

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

Appetizers

Tofu Satay with Spicy Peanut Sauce <i>served over ginger coleslaw</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
Lentil Pecan Sage Pate <i>served warm with toasted baguette</i>	8

Salads

Simple Mixed Green Salad <i>Red onion, sliced carrots and roasted beets with Dijon Vinaigrette</i>	Small 5.50 Large 7
Vegan Caesar <i>Our version of the traditional Caesar tossed with red onions, homemade croutons and toasted almonds</i>	Small 6.00 Large 8.00
Everything Salad <i>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</i>	Small 7.50 Large 10
Tuscan Arugula and White Bean Salad <i>Roasted garlic dressing and seasoned croutons</i>	Small 7.00 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

Grilled Portabella Mushroom Panini

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

Soups

Two homemade soups to choose from daily Cup 4.50 Bowl 6.00
Quart 11.00

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 10

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
Check the Specials Menu for today's 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

14

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

6.50

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, Foccacia

4

Arame seaweed

5.50

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

Carrot Apricot Cake

Cream Cheese Frosting 7

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

peaches, peach nectar, strawberries and your choice of coconut milk, vanilla ice cream or just juice 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

Regular or Decaf 1.50

Refills .50

Coffee to go Medium 1.75 Large 2

Soda, Water and Fruit Juices

Izze Sparkling Fruit Juice	2.5
Reeds Ginger Ale (may contain honey)	2.5
Virgil's Root Beer	2.5
San Pellegrino Water	5

Additional Information