

Beverages

LAMILL TEAS

organic and fair trade certified

ICED TEAS

Classic Bergamot
Organic St. Tropez Crimson Berry

HOT TEAS

HERBAL TEA SACHETS

naturally caffeine free

Citrus Chamomile / Crimson Berry
Tropical Rooibos

GREEN TEA SACHETS

Moroccan Mint / Jasmine Pearls

BLACK TEA SACHETS

English Breakfast / Royal Earl Grey

WHITE TEA SACHET

White Ambrosia

LOOSE LEAF TEAS

Peppermint / Chamomile / Tonganagaon
Rooibos Bourbon / Chai

LAMILL COFFEE

responsibly grown, ethically sourced, freshly roasted

Canyon Ranch Signature Blend
Decaf / Cold Brew

our proprietary blend of beans from brazil,
ethiopia and colombia

HOUSEMADE BEVERAGES

Lemonade
65 . 17 . tr . tr . tr . 10 (18)
fresh lemon juice
sweetened with organic cane sugar

Bloody Mary Mocktail
45 . 8 . 2 . tr . 2 . 268 (4)

Honey Lemon Spritzer
65 . 18 . tr . tr . 5 (18)

JUICES

Fresh-Squeezed Orange Juice 55 . 14 . 1 . tr . 3 . 0 (9)
Cranberry Nectar 55 . 13 . tr . tr . tr . 0 (8)
Pomegranate Juice 65 . 18 . tr . tr . tr . 0 (18)
Apple Juice 60 . 15 . tr . tr . tr . 0 (6)
Grape Juice 80 . 18 . tr . tr . tr . 0 (16)
Grapefruit Juice 50 . 7 . tr . tr . tr . 1 (10)
Tomato Juice 25 . 5 . 1 . tr . 1 . 70 (0)

FRESH VEGETABLE JUICE

Carrot / Cucumber / Kale
Ginger / Beet / Celery

Lunch

available from 11:30 am – 2:00 pm



We source our mushrooms from the Deltree Mushroom Company. Deltree was established in 1980 in North Adams, MA and they are the first large-scale grower and distributor of fresh shiitake mushrooms. After years of hard work and dedication, Deltree has earned the reputation of being the provider of the finest fresh shiitake mushrooms available in the greater northeast US.

ARTISANAL SOUPS

Carrot & Ginger
{GF, V} 85 . 15 . 1 . 3 . 3 . 251 (8)
sweet potato / honey / thyme

Roasted Parsnip
{GF, V} 90 . 19 . 2 . 1 . 3 . 244 (6)
roasted garlic
vermont maple syrup

Creamy Chicken Noodle
170 . 16 . 10 . 7 . 1 . 285 (2)
egg noodles / organic cream

FROM THE GRILL

Mushroom Burger
335 . 50 . 15 . 10 . 7 . 387 (7)
mushroom cashew patty
macerated roast garlic / roasted red peppers
grilled red onion / whole wheat bun

Turkey Burger
345 . 28 . 31 . 10 . 4 . 338 (5)
cranberry aioli / apple fennel slaw
whole-wheat bun

Bison Burger*
365 . 24 . 36 . 13 . 3 . 413 (3)
chipotle aioli / manchego cheese
pickled red onions / arugula / whole-wheat bun

CREATE YOUR FLATBREAD

SAUCES

BBQ {GF, V} 30 . 7 . tr . tr . tr . 102 (5)
Arugula Pesto {GF} 55 . 2 . 2 . 4 . tr . 116 (0)
San Marzano Tomato {GF, V} 20 . 3 . 1 . 1 . tr . 60 (4)
Garlic Oil {GF, V} 60 . tr . tr . 7 . tr . 1 (0)

CHEESES

Mozzarella {GF} 70 . 1 . 6 . 4 . tr . 178 (0)
Chevre {GF} 75 . 00 . 5 . 6 . tr . 130 (0)
Roquefort {GF} 100 . 1 . 6 . 8 . 0 . 325 (0)

SEASONAL TOPPINGS

Apples {GF, V} 15 . 4 . tr . tr . tr . 0 (3)
Figs {GF, V} 20 . 5 . tr . tr . tr . tr (5)
Red Onion {GF, V} 10 . 3 . tr . tr . tr . 1 (1)
Zucchini {GF, V} 5 . 1 . tr . tr . tr . 2 (1)
Cherry Tomatoes {GF, V} 5 . 1 . tr . tr . tr . 1 (1)
Mushrooms {GF, V} 5 . 1 . 1 . tr . tr . 1 (0)

