Oct-Apr | Monday - Saturday 9am - 6pm May-Sep | Monday - Saturday 9am - 9pm

SALADS & WRAPS

All dressing on the side. Ask if you prefer tossed, chooped or both. Salads can be prepared as a wrap.

Classic Caesar

Romaine, parmesan, croutons, Caesar dressing salad 7 / wrap 8

Garden of Eatin'

Spinach, carrot, cherry tomato, avocado, broccoli, cucumber, apple, walnuts, shaved parmesan, sundried tomato-basil dressing 10 / wrap 11

The Dobbs Cobb

Chicken, romaine, cherry tomatoes, turkey bacon, hard-boiled egg, avocado, yogurt ranch dressing & blue cheese crumbles 12 / wrap 13 Summer Salad Spring mix, goat cheese, walnut, cranberries, blueberries, cucumber, balsamic vinaigrette 11 / wrap 12

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6 MAKE YOUR OWN SALAD \$7

Pick a base of Spring MIx | Kale | Spinach | Romaine Choose up to two lettuces. Have as a wrap For +\$1

1) Choose up to 4 basic toppings Each additional (past 4) is .50 cents

Broccoli Carrots Red Onion Cucumber Beets Chickpea Cherry Tom Mushrooms Bell Peppers Kalamata Olives Corn Edamame Hard Boiled Egg Egg Whites Celery Croutons Black Beans Red Kidney Beans Artichoke Hearts Green Olives Black Olives Asparagus Hearts of Palm

2) Veggies, Fruits, Nuts & Cheese Each \$1

Roasted Red Pepper Jalapeños Sundried Tomato Dried Cranberry Feta Pepperoncini Peppers Strawberry Apple Grape Blueberry Pepper Jack Fresh Mozzarella Cheddar Shaved Parmesan Crumbled Bleuv Goat Cheese (1.25) Almonds Walnuts Cashew Turkey Bacon Quinoa

3) Optional Proteins

Grilled Chicken 5	Seitan 5	Tofu 5
Grilled Steak 7	Grilled Salmon 10	Grilled Shimp 9
Grilled Bison 7	Grilled Mushroom 2	Avocado 2

4) Our Dressings

Balsamic Vinegar • Red Wine Vinegar • Olive Oil • Balsamic & Basil Homemade Caesar • Asian Sesame • Bleu Cheese • Yogurt Ranch Homemade Sundried Tomato Basil • Homemade Mango Vinaigrette FF Italian • FF Raspberry Vinaigrette extras .75

Pickup - Delivery - Curbside

SWEET & SAVORY

6 BURGERS

On whole wheat bun with optional sweet potato Fries For \$3 or side salad For \$4

REGULAR - with lettuce, tomato, red onion & pickles

GREEK - with tzaziki sauce, red onion, feta & spinach

Turkey Burger	8	Bison Burger 9
Plant Burger	7	Portabello Burger

Add for \$1 each: avocado, sauteed mushroom & onion, cheddar, pepperjack, mozzarella or swiss



CAULIFLOWER CRUST INDIVIDUAL PIZZAS

PLAIN- Cooked with Fresh tomato sauce and mozzarella cheese • \$10

SALAD PIZZA - Topped with Spring Mix, tomato, onion, black olive, and a side of balsamic vinegar • \$12

TOPPED PIZZA - With sauce, cheese and your choice of three toppings. Add optional proteins • \$12

-> choice of any 3 salad bar items <--> optional proteins +\$3 <-Chicken • Tofu • Seitan • Plant Burger

• 9

• 10

PANIN Add Tofu, Chicken or Veggies for 3. Add Steak for 5

Caprese

Fresh mozzarella, tomato, brushed with fresh nut-free pesto • 7

The Vegan Panini

Pan-seared seitan, sautéed mushroom & onion. Melted vegan mozzarella topped with BBQ sauce • 9

Chicken Club

Chicken, cheddar, turkey bacon, avocado, lettuce and tomato with chipotle-mayo • 12

Veggie Delight

Grilled mixed veggies, red bell peppers,onions, Fresh mozzarella, brushed withnut-free pesto • 8

7

Y)

Tuna Melt Sliced Swiss, tomato, red onion, and

our homemade classic tuna salad.

The Philly Cheddar cheese over grilled steak, sliced onions & portobello mushroom

Portabello Supreme

Mushrooms, mozzarella cheese, roasted red peppers, balsamic glaze • 8 Grilled Cheese

Mozarella & cheddar • 5

63 Main Street • Dobbs Ferry 914.479.5555

LUNCHBOX

With squash, zucchini, onion, bell pepper. Sub with Broccoli, Brussels Sprouts or Avocado For \$2.

1. Choose your protein

Chicken 11 Sliced Steak 13 Salmon 15 Portobello Mushroom 11 Tofu 11 Shrimp 13 Seitan 12 Grilled Vegetables 9

2. Choose your sauce (extras .50) Asian Sesame BBQ Teriyaki Sweet Chili Chipotle-Mayo

3. Choice of Quinoa, Brown Rice, Mixed or Sweet Potato Fries, Red Potato Fries, Tostones

Zoodles

Zoodle Stir Fry - Carrot, onion, bell pepper, mushroom, broccoli, sauteeed in Teriyaki sauce with optional proteins, topped with sesasme seeds • 8.00

Zoodle Spaghetti & Meatballs - turkey meatballs, zucchini noodles & homemade pasta sauce. With garlic bread. • 12

Chicken Parmesan Zoodles - grilled chicken, homemade tomato sauce and melted mozzarella over zucchini noodles • 12

Burritos

All Burritos are made with house seasonings, onion, bell pepper, beans, corn, brown rice, diced tomatoes and cheddar cheese.

