon Sour Cream Cumin Glaze
Sautéed vegetables tossed with spiced lentils, potatoes and Afghan spices, rolled in a warm wholewheat tortilla 9.5

Grilled Portabella Mushroom Panini
Roasted peppers, caramelized onions, garlic aioli on our homemade foccacia with small mesclun salad 10

Grilled Curry Tofu Mango Sandwich
caramelized onions, roasted red peppers, spiced aioli served with a small mesclun salad with dijon vinaigrette 10

Soups

Two homemade soups to choose from daily Cup 4 Bowl 5.5 Quart
10.5

Soup, Salad, and Bread

10

A cup of soup, a small simple salad, and either a wedge of cornbread or foccacia

Entrees

Check our Specials Menu for Additional Entrees

Make Your Own Bowl: Choose any 3 of the following for

Brown rice

Baked Tofu or Tempeh

Sauteed Greens

Bean of the day

Wholewheat Spiral Pasta with homemade Marinara

Small Salad

Roasted Beets, Carrots or Potatoes

10

Garden Bowl

A meal in a bowl reflecting our global cuisine of deliciously prepared whole grains and seasonal vegetables and sauces made with either beans, baked tofu or tempeh. Sautéed greens come with every bowl

Check the Specials Menu for todays selection

12

Macro Meal

Brown rice, sautéed greens, arame seaweed, tahini sauce and your choice of either the bean of the day or baked tofu

12

Panko Crusted Fresh Green Pea Fritters with Roasted Cherry Tomato Garni

Baked tofu with coconut tamarind sauce, golden rice and vegetables sautéed greens

20

Quinoa and Black Bean Pilaf with Mole Sauce

blue corn chip and pecan crusted tempeh with peach salsa, spiced avocado and cucumber salad, sauteed greens 20

Indian Vegetable & Chickpea Enchiladas with Bombay Sauce
Curried apple coconut salad, sautéed greens 16

Childrens Menu

Wholewheat spiral pasta marinara with Meatless Balls, small salad 6

Peanut Butter sandwich with strawberry jelly and sliced apples 5.5

Cheese Quesadilla served with guacamole, sour cream, and salsa on the side 6

Fried Rice with small salad 6

Many of our side dishes are suitable for children

Sides

Baked Tofu, Baked Tempeh, Brown Rice, Sautéed Greens, Roasted Potatoes, Cornbread, Bean of the day, Foccacia 4

Arame seaweed 5

Guacamole 5

Desserts

Pie

Organic seasonal pies sweetened with maple syrup. Check specials menu 7

Blueberry Coconut Cake with Lemon Glaze

7

Fruit Crisp

Wheat free cinnamon baked seasonal fruit with crunchy oat topping 7

Add: Soy vanilla ice cream or no dairy whip cream 1.5

Warm Chocolate Brownie

Chocolate sauce and whip cream 7

Strawberry Shortcake with Whipped Cream

8

Sorbet or Ice Cream

Two scoops of mango sorbet or vanilla or chocolate ice cream 5.5

Beverages**MAPLE SYRUP SWEETENED SMOOTHIES**

All fruit is organic except for the blueberries 16 oz. 7

Banana Latte

Chocolate soymilk, coffee, bananas, cinnamon 7

Berry Ambrosia

Bananas, blueberries, strawberries, coconut milk, orange juice 7

Strawberry Peach

Vanilla soy yogurt, peaches, peach nectar, strawberries 7

Vivacious Violet

Vanilla soymilk, chocolate soy ice cream, blueberries and bananas 7

Peaches ‘N’ Cream

Vanilla soy ice cream, peaches and peach nectar 7

Add:

Fresh ginger or protein powder for .5

Soy whip cream 1.5

Tea Pots

Organic loose teas 3

BLACK

English Breakfast, Earl Grey, Coconut Cream, Pumpkin Spice, Mexican Chocolate 3

GREEN

Kukicha, Chinese Sencha, Jasmine White 3

CHAI

Coconut Vanilla, Mayan, Rooibus 3

HERBAL

Chamomile, Meeting of the Mints, Fresh Ginger, Orange Detox 3

OTHER

Roasted Yerba Mate, Rooibus 3

Coffee

Organic Fair trade from Catskill Mountain Coffee

Regular or Decaf 2

Refills 1

Coffee to go Medium 2.25 Large 2.5

Soda, Water and Fruit Juices

Izze Sparkling Fruit Juice 2.5

Reed's Ginger Ale (may contain honey) 2.5

Virgil's Cream Soda (may contain honey) 2.5

San Pellegrino water 5

Additional Information