

8th St., Troy, NY 12180 518-276-2578

SOUP

FRENCH ONION SOUP (16oz) 290cal

Contains: milk, gluten, wheat, soy

See blackboard for daily soup offering

SMALL SOUP (8oz) \$4

LARGE SOUP (12oz) \$5

SALAD

TOSSED SALAD 360 cal

\$10 Freight Farm Artisan Greens, Carrots, Cherry

Tomatoes, Cucumber, Onion, Applewood Smoked Gouda Cheese, Tossed with Italian Dressing, Topped with Housemade Crostinis

Contains: milk, soy, egg, wheat, gluten

ADD CHICKEN BREAST 50cal \$2

Half salad and cup of soup \$10

PASTA -

HOUSEMADE SPAGHETTI OR PENNE 190 cal

\$13 Contains: egg, wheat, gluten

With your choice of:

Boloanese Sauce: Ground Beef in Red Sauce

90 cal

White Wine Clam Sauce 140 cal

Contains: milk, soy, shellfish

Alfredo Sauce with optional Broccoli 160 cal

Contains: milk

SANDWICHES

All Sandwiches served with house pickled cucumbers and potato chips

CHICKEN FAJITA WRAP 790 cal \$10

NYS Chicken, Peppers, Onions, Colby Jack Cheese, Stuffed in a 12inch Flour Tortilla,

Served with Salsa

Contains: milk, wheat, gluten

PHILLY 560 cal \$10

Thinly Sliced NYS Eye Round, with Sautéed Peppers and Onions, Topped with Provolone

Cheese, on a Club Roll

Contains: milk, soy, wheat, gluten

\$1 Add bacon 85cal

Substitute vegetable patty 84cal \$1

Contains: soy, wheat, gluten

Gluten free option available upon request

Contains: egg

ENTREE -

POLISH PLATTER 550 cal

\$11

Potato and Cheese Stuffed Pierogi, Kielbasa, Sautéed Onions, with Braised Cabbage

Contains: milk, egg, wheat, gluten

VEGAN

NEAPOLITAN 350 cal \$10

Roasted Eggplant, Zucchini, Squash, and Onion, on a Polenta Cake, Topped with Housemade Marinara Sauce and Drizzle of Housemade Pesto