

Slow Down Food Co.

✦ Breakfast ✦

Served Sat. & Sun 9am to 11:30 am

Eggs

Eggs any style, 2 Farm Fresh Free Range Eggs from our own farm, any, with rosti potatoes and toast \$ 4.50

Salmon & Eggs, 2 Poached Farm Fresh Free Range eggs on a bed of rosti potatoes and Catsmo Smoked Salmon \$ 7.50

Omelets, served with toast

Ham & cheese (made with local ham & organic Australian cheddar) \$ 7.75

Goat Cheese, Sherman Hill Goat Cheese, fresh tomatoes & herbs \$ 7.75

Egg white omelets add \$ 2.50

From the Griddle, our pancakes are made with Tonjes Farm fresh buttermilk and served with Mill St. pure maple syrup, fresh seasonal fruit & a dollop of whipped cream

Pancakes (3): Blue Corn Blueberry, Buttermilk, Buttermilk Banana \$ 6.50

Pancake Sampler, your selection of 4 pancakes stacked high \$ 7.75

French Toast, 2 thick slices of Bread Alone Challah bread, dipped in our own special batter \$ 7.00

Cereals

Slow Down Granola, a large bowl of our blend of organic oats, nuts, seeds & raisins, roasted to perfection right here in our ovens, served with your choice of organic yogurt and seasonal fruit. \$ 7.00

Slow Down Bircher Muesli, a large bowl of organic oats, nuts and dried fruit, macerated in organic vanilla yogurt, served with a generous helping of seasonal chopped fruit \$ 7.00

Other cereals, select one of our natural cereals, served with hormone and antibiotic free NYS milk \$ 3.50 add fruit \$ 1.50

Works Sandwich

Generous serving of Catsmo Smoked Salmon, with greens, tomatoes, red onions, capers, cream cheese on pumpernickel toast, side of organic greens \$ 8.00

From our ovens:

All butter croissant \$ 2.00 All butter chocolate or raisin croissant \$ 2.25

Almond Croissant \$ 2.75 Fruit turnovers \$ 1.50

Sides

Bagel \$ 1.00 w. Cream Cheese \$ 2.50 English Muffin \$ 1.50

Toast (Bread Alone Organic Pain Levin or Organic Multi grain) \$ 0.75

Rosti Potatoes, organic from Lucky Dog Farm \$ 2.00

Mixed Organic Lucky Dog Greens \$ 3.75 One Pancake \$ 1.75

2 Farm Fresh Free Range Eggs \$ 2.50 Local Cured Bacon \$ 2.50

Local sausage (2) \$ 2.50 Chicken sausage (1), ask for weekly varieties \$ 2.00

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✦ Lunch ✦

Soup of the day (all soups made with vegetable broth unless otherwise stated) \$ 4.25

Salads

House Salad, large bed of mixed organic Lucky Dog greens, topped with organic beets & carrots, cucumbers, radishes & tomatoes, house vinaigrette \$ 6.50

With Cloonshee Farm grilled organic chicken breast or grilled tuna \$9.00

Cesar Salad, chopped romaine lettuce, shaved parmiggiano reggiano, homemade croutons \$ 6.50

With grilled organic chicken breast from Cloonshee Farm \$ 9.50

Nicoise Salad, bed of mixed organic Lucky Dog greens, organic potatoes, string beans, hard boiled free range egg, black olives, tomatoes, fresh grilled tuna \$ 9.50

With grilled organic chicken breast from Cloonshee Farm \$ 9.50

Mediterranean Plate, fresh home made Hummus, Babaganoush, black olives, falafel, Lucky Dog mixed organic greens, tomatoes and a toasted pita \$ 8.75

Black Bean Chili, blend of organic black beans, red peppers, onions, tomatoes and roasted spices, topped with organic cheddar, sour cream, cilantro & lime \$ 7.25

Quesedilla, choice of a organic whole wheat or white tortilla filled with organic cheddar, red peppers & cilantro served with a side of Black Bean Chili, sour cream, avocado & lime \$ 7.50

Sandwiches & Burgers

served with a side Lucky Dog organic greens. With Herbed Organic Potato Salad add \$ 1.00

Ham & Cheese, Fresh Baked Local Cured Ham & Organic Cheddar Cheese, on ciabatta bread with French Dijon mustard and pickles \$ 7.75