PROTEINS

Chicken {GF} 60 . 1 . 10 . 1 . tr . 93 (0)
Italian Sausage {GF} 80 . tr . 9 . 5 . tr . 308 (0)
Smoked Salmon {GF} 120 . 00 . 15 . 6 . 0 . 696 (0)
Bresaola {GF} 60 . 00 . 11 . 1 . 0 . 415 (0)

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg (sugar grams)
tr = trace (less than 1 gram) GF = Gluten-Free (no wheat, rye or barley) V = Vegan (contains no animal product)

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. We offer a variety of freshly prepared gluten-free items (no wheat, rye or barley), however our kitchens are not gluten-free environments.

SMALL PLATES

Arugula Salad
{GF} 170 . 12 . 7 . 12 . 3 . 260 (8)
baby arugula / figs
candied walnuts
maple vinaigrette

Crab Cake
{GF} 150 . 5 . 14 . 9 . 1 . 284 (1)
watercress / apples
sundried tomato sour cream
aged balsamic

Six Mates
Tiger Shrimp Cocktail
{GF} 125 . 6 . 22 . 1 . 1 . 401 (3)
house cocktail sauce

Warm Charred Kale Salad
{GF} 205 . 15 . 11 . 13 . 6 . 173 (3)

lamb chorizo
white bean puree
toasted almonds
parmesan reggiano



Our divine dairy comes from Highlawn Farm, a small-scale, Massachusetts based family-run dairy farm. At High Lawn Farm, it has always been about carefully tending to their Jersey cows and producing the highest quality, best tasting Jersey milk products possible. This family of local farmers has dedicated their lives to perfecting Jersey dairy and we're sure you'll taste the Jersey difference.

CHEF-INSPIRED SEASONAL DISHES

Fish & "Chips"
470 . 39 . 31 . 22 . 5 . 405 (9)
white fish / oven-baked french fries
house remoulade sauce / coleslaw

Open-Face Tuna Melt
375 . 29 . 28 . 16 . 4 . 770 (3)
artisan whole wheat bread
mozzarella cheese / tomato / avocado

Lobster Macaroni & Cheese
460 . 45 . 31 . 16 . 3 . 648 (2)
cheddar / maine lobster / whole-wheat pasta

Oven-Roasted Turkey Panini
395 . 38 . 37 . 10 . 4 . 352 (3)
arugula pesto / apple chutney
monterey jack cheese / rosemary

Desserts

Pomegranate Poached Pear
{GF} 195 . 27 . 3 . 8 . 3 . 44 (22)
vanilla panna cotta / pomegranate port sauce

Pumpkin Cheesecake
140 . 16 . 6 . 6 . 2 . 145 (12)
ginger whipped cream / caramel

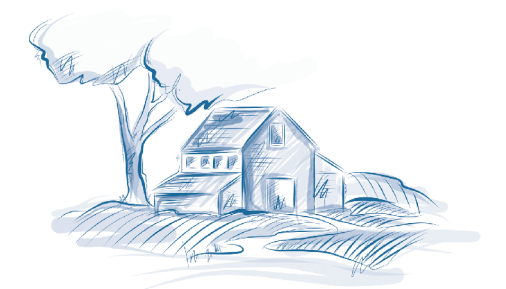
Angel Food Cake
165 . 27 . 5 . 4 . 2 . 63 (14)
blackberry compote / candied maple walnuts

ICE CREAM

Vanilla Ice Cream
70 . 13 . 3 . 1 . 0 . tr (13)
Sorbet & Ice Cream of the Day

COOKIES

Chocolate Chip Cookie
170 . 26 . 2 . 7 . 1 . 124 (17)
GF Chocolate Chip Cookie
{GF} 170 . 24 . 2 . 8 . 2 . 118 (16)
Cookie of the Day



Mill River Farm provides us with our fresh organic vegetables, happily raised pork and free-range poultry. Mill River Farm is a local, certified organic farm that produces all natural products that are full of flavor, nutrients and nothing more. Because of Mill River, you'll taste excellence and delight in every bite.