

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

Pickup - Delivery - Curbside

63 Main Street • Dobbs Ferry
 914.479.5555

SWEET & SAVORY

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

The Greek

Spinach, cucumbers, tomatoes, red onion, kalamata olives, pepperoncini peppers, feta cheese, red wine vinaigrette 9 / wrap 10

Asian Persuasion

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

Summer Salad

Spring mix, goat cheese, walnut, cranberries, blueberries, cucumber, balsamic vinaigrette 11 / wrap 12

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

Beets Broccoli Carrots Red Onion Cucumber Chickpea
 Corn Cherry Tom Mushrooms Bell Peppers Kalamata Olives
 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 Bleu
 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

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 7

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

PANINI

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 with nut-free pesto • 8

Tuna Melt

Sliced Swiss, tomato, red onion, and our homemade classic tuna salad. • 9

The Philly

Cheddar cheese over grilled steak, sliced onions & portobello mushroom • 10

Portabello Supreme

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

Grilled Cheese

Mozzarella & cheddar • 5

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
 Tofu 11 Portobello Mushroom 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, sauteed in Teriyaki sauce with optional proteins, topped with sesame 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 Veggie Burrito • 10
 Steak Burrito • 13 Shrimp Burrito • 14

Quesadillas

All come with Greek yogurt. Add Salsa & Guac \$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.

Breakfast Served All Day

ASK ABOUT SEASONAL SOUPS DAILY SPECIALS

SIDES

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

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

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

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

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

SMOOTHIES

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

FRESH JUICES

Small ~ 10oz. - 5.00

Medium ~ 16oz. - 8.00

Large ~ 20oz. - 10.00

X- Large ~ 24oz. - 12.00

+ Wheat grass shot for \$4

Hulk Juice

Spinach, kale, apple, celery, lemon, chia

V6

Apple, tomato, celery, orange, cucumber, carrot

Fountain of Youth

Apple, celery, kale, pineapple

Pure Energy

Pineapple, apple, carrot, lemon, ginger

Perfect Pear

Beet, cucumber, pear, mint, parsley, lemon

FRESH FRUIT BOWL

Layered with granola and coconut flakes

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

✱ Make Your Own Juice ✱ Add optional wheat grass shot for \$4

Small ~ 10oz./\$5 Medium ~ 16oz./\$8 Large ~ 20oz./\$10 XL ~ 24oz./\$12

Pick TWO: cucumber carrot celery apple
 beet pear orange tomato

Pick up to FOUR:
 kale spinach mint parsley
 pineapple, lemon, lime, ginger

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