

Culture Shock

We source most of our ingredients from local or organic sources. Special thanks to Finger Lakes Family Farms, Hawthorne Valley Farms, Katalyst Kombucha, and BAO Kombucha. Our entire menu is 100% wheat and gluten free.

Frozen Yogurt

Made from local grass fed organic milk and yogurt. Sweetened with organic evaporated cane juice. Low fat. Live cultured. Tart.

includes 3 toppings. Extra toppings are \$.50/each

Small- \$4

Large- \$6

Vegan Soft Serve

Made from organic coconut or rice milk. Small- \$4 Large- \$6

Kombucha Floats

8 oz of kombucha poured over a swirl of yogurt or vegan soft serve- \$6

Smoothies

Made from your choice of yogurt or vegan soft serve, milk (dairy, rice, almond) or orange juice, fruits (strawberries, bananas, pineapple, apple, other berries in season) and greens (arugula, spinach)

Fruit + Yogurt- \$5

Fruit + Yogurt + Greens- \$5.50

Build Your Own Salad

Starting at \$6.50

A base of greens (arugula, mesclun, or romaine, baby spinach) to which you add...

Fresh- no added cost for up to \$4

(red peppers, carrots, cucumbers, beets, apples, pineapple, banana, olives, onions, black beans, chick peas, sprouts, rotating/seasonal options)

Cultured- (cheese or fermented veggies)- \$1

-goat milk feta, raw milk cheddar, kimchi, jalapeno kraut, curry kraut, plain kraut, ruby kraut

Dry- no added cost for one, \$.50 for each additional

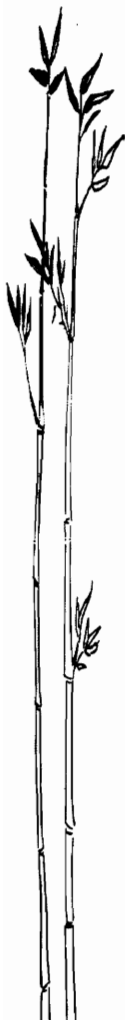
(cashews, curry cashews, almonds, pumpkin seeds, dried cranberries, candied ginger, coconut, raisins, banana chips, dried apricots,)

Protein- \$2 (tuna, tempeh), Egg- \$1.50

Grain- Peanut Lime Noodles- \$2 Rice- \$1

Dressing- no added cost

(chili vinaigrette, sesame orange, bi bim bop spicy sauce, lemon tahini, balsamic vinaigrette, grape vinaigrette, honey almond, olive oil, balsamic vinegar, sesame oil, apple cider vinegar, lemon juice, honey, hot sauce)





Suggested Salads

Curry Crunchy \$7.50

Crisp romaine lettuce, sweet red peppers, carrots, raisins, pineapple, and curry cashews, tossed with our curry yogurt dressing and topped with curry kraut.

Mucho Queso Lindo (aka The Pretty Cheesy) \$9

Mixed greens and chopped romaine, black beans, carrots, onions, and avocado, tossed with tomato salsa, topped with local raw milk cheddar.

The Hot Vegan \$10

Mixed greens, local sprouts, garbanzo beans, tossed with the spicy chili vinaigrette, topped with fried tempeh cubes, warm rice, and jalapeno kraut.

The Frat Boy \$7.50

A Greek salad. Romaine, cucumbers, onions, olives, feta, red peppers, and balsamic vinaigrette.

The Sweet + Salty \$8

Arugula and baby spinach topped with onion, apple, raisins, ruby kraut, and honey almond dressing.

The Bi Bim Bop \$10

Baby spinach, carrots, sprouts, beets, onions, tossed with sesame orange dressing, topped with avocado, a pile of warm sushi rice, kimchi, and a fried egg, drizzled with super spicy red pepper sauce.

The Market Salad \$9

In the style of a hot Saturday morning in July... mixed greens, local sprouts, carrots, basil, chick peas, and dried apricots, tossed with your choice of dressing and topped with peanut lime noodles and original kraut.

The Hot Local \$9

Mixed greens, beets, onions, and sprouts, tossed with the spicy chili vinaigrette, topped with warm rice, a fried egg, and curry kraut. Hot and spicy.

The Rocket Man \$8

Arugula, onions, apples, and beets, tossed with balsamic vinaigrette and topped with avocado and goat cheese.

Soup - Ask for today's special

Small- \$3.50

Large- \$5

Snacks

Emmy's Macaroons- \$1/each

Side of Rice- \$2

Fried Egg- \$1.50

Side of Kimchi /other ferment- \$1.50

Bowl of Raw Granola w/ milk (organic skim, rice, or almond)- \$4.50

Emmy's Raw Cheesecake- \$6/slice

Hot Tea

Cup to go or stay- \$1.50

Pot to Stay- \$3 (serves 1-3)

Kombucha

Our kombucha is brewed either by Katalyst Kombucha or BAO. Flavors- Ginger, Berry Bliss, Jasmine, Lemon Lime, Original, Grape, Spice. Flavors rotate. Ask for today's selection.

8oz cup- \$2 Pint or 16oz Bottle Refill- \$3 Growler Fill- \$12