



Merge means to combine and bring together. At Merge we bring healthy food to the table, local art to the walls, local musicians to the stage, and integrate these elements into one delightfully organic community experience.

We cater to omnivores, vegetarians, vegans, gluten-free and live food diets with the understanding that we all are completely individual with unique dietary needs.

Our focus is on providing a sustainable service for our community. We hope you like the concept and we hope you love the food.

Come together at Merge!

439 Delaware Avenue, Buffalo, NY 14202

**716-842-0600**

F: 716-882-4293

Hours: 11:30am – 10pm • Tuesday – Saturday

\$2 Takeout Charge • Please Call About Deliveries

For more information on our sustainability, local and organic produce, event schedule, gallery, and/or catering options check us out on the internet at [www.mergebuffalo.com](http://www.mergebuffalo.com).

## DRINKS

### HERBAL TEA

#### Crimson Punch

A caffeine free/sugar free blend of blood orange, apple, cranberry, cherry and hibiscus flower. **\$3**

#### Rise and Shine

Spearmint and peppermint leaves, honey granules, roasted barley, Siberian ginseng and roasted chicory. **\$3**

### GREEN TEA

#### Yerba Mate

An energy boosting herbal tea from South America, which is traditionally sipped from a straw and dried gourd. **\$3**

#### Jasmine Green Tea

A green tea perfumed with night blooming jasmine blossoms. **\$3**

### BLACK TEA

#### Orange Spice Tea

Black tea, orange and cinnamon flavoring oils, clove and orange pieces. **\$3**

#### Ginger Tea

A full bodied Ceylon black tea with naturally cleansing ginger root. **\$3**

#### Kama Chai Sutra

Indian Black Tea with cardamom, cloves, cinnamon, ginger, and vanilla. **\$3**

### CIDER

Hot cider mulled with cloves, cinnamon sticks, and spices **\$4**

### COFFEE DRINKS

#### Intelligentsia House Blend

Has a milk chocolate taste with caramel notes.

12 oz cup to-go **\$2**

four cup French press **\$3**

eight cup French press **\$6**

#### Black Cat Espresso

Has a dark chocolate flavor.

Espresso **\$2.5**

Double Espresso **\$3.5**

Cappuccino **\$4**

Latte **\$4**

Americano **\$3**

**Torani flavor shots:** hazelnut, almond, vanilla, and caramel **\$.5**

*Our coffee is a product of Intelligentsia Coffee, which has set up direct trade programs everywhere their coffee is harvested. They guarantee fair trade, wages, and accommodations for their harvesters.*

### DIGESTIVE SHOTS

#### Wheatgrass

Locally and organically farmed by the Peaceweavers of Bath, NY, this freshly juiced 2 oz shot aids in digestion, detoxification, and supplements nutrition. **\$3**

#### E3Live (with Brain on)

Freshly thawed, wild harvested blue green algae from Klamath Lake, OR. This 1 oz. shot increases endurance, focus, and mental clarity, while balancing mood and enhancing your feeling of general well-being. **\$3**

## KANGEN WATER

*Change your water, change your life.* At Merge, you are served the highest quality of water that will not only quench your thirst, it will heal your body.

The water on your table has been treated with Japanese water technology that transforms tap water into purified, non-chlorinated, alkaline, and ionized water. Kangen water is a natural anti-oxidant, which slows the aging process, promotes healthy weight loss,

### FRESH RAW JUICES

**Carrot, Apple, Ginger**

**Kale, Carrot, Apple**

**(Spicy) Garden Vegetable**

**Carrot, Orange, Beet**

**8oz \$6 • 16oz \$8.5**

#### Flu Shot

An 8oz. shot of wheatgrass, kale, cucumber, celery, and apple. **\$7**

#### Organic/Raw Kombutcha

Kombutcha supports digestion, metabolism, immunity, appetite control, weight control, liver function, body alkalinity, anti-aging, cell integrity, and healthy skin and hair. **\$4**

**Lemonade, Limeade, or Orangeade \$4**

### SMOOTHIES

#### Circulation Enhancer

Blueberry, apple juice, lemon, ginger, cinnamon, maple syrup, ice and your choice of water, milk, soy milk, or coconut milk. **\$8**

#### Tropical Delight

Banana, pineapple, coconut milk, orange juice, and ice. **\$8**

#### Power UP! Live Protein Smoothie

Banana, cacao, date, cherries, almond butter, ice, and your choice of water, milk, soy milk, or coconut milk. **\$9**

boosts your body's immunity, and increases its natural absorption of vitamins and minerals.

We believe in the amazing power of this water so much that we would like to offer you the opportunity to take water home with you, so that you can experience how good it makes you feel. Just bring in an empty jug or water bottle, and we'll fill you up.

