

the word “merge” means to combine, unite, or most literally to come together.

to recycle and save.

to practice sustainability.

to prepare fresh healthy food.

to serve organic meats.

to enjoy vegetables and nuts in new ways.

to provide alternatives.

to compost.

to conserve.

to innovate.

to listen to music.

to look at art.

to learn.

healthier habits for a healthier planet.

come together and **merge**.



mergē
come together



soups

soup du jour	5
butternut squash bisque (VEG,GF)	5
french lentil with tarragon and thyme (V,GF)	5

salads

vegan caesar - romaine, fresh lemon, roasted garbanzos (V,GF)	7
beet salad - roasted beets, sunflower seeds, mixed greens, and a citrus vinaigrette (V,GF)	9
with goat cheese or sage cashew cheese	9.5
rosemary walnut - carrots, red onion, golden raisins, mixed greens, balsamic dressing (V,GF)	8
with gorgonzola	8.5
wheatberry salad - dried seasonal fruit, red onion, celery, rosemary vinaigrette, mixed greens (VEG)	8
house salad - cherry tomato, carrot, cucumber, sprouts, mixed greens, green goddess dressing (V,GF)	5
dressings - green goddess/house (V,R,GF), rosemary vinaigrette (V,GF), balsamic vinaigrette (V,GF), citrus vinaigrette (V,GF), ranch (GF), vegan ranch (V,GF)	

add shrimp (GF)	4
add organic chicken (GF)	3
add seitan (V)	2
add tofu (V,GF)	2
add tempeh (V,GF)	2
add daiya (V,GF)	1.5
add cheese (GF)	1

appetizers & small plates

shrimp risotto - fresh herb risotto with arugula and tomato salad (GF)	9
cauliflower gratin - caramelized onion, gruyere, panko crumbs, and side salad (VEG, available GF upon request)	7.5
raw pizza - buckwheat crust, seasonal vegetables, and sage cashew cheese (R,V,GF)	11
fried pickles - ranch or vegan ranch (VEG)	7
savory tart - apple, cheddar, and caramelized onions, arugula tomato salad, balsamic reduction (VEG)	8
caribbean jerk wings - jamaican jerk spiced organic chicken wings, baby greens and gorgonzola, tossed in a pineapple-pico vinaigrette (GF)	9
smothered sweet potato fries - spiced lentils, spinach and cheddar or daiya cheese (V* upon request, GF)	8
vegan pizza - zucchini ribbons, red onion, sundried tomato, sage cashew cheese (V,GF* upon request)	10
seitan wings - served hot or bbq with vegan ranch, carrot-celery salad (V)	7
warm olives - herb marinated with crusty baguette (V) .	6
farmhouse quiche - farm fresh eggs, farmers market vegetables, side salad	9

sides

sweet potato fries (V,GF)	4
mac n cheese (V*, GF* upon request)	4
mashed potatoes (V,GF)	4
roasted local beets (V,GF)	4
collard greens (V,GF)	4

entrees

curry noodle pot - green peppers, red onion, cauliflower, red curry, coconut cream, udon noodles (V, available GF with quinoa)	14
with tofu	16
with organic chicken	17
with shrimp	18
bbq tostada - bbq braised bean curd served on a crispy corn tortilla with cheddar or daiya and a side of beans and rice (VEG, available V,GF)	15
vegan alfredo - winter squash, sage cashew cream, spinach, and fettucine (V, available GF with brown rice noodles) ..	14
with organic chicken	17
with shrimp	18
portobella 'steak' - garlic smashed potatoes, roasted tomato 'demi-glace', roasted brussel sprouts (V,GF)	14
potato kale stew - red bell pepper, garbanzo beans, fresh chervil, quinoa (V,GF)	12
with tofu (V,GF)	14
with organic chicken	15
with shrimp	16
vegetarian stroganoff- mushroom, red peppers, smoked paprika, extra wide egg noodles (VEG)	15
with tofu	17
with organic chicken	18
with shrimp	19
spaetzel & sausage - mineo and sappio italian chicken sausage, carrot spaetzel, gruyere, roasted garlic, swiss chard, garnished with crisp New York State apples.....	15
coq au vin - free range organic chicken slow braised in red wine, roasted red pepper mashed potatoes, cinnamon glazed parsnips (GF)	20
raw portobella 'steak' - cauliflower cashew mash, marinated vegetable salad (V,R,GF)	14



Chef Kate Elliott and Sous Chef Karl Derry.

18% gratuity will automatically be added to tables of 6 or more.

we proudly serve organic free range chicken.

we process gluten, dairy, peanuts, and tree nuts in our facility - please use caution and alert your server prior to ordering if you have a severe allergy.

There is a \$.50 up charge for gf and vegan options.

V = vegan; VEG = vegetarian; GF = gluten-free; R = raw