

Menu served 11am – 5pm

Small Plates

FRIED MOZZARELLA WITH RASPBERRY MELBA **\$8**

Breaded and deep fried Ciliegine mozzarella served with a raspberry melba dipping sauce. V

PRETZELS AND CHEESE SAUCE \$8

Bavarian pretzel sticks with **Good Nature** American brown ale and **Lively Run** aged cheddar cheese sauce. V

HUMMUS **\$8**

House-made hummus with herb infused olive oil served with pita points and crudité. **GF**

TAVERN CHICKEN WINGS \$12

10 chicken wings with hot, medium, mild, BBQ or spicy plum sauce. Served with celery, ranch or blue cheese dressing. **GF**

SPINACH ARTICHOKE DIP \$12

Spinach artichoke dip made with kalamata olives, roasted red bell peppers and pecorino romano cheese. Served in a **Hearlstone Bakery** pumpernickel boule. V

Soup and Salad

SOUP DU JOUR \$4 / \$6

Chef select soup of the day.

FRENCH ONION GRATINÉE \$6

Onion soup with gruyere cheese and gold brown puff pastry crust.

HOUSE SALAD \$9

Mixed field green salad topped with cucumbers, tomatoes, bell peppers, and carrot gaufrettes with choice of Italian, ranch, raspberry vinaigrette, or balsamic dressing. V+, GF

HARVEST KALE SALAD \$10

Hearty kale tossed with blueberries, mandarin oranges, onions, almonds, carrots, dried cranberries and sweet rice wine vinaigrette. V+, GF

COLGATE COBB SALAD \$13

Grilled hearts of romaine, sweet corn, tomato, grilled chicken breast, bacon, hard-boiled egg, *Lively Run* Cayuga blue cheese and parmesan peppercorn dressing. GF

CAESAR SALAD \$9

Crisp hearts of romaine, topped with garlic croutons, pecorino romano, lemon and house-made Caesar dressing. ${\bf V}$

CHOPPED ANTIPASTO SALAD \$13

Chopped romaine lettuce with julienned salami, ham, and provolone. Topped with artichoke hearts, olives, roasted red peppers, and onion tossed in Italian vinaigrette. GF

Add to any salad: chicken **\$6** Add salmon or shrimp **\$8**



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Sandwiches

SOUP DU JOUR AND HALF SANDWICH \$11

Choice of roast beef, ham, or turkey served on choice of white, wheat or rye bread.

BLT **\$11**

Applewood smoked bacon, fresh lettuce, and sliced tomatoes served on choice of white, wheat or rye bread.

REUBEN \$12

House roasted corned beef with gruyere cheese, sauerkraut and Russian dressing on marble rye.

CHICKEN SALAD SANDWICH \$13

Seasoned chicken, apples, cranberries, shallots, and celery on a croissant served with arcadian greens salad.

TAVERN BURGER \$13

Ground brisket beef patty, lettuce, tomato and onion on a brioche bun. Choice of cheddar, swiss or provolone cheese. Served with shoestring fries.

THE SWEETLAND BURGER \$15

All beef patty, pepper crusted bacon, fried shallots, pickled onions, cheddar cheese and Cara's Signature Sauce on a brioche bun. Served with shoestring fries.

CALIFORNIA AVOCADO CHICKEN PANINI \$14

Grilled chicken, tomatoes, baby spinach, avocado, feta, and lemon aioli served with arcadian greens salad.

TURKEY APPLE BRIE PANINI \$12

Roasted turkey, sliced apples and brie cheese. Served with caramelized onions and cranberry mayo on

Hearlstone Bakery ciabatta bread. Served with shoestring fries.

GARDEN BURGER \$12

Vegan burger patty, pico de gallo, avocado, and chipotle olive oil spread on a toasted ciabatta roll. Served with arcadian greens salad. V+

Add choice of cheddar, swiss or provolone cheese. \$1

PORTABELLA CAPRESE WRAP \$10

Marinated portabella mushroom, baby spinach, fresh mozzarella, tomatoes, and pesto mayo. Served with arcadian greens salad. V

Signature Plate

SHRIMP PENNE ALLA RUSSA \$13

Shrimp over blush sauce, crushed tomatoes, onions, cherry peppers, pecorino romano, prosciutto, and fresh basil served with garlic crostini.