**SOUPS**

**Autumn Pumpkin Soup** GF, V

\$4/cup \$5/bowl

**Southwest Black Bean** GF, V

\$4/cup \$5/bowl

**Soup of the Day**

\$4/cup \$5/bowl

**SALADS**

**Fall Fruited Kale Salad** GF, R

Apricots, sunflower seeds, seasonal fruits, organic kale, & raw citrus dressing. \$9

**Golden Beet Salad** GF, VEG

Roasted yellow beets over Mesclun greens with green onion, goat cheese, walnuts, and our signature green goddess vinaigrette. \$9

**Harvest Quinoa** GF, V

Red curried quinoa over field greens with dried apricots, seasonal fruits, and a strawberry vinaigrette. \$9

**Falafel Salad** GF, V

Red onion, cucumbers, tomatoes, alfalfa sprouts, and a homemade tahini dressing. \$9

**HOMEMADE DRESSINGS**

**Green Goddess House Vinaigrette** GF, V

**Balsamic Vinaigrette** GF, V

**Lemon Basil Vinaigrette** GF, R, V

**Tahini** GF, V

**Vegan Ranch** GF, V

**Ranch** VEG

**Strawberry Vinaigrette** V, GF

**PROTEIN ADD-ONS**

**Cheese** \$1 GF, VEG

**Daiya** \$2 GF, V

**Tofu** \$3 GF, V

**Seitan** \$2 V

**Tempeh** \$3 GF, V

**Chicken** \$3 GF

**Salmon** \$4 GF

**APPETIZERS**

**Seitan Wings** V

Wheat-based wings, served with carrots, celery, and our vegan ranch dipping sauce. BBQ or HOT. \$8

**Fried Pickles** VEG

Served with freshly made ranch or vegan ranch. \$7

**Hummus Platter** V

Our hummus of the day served with fresh vegetables and pita. \$8

**Hot Chips** GF, V\* (upon request)

Corn tortillas served with sour cream or vegan ranch and fire roasted chipotle salsa. \$6

**Quesadilla** V\* (upon request)

Daiya or cheddar cheese with black beans, sautéed peppers, and onions in a wrap with sour cream and chipotle salsa. \$9

**Tofu Dragon Balls** V

A blend of tofu, peas, carrots and peppers deep fried and served with a homemade hoisen peanut dipping sauce. \$7

**PIZZAS**

**BBQ** V, GF (upon request)

Our homemade BBQ sauce with sautéed onion, red and green peppers, and Daiya or cheddar cheese. \$9

**Green** V, GF (upon request)

Pesto, mozzarella cheese, sun dried tomatoes, and portabella mushrooms. \$9

*Gluten-Free Crusts Available*

**Raw** R

Sprouted kamut/flax seed crust, fresh marinara, cashew *cheese*, and live seasonal vegetables, served with a garden salad. \$15

**SIDES**

**Garden Salad** \$3 GF, R

**Sweet Potato Fries** \$4 V

**Black Beans and Rice** \$3 GF, V

**Roasted Herbed Potatoes** \$3 GF, V

**Mac and Cheese** \$4 GF\*, V\* (upon request)

**Sautéed Broccoli** \$3 GF, V

**LUNCH FARE**

**Portobello Burger** VEG

An herb roasted portabella cap with romaine lettuce, tomato, roasted red peppers, and goat cheese. \$9

**Spicy Chicken Wrap**

Free range chicken, baked with bleu cheese, hot sauce, spinach and oven roasted red potatoes. \$9

**TLT** V

Smokey tempeh bacon, romaine lettuce, tomato, and hummus panini. \$9

**The Jake**

An oven roasted turkey panini with mozzarella cheese, fresh sliced tomato, and a basil-walnut pesto. \$9

**Veggie Burger** V

A lentil based all natural burger with onions and minced vegetables and served with our homemade tofu mayonnaise. \$9

*Substitute a side for \$2.50*

*Gluten-Free Wraps Available for an additional \$.50*

**ENTRÉES**

*Available 5pm – 10pm*

**Mushroom Bourguignon** GF, V

Red wine braised mushrooms with seasonal vegetables over truffle mashed potatoes. \$17

**Autumn Vegetable Casserole** GF, V

Rice noodles with fresh herbed marinara sauce, our cashew *cheese* and the harvest's ripest vegetables. \$15

*Formerly our lasagna*

**Beet Lasagna** GF, R

Thin slices of beet layered with our cashew *cheese*, pesto, and a fresh tomato jus and served with a side salad. \$13.5

**Sweet Potato & Spinach Curry** GF, V

Seasonal vegetables and fried tofu with a light curry sauce over quinoa. \$16

*Check our Daily Specials for more great vegetarian, vegan, raw, chicken and fish entrée options.*

**DESSERTS**

**Chocolate Mousse** \$5 GF, V

**Carrot Cake** \$5 V

**Apple Blueberry Cobbler** \$5 GF, V

**Raw Chocolate Raspberry Ganache** \$7 GF, R, V

**NY Style Cheesecake** \$5 GF, R, V

**Assorted Cookies** GF, R, V

**LIVE OR RAW?**

**LIVE** or **RAW** foods include fresh vegetables, fruits, grains, seeds, and nuts that are not cooked over 105 degrees F, in order to maintain their natural enzymes, vitamins, and minerals.

Living foods are the most nutrient dense and healing foods for your body because they are in their natural, pure state. They are also delicious, because they are fresh and maintain so much vibrant natural flavor.

We promote live food because it is so beneficial for our health. Live food diets help create an alkaline body pH, which allows the body to naturally detoxify and expel any unwanted pesticides, chemicals, carcinogens or toxins that are already in our bodies.

Try a fresh juice or raw dish today, and experience the LIVE difference.

**LEGEND**

**GF** Gluten-Free

**R** Raw

**V** Vegan

**VEG** Vegetarian