



SOUPS & SALADS

*Gluten Free Available for an Extra Charge

Mulligatawny Soup (Gluten Free & Vegan) Organic Quinoa, Napa Cabbage, Apple and Vegetables in a Spiced Broth	5.75
Portuguese Chicken & Rice (Gluten Free) Organic Chicken, Greens, Brown Rice in Light Coconut Broth with Mint & Lemon	5.75
West African Peanut Chowder (Gluten Free & Vegan) Butternut Squash & Sweet Potato Based Soup with Peanuts	5.75
House Salad Mixed baby greens with fresh grapefruit sections, marinated artichoke hearts & Crushed walnuts. Dark chocolate strawberry balsamic vinaigrette dressing	5.98
• With Wild Alaskan Salmon	11.25
• With Shredded Hickory Smoked Chicken	10.95

MAIN DISHES

Cubano Sandwich Grilled sandwich with hickory smoked turkey ham, Vermont cheddar, mustard & lingonberry mayonnaise on Portuguese saloio bread	8.98
Hickory Smoked Chicken Wrap Shredded hickory smoked chicken with apple & spinach slaw, lingonberry mayonnaise & romaine lettuce in a whole wheat wrap	8.95
Wild Alaskan Salmon Cake Served lightly grilled with homemade mint tzatziki yogurt sauce	9.25
Portabella Mushroom Burger Meatless burger of mushroom chunks & vegetables on a whole wheat roll with vine ripened tomato, Vermont cheddar and mayonnaise	8.98
Flatbread Pizza (Whole Wheat or Gluten Free) Sundried tomato pesto, vegan sausage, provolone cheese, fresh spinach, shitake mushroom & artichoke hearts	8.98
Lancaster Hickory Smoked Chicken Braised 8 hours in local apple cider. Served with a side of Moroccan style couscous with organic raisins, apricots, cumin & paprika	10.98
Chili con Chocolate Oaxacan mole style chili. Complex in flavor with 12 spices and 65% dark chocolate topped with organic vegan sausage & served with steamed brown rice	13.98
Boboti Meatloaf Lean organic ground turkey mixed with organic raisin & apricot chutney & baked in a light moist curried custard	10.98
Vegetable Curry Siam with Black Rice Risotto Baby corn, water chestnut, carrots, baby soy beans & Yuba tofu in a lemon grass & coconut milk curry. Served with pineapple grapefruit salsa	13.98



BREAKFAST ALL DAY

Organic Breakfast Plate (Vegetarian Option Available)	10.98
2 Egg omelet filled with sundried tomatoes, Vermont cheddar & fresh herbs. Served with apple chicken sausage and baked potato wedges	
Morning Glory Quiche	7.25
Made with vegan sausage, leeks & fresh organic eggs	
Sunshine Crepes (Available Gluten-Free)	10.98
Organic whole wheat crepes filled with strawberries, kiwi, pineapple, grapes & bananas. Topped with simple syrup, whipped cream & dark chocolate drizzle	
Dark Chocolate Crepe (Available Gluten-Free)	10.98
65% Dark chocolate in organic crepe batter filled with light mascarpone cheese, strawberries and dark chocolate ganache	
Chocolate Peanut Butter & Banana Panini	6.98
65% Dark chocolate, peanut butter and sliced banana in grilled salio bread	
Organic Oatmeal with Fresh Fruits (Available Gluten-Free) Made with 2% organic milk (soy & almond milk available) topped with fresh fruits & berries	5.98
Chocolate Oatmeal	6.75
Sweet Heart Cake	5.45
Freshly baked here with whole grains, banana & honey. Drizzled with dark chocolate, topped with chopped walnuts & shredded coconut	
Side of Fresh Fruits & Berries	5.25
Side of Organic Chicken & Apple Sausage	4.98

YOUNG AT HEART MENU

Grilled Organic All Beef Hot Dog	6.98
On organic wheat bun with mustard, organic ketchup and veggie crisps	
Chocolate Peanut Butter & Banana Panini	6.98
65% Dark chocolate, peanut butter and sliced banana in grilled salio bread	
Naked Cuban	6.98
Grilled sandwich with Vermont cheddar & veggie crisps	
Oven Baked French Fries	5.75
Locally grown potato wedges served with organic ketchup	
Naked Flatbread Pizza	6.98
With our own sun dried tomato pesto & provolone cheese	

