

Made with Local and Organic ingredients.

SALADS & SOUP

Soup of the Day Homemade, and served hot all day long.	Cup 5.25	Bowl 6.25
Beans and Rice of the Day Homemade and always gluten free & vegan, available all day long	Cup 4.25	Bowl 5.25
Garden Salad. Fresh greens and veggies tossed with our house vinaigrette.	5.00	
Mediterranean Salad Feta cheese, olives, onion and tomato on greens, drizzled with olive oil and herbs.	7.25	
Choice of Homemade Salad on Greens Chicken salad, tempeh salad, egg salad, tuna salad, or hummus.	6.50	

COMBO SPECIALS

Cup of soup with a garden salad.	9.25
1/2 Panini, with a garden salad and a small carrot juice.	11.50
Wrap of choice, with a small soup and a small carrot juice.	12.00

Specific dietary needs?

Many items in our menu can be made vegetarian, gluten free, or vegan. Add 1.00

Pre-Order For Fast Pickup

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BREAKFAST

Granola Homemade granola served with yogurt or milk and sliced banana.	sm 3.00	or lg 6.00
Fruit Parfait Yogurt layered with granola and fruit, drizzled with honey.	6.45	
Eggs and Ham Three scrambled eggs, buttered toast, and ham or bacon.	6.75	
Breakfast Sandwich Egg omelet with cheese on a bagel or bread.	3.75	
Breakfast Burrito Two egg omelet, cheese and fresh salsa in a whole wheat tortilla.	5.75	
Breakfast Panini Two egg omelet, fresh salsa, and cheese on a grilled ciabatta roll.	6.00	

•Add Ham or Bacon for 1.50•

JUICE BAR

	8oz sm	12oz med	16oz lg
Smoothies Honey sweetened fruits blended with milk and yogurt. Flavors: Pineapple Coconut · Strawberry Banana · Mixed Berry, Banana Peanut Butter · Honey Spiced Banana.	4.00	6.00	8.00
Mega Smoothie Nutritious smoothie made with fruits and vegetable juices.	-	7.50	9.50
Apple or Carrot Juice	3.00	4.50	6.00
All Green Juice Celery, romaine, and parsley.	5.00	7.50	-
Immune Booster Juice Carrot, apple, beet, romaine, and a clove of garlic.	5.00	7.50	-

Drink Additions +1.00 each

Ginger, Kale, Cabbage, Parsley, Cucumber, Lemon, Tomato, Romaine, Beet,
Flax Seed Oil, Chia, Wheat Grass, Protein, Spirulina, Hemp Seed, Yogurt.



MENU

Eat in or take out- 607-432-6600

Cafe hours: Mon-Sat 10am to 3pm
Store hours: Mon-Fri 8am-8pm, Sat 8am-6pm, Sun 11am-4pm



4 Market Street • Oneonta, NY

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PANINIS

Hot grilled sandwiches on locally made Ciabatta rolls, served with sweet potato chips.	
Roasted Veggie Panini Oven roasted vegetables with homemade pesto and cheese.	6.00
Tempeh Reuben Roasted tempeh with thousand island dressing, swiss cheese & sauerkraut.	7.00
Ala Toscana Strips of roasted chicken with prosciutto, mozzarella and homemade pesto.	9.50
Veggie Pizza Panini Tomato, olives, and peppers with mozzarella and pizza sauce.	6.50
Bruschetta Panini Fresh tomato and garlic with mozzarella and homemade pesto.	6.00
Turkey Panini Cheddar cheese and thinly sliced turkey with tomato and lemon tarragon aioli.	9.75
Classic Panini Thinly sliced prosciutto with mozzarella and pear butter.	7.00

WRAPS

Hummus Homemade hummus in a whole wheat tortilla with lettuce and tomato.	5.75
Tuna Salad Wrap Homemade tuna salad, with lettuce, and tomato in a whole wheat tortilla.	5.75
BLT Crispy bacon with lettuce and tomato in a warm whole wheat tortilla.	7.75
Veggie Wrap Fresh vegetables in a whole wheat tortilla with the dressing of your choice.	5.50
Tempeh Salad Wrap Homemade tempeh salad with lettuce, and tomato, in a whole wheat tortilla.	5.75
Chicken Salad Wrap Homemade chicken salad in a whole wheat tortilla with lettuce and tomato.	6.75
Add: Cheese 1.00 · Veggies .85 · Bacon 1.50 · Extra dressing .35	