-> Add Avocado \$2 -> Add Salsa & Guac \$2

Chicken Burrito • 12 Steak Burrito • 13

Veggie Burrito • 10

Shrimp Burrito • 14

Quesadillas

All come with Greek yogurt. Add Salsa & Gauc \$2

Three Cheese Quesadilla • 7 Three-cheese blend of mozzarella, pepperjack & cheddar. Add chicken for \$5

Filled Quesadillas

Chicken Quesadilla • 10	Veggie Quesadilla 🔹 9
Steak Quesadilla • 12	Shrimp Quesadilla • 13

All filled with onions, bell peppers and mozzarella cheese.

9 / wrap 10 Asian Persuasian Spring mix, edamame, mandarin orange, red onion, sliced almonds, dried cranberries, carrot, mango vinaigrette 9 / wrap 10

The Greek

Spinach, cucumbers, tomatoes, red onion kalamata olives

pepperoncini peppers, feta

cheese, red wine vinaigrette

Breakfast Served All Day

EGG & CHEDDAR - On your choice of panini or wrap - \$3

- Add turkey bacon, turkey sausage, or avocado - \$2 each BREAKFAST BURRITO - Red potatoes, turkey sausage, egg, peppers, onions and cheddar - \$6.50 BREAKFAST PIZZA - With egg, cheddar, turkey sausage, tomato and scallions - \$12



AVOCADO • On artisan bread with fried egg, greens, and chia seeds 6.00 BANANARAMA • Peanut butter, banana, honey and chia seeds 4.00

HOMEMADE OATMEAL

Available in Small (\$3) or Large (\$5) with your choice of add-ins ... \$1 - Nutella, peanut butter, almond butter

\$.75 – Strawberry, banana, blueberry, hemp seed, flax, honey, chia, raisin, coconut flakes



20 oz. - 8.00

• Add Chocolate, Vanilla or Chocolate & Vanilla (vegan) protein powder to any Smoothie for \$3

Sunrise Banana, strawberry, raspberry, fresh apple juice, yogurt

Mango Bango Banana, mango, pineapple, ginger, orange juice, yogurt

Gorilla-Espresso Espresso, banana, peanut butter, honey, almond milk

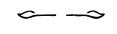
Wizard Blueberry, raspberry, banana, açai berry, Orange juice, honey

Dobbs Coolata Pineapple, coconut milk, banana, honey, coconut flakes

South Beach Pineapple, mango, strawberry, orange juice, honey

Daenerys Kiwi, pineapple, mango, pitaya, OJ

Doc's Orders Almond milk, peanut butter, spinach, banana, vanilla & chocolate whey protein \$11



Order Online: sweetandsavory.cafe pickup • curbside • delivery

Delivery available Mon-Sat *Minimum delivery order \$20 Delivery to Dobbs, Hastings, Ardsley & Irvington

FRESH JUICES

ASK ABOUT

Small ~ 10oz. - 5.00 Medium ~ 16oz. - 8.00 Large ~ 20oz. - 10.00 X- Large ~ 24oz. - 12.00 + Wheat grass shot for \$4

V6

Hulk Juice Spinach, kale, apple, celery, lemon, chia

Fountain of Youth Apple, celery, kale, pineapple

Pure Energy Pineapple, apple, carrot, lemon, ginger

Apple, tomato, celery, orange, cucumber, carrot

SEASONAL SOUPS

DAILY SPECIALS

Perfect Pear Beet, cucumber, pear, mint, parsely, lemon



SIDES

Turkey Chili Fries - \$6 Kale Chips – \$3 Red Potato Fries - \$3 Sweet Potato Fries - \$3 Loaded Brussels Sprouts - \$5 and more ...

BUILD YOUR OWN BREAKFAST – a la carte breakfast plate 2 Scrambled Eggs \$2.50 • 2 Fried Eggs \$2.50 • 2 Scrambled Egg Whites \$3 • 2 Fried Egg Whites \$3 • RED POTATO HOME FRIES \$4 Cheddar Cheese \$1 • TOAST \$2 • Turkey Bacon \$2 • Ww Pancakes \$4 Turkey Sausage \$2 • CORNED BEEF HASH \$4 • Ww French Toast \$5

> __ FRESH FRUIT BOV

> > Layered with granola and coconut Aakes

PITAYA or AÇAI or SMOOTHIE

12.00

Smoothie Bowl

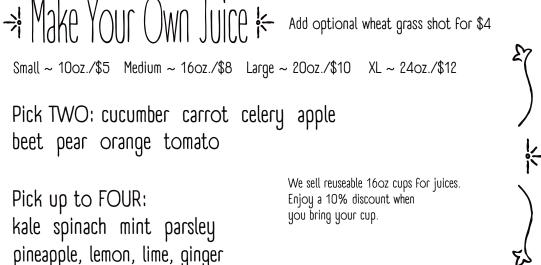
Açai Bowl With strawberry, blueberries, banana

> Pitaya Bowl With mango, kiwi, pineapple

Add in Extras for \$1 Peanut Butter, Nutella, Almond Butter, Chia Seeds, Hemp Seeds, Almonds

Small ~ 10oz./\$5 Medium ~ 16oz./\$8 Large ~ 20oz./\$10 XL ~ 24oz./\$12 Pick TWO: cucumber carrot celery apple

> We sell reuseable 16oz cups for juices. Enjoy a 10% discount when you bring your cup.



Expert catering for your meeting or event Send request to sssweetandsavory@gmail.com

All students from local schools and college receive 10% discount off an order with current sudent ID.

914 • 479 • 5555

beet pear orange tomato

kale spinach mint parsley

pineapple, lemon, lime, ginger

Pick up to FOUR:

Hours & prices are subject to change. Please inform us of any food allergies and/or dietary concerns.