DRINKS

**Almond & Soy Milk Available for a Extra Charge

HOT DRINKS



Hot Chocolate - add whip cream, or Monin Syrup or cayenne pepper	3.00
The Turbo - Classic hot chocolate with a shot of espresso	5.00
Mocha - Less intensely chocolate & slightly more sweet than the Turbo	4.75
Americano - Our signature coffee	2.50
Espresso - A single or double shot of single origin organic coffee	2.00/2.50
Cappuccino - Espresso topped with 3oz. of foamed organic milk	3.45
Latte - Espresso topped with 5oz. of foamed organic milk	3.75
Chai Latte - Our own chai recipe made with black tea & spices	4.35
Tea - Organic high altitude teas from around the world	2.50 Cup 4.75 Pot
Hot Apple Cider - Fresh pressed local apple cider with cinnamon	2.95
*Add an Extra shot Espresso, Monin Syrup, Peanut Butter, or Whip Cream for .75 cents *	

ICED DRINKS

Chocolate Strawberry Lush - Tastes like a chocolate dipped strawberry!	5.25
Frozen Hot Chocolate - Our liquid dark chocolate blended with ice	5.00
· Add a Scoop of Peanut Butter for 75 cents	
Iced Turbo - Our signature dark chocolate & espresso blended with ice	5.25
Fresh Strawberry Cooler - Fresh strawberry puree & Pellegrino	3.95
Strawberry Blush - Strawberry cooler with cream & blended with ice	4.50
Pina Colada - Pineapple juice and coconut milk blended with ice (Seasonal)	3.95
Iced Organic Brewed Tea - Wide selection of unsweetened ice tea	2.95
Tea Frappe - Our iced tea sweetened with Monin syrup & blended with ice	3.75
Iced Chai - Chilled version of our organic chai latte	4.50
Iced Latte - Espresso and organic milk served with ice	4.00
Iced Mocha - 65% Dark chocolate added to our iced latte	4.75
Café Frappe' - Espresso, organic milk & Monin syrup blended with ice	4.75
Café Mocha Frappe' - Espresso, dark chocolate and milk blended with ice	4.95
Italian Soda - Pellegrino with a shot of Monin syrup	3.50
Organic Milk - Local organic milk delivered weekly	2.45
Chocolate Milk - Organic milk blended with our dark chocolate	2.95
Iced Coffee - Brewed to order	3.00
Bottled Chilled Drinks	
· Boylan's Root Beer, Diet Root Beer or Cream Soda	3.95
· Sparkling French Lemonade, Pink Lemonade, Blood Orange, or Strawberry	3.95
· Fresh Ginger ale or Pomegranate Ginger Ale	3.95

CHOCOLATE & MORE

Dark Chocolate Fondue - Serves 4 or More

22.98



• Fondue for 2	12.99
Chocolate Velvet Pot de Crème (Gluten- Free)	5.95
Part crème brulee & part dark chocolate mousse topped with strawberry puree, whipped cream, fresh raspberries & blueberries	
Fresh Key Lime Tart	6.25
Made here with cream cheese, fresh lime juice & zest in dark Chocolate cookie crust. Served with whipped cream & chocolate drizzle	
Organic Chocolate Bundt Cake	5.45
Mini Bundt cake baked with tart cherries. Served with organic whipped cream & chocolate drizzle	
Sweet Heart Cake	5.45
Freshly baked here with whole grains, bananas and honey. Drizzled with dark chocolate & topped with crushed walnuts & shredded coconut	
Dark Chocolate Crepe (Available Gluten-Free)	10.98
65% Dark chocolate in organic crepe batter filled with light mascarpone cheese, strawberries and dark chocolate ganache	
Chocolate Dipped Treats	
Macaroons	3.00
Strawberry	2.75
Kiwi	2.50
Frozen Banana	3.95
Pineapple	3.95
French Madeleine Cookie	1.99
Italian Pizzelle	1.99
Premium Dark Chocolate Truffles - also available in sugar-free	1.95
Box of 10 Truffles (Gluten-Free)	18.00
Gluten Free Scones (Assorted Varieties)	3.00
Gluten Free Cupcakes	3.50