

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

Appetizers

White Bean and Walnut Pesto Hummus <i>Spread on crispy toasted pita wedges</i>	7
Quesadillas - Served with guacamole, sour cream, salsa and caramelized onions, roasted peppers, vegan cheddar and your choice of either <i>Black olives</i>	8.5
<i>Black beans with corn and spinach</i>	9.5
Vegan Cheddar Cashew Corn 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 5.50 Large 8
Baby Spinach Grapefruit Salad <i>Avocado, red onion, toasted sunflower seeds, Dijon dressing</i>	Small 6.50 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 7 Large 10

Tuscan Arugula and White Bean Salad

Roasted garlic dressing and seasoned croutons Small 6.50 Large 9

Sandwiches

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

Grilled Mediterranean Chickpea Wrap

Smashed chickpeas with roasted garlic, cherry tomatoes, olives, Mediterranean seasonings in a grilled wrap with a drizzle of sesame sauce 6.5

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, Afghan spices in a warm tortilla 9.5

Grilled Portabella Mushroom Panini

Roasted peppers, caramelized onions, garlic aioli on homemade whole-wheat foccacia with small mesclun salad 10

Grilled Curried Tofu Mango

Caramelized onions, roasted red peppers, spiced Veganaise whole grain bread with small mesclun salad 10

Add: Served over a bed of Mesclun greens with Dijon vinaigrette instead of whole grain bread 12

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 10

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

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 12

Check the Specials Menu for today's selection

Macro Meal

Brown rice, sautéed greens, arame seaweed, tahini sauce and your choice of either the bean of the day or baked tofu 12

Turkish Carrot and Apricot Rolls with Dill Yogurt Sauce 21
mid-eastern rice and vegetables with pistachio sauce
Baked tofu with cinnamon cumin tomato glaze, sautéed greens

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

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 6.50

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, Focaccia 4

Arame seaweed 5

Guacamole 5

Desserts

Pie

Organic seasonal pies sweetened with maple syrup. Check with your server 7

Fruit Crisp

Wheat free Cinnamon baked seasonal fruit with wheat free crunchy oat topping 7

Soy vanilla ice cream or no dairy whip cream add 1.5

Warm Chocolate Brownie

Chocolate sauce and whip cream 7

Sorbet or Ice Cream

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

Blueberry Coconut Cake with Lemon Glaze

7

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 .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
<i>Refills</i>	1

Coffee to go	Medium 2.25	Large 2.5
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Soda, Water and Fruit Juices

Izze Sparkling Fruit Juice	2.5
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Reeds Ginger Ale (may contain honey)	2.5
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Virgil's Cream Soda (may contain honey)	2.5
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San Pellegrino Water	5
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Additional Information