

DRINKS

Coffee	\$2/\$2.20/\$2.40	Cold Brew	\$4.50	Iced Tea	\$4
Latte	\$4.25/\$4.75/\$5.25	Cold Cream Cold Brew	\$5	Homemade Lemonade	\$4
Chai Latte	\$4.25/\$4.75/\$5.25	Iced Latte	\$5.25	Strawberry Lemonade	\$4.50
Hot Tea	\$2/\$2.20/\$2.40	Iced Chai Latte	\$5.25	Italian Soda	\$4
				Flavor Shot	\$0.50

SMOOTHIE BOWLS

24oz Bowl \$12.99

Step 1: CHOOSE BASE

Drew Berrymore

Strawberry, Raspberry & Mango

The Minion

Mango & Banana

Walking on Sunshine

Mango, Pineapple & Banana

Pixie

Blueberry & Raspberry

Step 2: CHOOSE MILK

Whole

Oat (GF)

Coconut

PROTEIN POWDER \$1.50

Vegan

Whey

Step 3: CHOOSE TOPPINGS

3 included, additional \$.50 ea.

strawberries, blueberries,
banana, coconut flakes, chia
seeds, homemade GF granola,
peanut butter, chocolate sauce

SMOOTHIES

20oz \$7.99

Step 1: CHOOSE FLAVOR

Blue Monday

Blueberries, Banana, GF Oats, Vanilla

Kokomo

Raspberries, Strawberries, Mango &

Banana

Green Day

Mango, Banana & Spinach

Go Your Own Way

Create your own

Step 2: CHOOSE MILK

Whole

Oat (GF)

Coconut

PROTEIN POWDER \$1.50

Vegan

Whey

YOGURT BOWLS

24oz Bowl \$12.50

Vanilla yogurt topped with strawberries, blueberries, bananas,
& GF granola



3018 State Route 28

Old Forge, NY

(315) 369-0001

SANDWICHES

Served on fresh baked ciabatta, flour wrap, or GF bread with a side of chips

GF sandwiches whole size only.

It's-A-Meat Mario	Half \$6.25 Whole \$12.50	The Husker	Half \$6.25 Whole \$12.50
salami, prosciutto, provolone & pesto		shredded chicken, white cheddar, coleslaw & BBQ sauce (sub pork or tofu)	
Roman Holiday	Half \$6.25 Whole \$12.50	Jimmy Pesto	Half \$6.25 Whole \$12.50
prosciutto, fresh mozzarella, greens, sundried tomatoes & balsamic vinaigrette		shredded chicken, roasted peppers and onions, fresh mozzarella & pesto	
Salami Be Good	Half \$6.25 Whole \$12.50	Buffalo Chicken Ranch	Half \$6.25 Whole \$12.50
salami, provolone, roasted peppers and onions, greens & garlic aioli		shredded chicken, hot sauce, ranch, fresh mozzarella & greens	
The Pigcasso	Half \$6.25 Whole \$12.50	James Bahn	Half \$6.25 Whole \$12.50
pork, salami, spicey mustard, white cheddar & dill pickles		shredded pork, coleslaw, cucumbers & garlic chili aioli (sub chicken or tofu)	
Chicken Dance	Half \$6.25 Whole \$12.50	Snow Patrol	Half \$5.75 Whole \$11.50
chicken salad made with red grapes, celery & onion		fresh mozzarella, roasted peppers and onions, artichokes, greens & balsamic vinaigrette	
Mo Honey	Half \$6.25 Whole \$12.50	The Notorious V.E.G.	Half \$5.75 Whole \$11.50
shredded chicken, fresh mozzarell, greens & honey mustard		roasted tofu, red cabbage, artichokes, roasted peppers, onions, greens & balsamic vinaigrette	
Caprese	Half \$5.75 Whole \$11.50	Vegetarian Vacation	Half \$5.75 Whole \$11.50
fresh mozzarella, cherry tomatoes, basil & balsamic vinaigrette		roasted tofu, fresh mozzarella, sundried tomatoes, greens & balsamic vinaigrette	

GRAIN BOWLS AND BURRITOS

Flour or GF Wraps available for Burritos

Step 1: CHOOSE STYLE

El Camino \$12.50 **Cobra Kai** \$11.00

black beans, corn, roasted matchstick carrots, edamame,
peppers and onions, shredded shredded red cabbage, sesame
cheddar/Monterrey jack seeds, toasted sesame oil &
cheese & garlic chili aioli teriyaki sauce

Buddha Holly \$12.50 **Darth Tater** \$12.50

hummus, cherry tomatoes, roasted sweet potatoes, black
matchstick carrots, beans, corn & cilantro jalapeno
cucumbers, toasted sesame sauce
oil & sesame seeds

Step 2: CHOOSE BASE

Select: Bowl or Wrap

With: Rice or Quinoa

Step 3 (optional):

Shredded Chicken \$3

Shredded Pork \$3

Tofu \$3

Guacamole \$3

SALADS

Cobra Kai Salad \$11.00

edamame, matchstick carrots, & purple cabbage with GF teriyaki
sauce & sesame oil

Add chicken/pork/tofu \$3

Chicken Dance Salad \$12.50

our chicken salad made with red grapes, celery & onion served
over greens

Caprese \$12.50

cherry tomatoes, fresh mozzarella, basil, prosciutto, & balsamic
vinaigrette