Veggie Sandwich, cucumbers, greens, tomato, avocado on a rosemary roll, brushed with mustard & olive oil 6.50 with local goat cheese \$ 7.50

Workes Sandwich, generous helping of Catsmo Smoked Salmon, greens, tomatoes, onions, capers, cream cheese on pumpernickel toast \$ 8.00

Lamb Burger, 4oz. of pasture raised lamb, seasoned with a blend of north African spices, on a roll, lettuce, tomato and habarnero chili aioli \$ 8.75

Hamburger, 5oz. of Skate Creek pasture raised beef, on a roll, lettuce, tomato, red onion and a choice of mustard, aioli or organic ketchup \$ 8.50

Turkey, 5oz. of Cloonshee Farm pasture raised ground turkey blended with asian flavours, on a roll with wasabi mayo, pickled ginger, sliced cucumbers, lettuce \$8.50

Okara burger, soy protein burger, greens, tomato, curry or cilantro chutney \$ 7.00

Sides: Side of bread \$ 0.60 Mixed organic greens from Lucky Dog Farm \$ 3.75 Grilled organic chicken breast from Cloonshee Farm \$ 5.00 Grilled Tuna \$ 4.50 Grilled organic Salmon \$ 5.00 Extra aioli \$ 0.50 Extra Goat Cheese \$1.50

ASK ABOUT OUR WEEKLY ADDITIONS TO THIS MENU

SUBSTITUTIONS, IF AVAILABLE, WILL BE CHARGED ACCORDINGLY.

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✦ Beverages ✦

For all of our coffees, teas, hot chocolates et. we use NYS farm fresh hormone/antibiotic free milk from Hill Crest Farm or Organic milk and cream from Evans Dairy Farm

- Cup of fresh brewed organic coffee Regular or Decaf \$ 1.50
- French Press Coffee (2 cups) \$ 2.75
- Cappuccino regular \$ 2.75 Med. Large \$ 3.50 Iced \$ 3.50
- Espresso \$ 1.25 Double 2.50 Macchiatto \$ 1.50
- Caffe au Lait \$ 3.00 Latte \$ 3.50 Iced latte \$ 3.50
- Iced organic Coffee Regular or Decaf \$ 2.75
- Cup of Tea \$ 1.00 Pot of tea, see tea menu (2 cups) \$ 2.75
- Iced tea (variety of the week) \$ 2.25
- Hot Chocolate \$ 1.75 w. Whipped Cream \$ 2.25
- Chocolate Milk sm. \$ 1.75 Med. \$ 2.25 large \$ 2.75
- Glass of hormone/antibiotic free NY State Milk small 1.25 Lg. \$ 2.25
- Fresh Squeezed Orange Juice Sm. 1.75 Med. 2.50 Lg. \$ 3.25
- Apple Juice Sm. \$ 1.25 Med. 1.75 Lg. \$ 2.25
- Fresh Lemonade Sm. \$ 1.75 Med. \$ 2.50 Lg. 3.25
- Natural Sodas/Spritzers (Cola, Root Beer, Ginger Ale, Orange, Raspberry, Black Cherry and others) \$ 1.50
- San Pellegrino/Mineral Water \$ 2..50 (750ml.)

✦ For the Kids ✦

- Grilled cheese & Chips (organic cheddar & sourdough or multi grain) \$ 4.00
- Peanut Butter (organic) & Jelly with Fruit \$ 4.00
- Chicken Dog all natural chicken dog on a organic whole wheat bun, chips \$ 4.00

✦ Dessert ✦

- Custards P/A
- Slice of home made pie \$ 3.75 Slice of Cake \$ 4.00
- Fresh Fruit Tart \$ 4.00



In our continued effort to support local farming and sustainable agriculture the Slow Down Food Co. is committed to using and selling organic and locally produced products whenever possible. The following are some of the farms that we count on for freshness and local bounty: Lucky Dog Farm, Sherman Hill Farm, Two Goats Farm, Cloonshee Farm, Skate Creek Farm, Stone & Thistle Farm, Tonjes Dairy Farm, Hillcrest Farm, Evans Dairy, Beaverkill Hatchery, Mill St. Maple.

15% GRATUITY WILL BE ADDED TO YOUR CHECK FOR TABLES OF 6 OR MORE QUESTS.

