

A menu for everyone — each daily menu is built to be enjoyed by vegan, vegetarian, gluten-free, and dairy-free diners alike.

Fresh Fruit Selections A colorful assortment of seasonal fruit, variations may include citrus medleys, fruit salads, and/or whole fruits

Greens & Garden Salads Daily selection of local greens and spring mix salads with a variety of toppings and house-made dressings.

Bean & Market Salads Hearty, protein-rich bean salads prepared with seasonal vegetables, fresh herbs, and vibrant dressings.

Egg Dishes A comforting, scratch-made egg dish that changes each day. May include frittatas, baked egg casseroles, shakshuka, or seasonal vegetable scrambles.

Soup Selections A warm, flavorful soup such as miso soup, dal bhat, lentil stew, or other globally inspired morning broths

All that and a bag of chips Wraps, Pizzas, Baked Potato Bar, Taco Dip

Wednesday

- Salad Bar
- Meatballs
- Garden Marinara
- Pasta, Gluten Free Options
- Chickpea Meatballs
- Grilled Veggies
- Dessert

Thursday

- Salad Bar
- Pulled Pork Sandwiches
- Vegan "Sloppy Joe" Abbott Pea Protein Chipotle
- Citrus Jicama Salad
- Cole Slaw
- Baked Beans
- Roasted Sweet Potatoes
- Smores kits

Friday

- Salad Bar
- Naan-Flatbread
- Carrot Cashew Curry
- Basmati Rice

Saturday Taco Bar Feast

- Green Heron Growers Beef
- Green Heron Growers Shiitake & Vegan Crumble
- Tortillas & Corn Chips
- Cabbage Slaw
- Fresh Pico De Gillo

- Vegetable Coconut Curry
- Chana Dal w/Paneer
- Fruit Cobbler

- Crème Fraiche
- Rice
- Ice Cream Sandwiches

Sunday

- Salad Bar
- Green Heron Growers Roasted Chicken
- Garden Italian Catalini Bean & Kale Soup
- Jasmine Rice
- Roasted Root Veggies
- Haudenosaunee Hominy and Maple pudding

Monday

- Salad Bar
- Pot Roast
- Tempeh- Grain Free
- Carrots, Potatoes, Onions, Cabbage
- Mashed Root Veggies- Sweet Potatoes, Parsnips, Potatoes
- Sweet Toasted Apples

Tuesday

- Salad Bar
- Chicken Soup
- Dal Bhat
- Italian Bread
- GF Bread

Wednesday

Only Brunch Offered

A menu for everyone – each daily menu is built to be enjoyed by vegan, vegetarian, gluten-free, and dairy-free diners alike.