



BEETS AND CARROTS

breakfast and lunch menu

WE'RE PROUD TO USE NEW YORK STATE GROWN AND CERTIFIED VEGETABLES FROM NORTH FORK, LONG ISLAND, AND AMISH PRODUCE FROM DUTCH MEADOWS FARM PARADISE.PA.

PANINI ON CIABATTA BREAD: (CHOOSE: BLT, 2 EGG OMELETTE, TOMATO, MOZZARELLA, BASIL) & MIXED SALAD	13.00
BLINI TOPPED WITH SMETANA, DILL, AND LEMON	12.00
THREE ORGANIC EGG OMELETTE WITH FINE HERBS AND MIXED SALAD V	14.00
OLD CHARLESTON STYLE SHRIMP AND GRITS WITH DUCK SAUSAGE AND RED BELL PEPPERS	18.00
BAKED EGG BREAD BOWL WITH BACON AND MOZZARELLA CHEESE	15.00
BUCKWHEAT -QUINOA PANCAKES WITH BLUEBERRIES V , (ADD BACON \$2) <i>GLUTEN -FREE</i> ,	14.00
CRISPY POLENTA WITH MUSHROOMS, EGG, WILTED GREENS AND BALSAMIC VINAIGRETTE V	18.00
FRENCH TOAST WITH MIXED BERRY COMPOTE, AND CINNAMON V	13.00
BRAISED SHORT RIB, GRILLED CHEESE SANDWICH WITH FIELD SALAD	20.00
SPINACH AND GOAT CHEESE FRITTATA	16.00

SOUPS

PUMPKIN SOUP WITH MUSHROOMS AND FRIED SAGE V	10.00
HEARTY RUSSIAN BORSCHT V, VV (ADD BEEF OR LAMB +\$3.00)	10.00
GARDEN VEGETABLES MINESTRONE SOUP WITH PARMESAN AND CROUTONS	10.00
FARMERS CHICKEN SOUP	12.00

SALADS, AND APPETIZERS

HOUSE-MADE BLACK BREAD, CITRUS MARMALADE, CARROT BUTTER	4.00
HOUSE -MADE BEETS AND CARROT'S HUMMUS, PITA BREAD, ROASTED CHICKPEAS VV	14.00
BABY BEETS & CARROTS SALAD WITH POTATO GNOCCHI, GOAT CHEESE AND HORSERADISH V ,	15.00

PASTA (HOUSE-MADE) GLUTEN FREE PASTA IS AVAILABLE

RED BELL PEPPER RIGATONI WITH CHERRY TOMATOES AND MOZZARELLA V	20.00
BEEF BUCATINI WITH SWISS CHARD, MUSHROOMS, FONTINA AND ALMONDS (ADD DUCK SAUSAGE \$4)	20.00
PUMPKIN MAC AND CHEESE BAKED WITH BACON, PARMESAN AND BREADCRUMBS	22.00

MAIN COURSE

SAFRAN RISOTTO WITH FRESH HERBS AND CRUNCHY ARTICHOKE	24.00
ORGANIC (AMISH) HERB-ROASTED HALF CHICKEN WITH VEGETABLES, TAPENADE AND GRANOLA	28.00
ORGANIC (AMISH) BURGER WITH BACON, CHEDDAR, PICKLES, AND HOUSE CUT FRIES	24.00
VEGAN VEGGIE BURGER WITH FRIES AND ROASTED BELL PEPPER AIOLI VV	19.00
BEEF STROGANOFF WITH MASHED POTATOES OR NOODLES	32.00
STUFFED CABBAGE (GRANDMA RECIPE) WITH HORSERADISH CREAM	29.00