



Soup du Jour ask your server about today's selections **3/4.5**

HOUSE-MADE DRESSINGS: *creamy spinach-basil, lemon-tahini, feta-garlic, ginger-miso, honey-dijon, Russian*

House Salad mixed greens, cherry tomatoes, shredded carrots (v) (gf) **3/4.5**
and choice of dressing

Mediterranean Salad mixed greens, marinated artichoke hearts and chickpeas, (v) (gf) **7**
cherry tomatoes, red onion, olives, choice of dressing
grated feta +.5

Spinach-Arugula Salad with roasted butternut (v) (gf) **7**
squash and beets, and herbed-shallot vinaigrette
Sidehill Acres goat cheese +1

Peruvian Quinoa Salad (v) (gf) **6**
black beans, peppers, corn, tomato, cilantro, and lime, with
organic corn tortilla chips
guacamole or cheddar +1

Roasted Red Pepper Hummus (v) (gf) **6.5**
with crudité and pita or rice crackers

Guacamole with organic corn tortilla chips (v) (gf) **6**

Gadito Plate steamed broccoli, carrots, and (v) (gf) **6**
cauliflower with spicy Indonesian peanut sauce

Lemon-Pistachio Pesto Ciabatta Sandwich (v) **7**
with arugula and tomato
fresh mozzarella +1

Roasted Vegetable Ciabatta Sandwich (v) **7**
roasted eggplant and portobellos and caramelized onions
melted provolone +1

Classic Tofu-Walnut Burger (v) (gf) **8.5**
with lettuce, tomato, red onion, ketchup or Russian dressing
whole wheat bun or brown rice
guacamole, melted cheddar, caramelized onions +1 each

Salmon Cake with lemon-herb aioli and cabbage slaw **10**

Pasta with choice of:

Lemon Pistachio Pesto with fresh tomatoes (v) **8**
parmesan +1

NYS Cheddar Sauce with fresh tomatoes **9**
*gluten-free corn pasta/organic whole wheat pasta
available on request* +1

Caribbean Black Beans with tropical fruit salsa and brown rice (v) (gf) **7/10**
sour cream +.5

Rumpledethumps baked casserole with creamy mashed potatoes, (gf) **7/10**
cabbage, kale, broccoli, and cheddar

Coconut-Vegetable Curry cauliflower, peppers, potatoes, carrots, tomatoes, chiles, (v) (gf) **9/13**
and house garam masala with brown rice, cashews and cilantro garinish
Ithaca Milk Co. water buffalo yogurt +.5

Mushroom-Cheese Enchiladas with locally grown mushrooms (gf) **10/14**
baked in corn tortillas with house tomato-chile sauce, brown rice and cabbage slaw

Groundnut Stew West African dish: sweet potatoes, bell peppers, eggplant, (v) (gf) **9/13**
cabbage, tomatoes, ginger and peanut butter; with brown rice, baked tofu and cilantro

Middle Eastern Combo Plate tofalafels, lemon-tahini dressing, roasted red pepper hummus, (v) **12**
stuffed grape leaves, pita
SideHill Acres goat feta +1

*(v) - dish may prepared vegan (gf) - dish may be prepared gluten free
please consult your server about any dietary restrictions or food allergies*

Sides

- Moosewood's Baked Tofu **3**
- Tempeh Bacon **1.5**
- Ithaca Bakery Multigrain Bread & Butter **1**
- Organic Brown Rice **2**
- Mixed Olive Plate **3**
- Cabbage Slaw **2**
- Marinated Chickpeas **2**
- Marinated Artichoke Hearts **3**
- Grated Cheese (cheddar, parmesan, feta) **1**
- Sauteed Kale **3**
- Steamed vegetables **4**
(broccoli, carrots, cauliflower)

Kids Menu Suggestions

- Pasta with butter or olive oil **3/5**
- tomato sauce or parmesan **1**
- cheddar cheese sauce **2**
- Melted Cheddar on Multigrain Toast **3.5**
- PB&J with Multigrain Bread **3**
- Maple Nutty Butter **4**
(With multigrain Bread or Fruit)
- Crudité with Choice of Dressing **3.5**
- Fresh Fruit Plate **5**