

BREADS

(ALL BREADS ARE DAIRY-FREE)

PEASANT BREAD

- BOULE \$3.00
- BAGUETTE \$3.00
- HERB-GARLIC \$4.00

GREEK OLIVE OR
RED PEPPERS

- MINI-BAGUETTES \$1.00
- ROLLS \$.55

CHALLAH \$4.00

SPELT BREAD \$4.00

ORGANIC 8 GRAIN \$4.00

- ROLLS \$.65

FOCACCIA

- MINI \$1.75
- ROUNDS \$4.75
- 1/2 SHEET (14" x 17") \$25.00

~FOCACCIA VARIETIES~

MARGHARITA~ Tomato, basil, garlic

PROVENCALE~ Roasted eggplant, roasted onions, herbes de provence

MEDITERRANEAN~Greek olives, roasted sweet peppers, rosemary

CLASSIC~Marinated artichoke hearts, roasted sweet peppers, Greek olives, scallions, oregano

WORKS~All of the above

(All with garlic and sesame seeds)

BREAKFAST ITEMS

TRADITIONAL ITEMS

- BUTTERMILK SCONE \$1.50
- DAILY MUFFIN \$1.00
- STICKY BUNS \$2.00
- TEACAKE \$3.25
- APPLE SWEET BREAD OR \$3.25
- APPLE CRUMB CRADLE \$3.25
- DANISH TRAY \$4.00
- SF/WF/DF-SCONE \$1.75
- SF/WF/DF-PUMPKIN MUFFIN \$1.75

EGG SANDWICHES

- 1 EGG ON PEASANT ROLL \$3 + TX
- 2 EGG ON MINI BAGUETTE \$4 + TX
- 3 EGG ON MINI FOCACCIA \$5 + TX

ALL BREADS ARE TOASTED & BUTTERED WITH KOSHER SALT & FRESHLY GROUND BLACK PEPPER. *EXTRA-SHARP CHEDDAR OR IMPORTED SWISS CHEESE AND EITHER DIJON MUSTARD (OUR SPECIALITY) OR KETCHUP* IF EGG WHITES ARE PREFERRED, ADD \$.95

LUNCH MENU

SANDWICHES

STEP 1: CHOICE OF ONE:

- ◆ FRESH GOAT CHEESE
- ◆ EXTRA-SHARP CHEDDAR
- ◆ IMPORTED SWISS CHEESE
- ◆ PLAIN TUNAFISH (IN WATER)
- ◆ VEGAN HOUSE SPECIAL

~ASK FORTHE HOUSE SPECIAL AND TRUST US!! ~

STEP 2: CHOOSE CONDIMENTS

- BUTTER
- EXTRA-VIRGIN OLIVE OIL
- DIJON MUSTARD
- BASIL PASTE (VEGAN)
- OLIVE PASTE (VEGAN)
- SUN-DRIED TOMATO SPREAD (VEGAN)
- ROASTED SWEET RED PEPPERS
- BABY GREENS (USUALLY ORGANIC)
- SLICED RED ONIONS
- ANCHOVIES (ADD .50 TO \$2)

STEP 3: CHOOSE TYPE/SIZE BREAD:

- ✓ PEASANT ROLL \$3.50+ tx
- ✓ MINI-BAGUETTE \$4.50 "
- ✓ MINI-FOCACCIA \$5.50 "
- ✓ FOCACCIA \$10.00 "
- ✓ PEASANT BAGUETTE \$11.00 "
- ✓ HERB-GARLIC BREAD \$13.00 "

SOUPS

VEGAN AND VEGETARIAN SOUPS \$3.50 /tx

EXAMPLES:

- BEANIE LEEKIE
- CARROT LENTIL
- ROASTED SQUASH BARLEY

OPTIONS DURING WARM MONTHS:

EXAMPLES:

- GRAIN SALADS, BEAN SALADS, RICE NOODLE SALADS, GREEN SALADS
- FRUIT SALADS
- PANZANELLA PLUS OTHERS

ANYTIME TREATS

- BROWNIE FUDGE CAKE** \$1.75
- VEGAN CHOCOLATE CAKES** \$1.75
- LEMON VELVET CAKES** \$6.00
- BITES** \$1.00
- LEMON-POPPYSEED CAKE** \$6.00
- BITES** \$1.00

COOKIES

- RANGER (DF) \$1.00
- PEANUT BUTTER (WF) \$1.00
- CHOCOLATE CRUNCH \$1.00
- OATMEAL-RAISIN \$1.00
- GINGER-SNAP (DF), MERINGUES, BREMEN ALMOND WAFERS, SPELT SHORTBREAD. 5/\$1.00

BEVERAGES

HOT

- FRESHLY ROASTED COFFEE \$1.50 +tx
- REGULAR OR DECAF
- CAFE AU LAIT \$3.25 "
- 1/2 STEAMED MILK, 1/2 COFFEE
- CAFFE CIOCOLATTE \$3.50 "
- 1/2 HOT CHOCOLATE, 1/2 COFFEE
- BELGIAN HOT CHOCOLATE \$3.75"
- MADE W/GANACHE, NOT POWDER!!
- TEAS BY THE POT \$3.00
- TEA (BAG) TO GO \$.93/tx
- HOT MULLED CIDER (SEASONAL) \$1.55

COLD

- ICED COFFEE (SEASONAL) \$1.75
- REGULAR OR DECAF
- ICED HERB TEAS \$1.75
- REAL LEMONY LEMONADE \$2.00
- PELLEGRINO \$4.00/tx
- NANTUCKET NECTARS \$1.50
- ASSORTED BOTTLED WATERS & JUICES

DESSERTS

It is recommended to call and reserve or order cakes 48 hours in advance for best selection.

LEMON CURD TARTE

crisp pastry shell with intense lemon filling

RUSTIC FRUIT TARTE

puff pastry, frangipane (almond cream), sliced seasonal fresh fruit baked in

BELGIAN CHOCOLATE TORTE

dense extra-bittersweet Belgian chocolate brownie-like cake covered with ganache

CHOCOLATE TRUFFLE TORTE

decadent ultra-rich bittersweet Belgian chocolate cake covered with ganache

DEVILS FOOD CAKE

all chocolate sour cream, brown sugar butter layer cake with ganache filling/icing

VANILLA-RASPBERRY POUND CAKE

buttery cake sandwiched with raspberry jam iced with vanilla buttercream

LEMON MOUSSE CAKE

lightest lemon sponge cake layered with lemon mousse iced with whipped cream

STRAWBERRY SHORTCAKE

(SEASONAL) (also pear, peach or mix your favorite berries) lightest vanilla sponge cake layered w/fresh sliced strawberries/whipped cream

ALMOND-PEAR CAKE

dense almond butter cake filled w/sliced pears and vanilla buttercream.

MOCHA-ALMOND TORTE

chewy almond cake layered, iced with coffee buttercream & toasted almonds/coffee beans

CARROT CAKE

spiced carrot cake filled/iced with smooth, silky cream cheese icing

HAZELNUT-GANACHE CAKE

hazelnut merinque cake layered with Belgian chocolate ganache and icing

ASK US TO MAKE SOMETHING ELSE, TOO!

ALTERNATIVE CAKES

SF VEGAN CHOCOLATE RASPBERRY

light cocoa cake layered with sugar-free raspberry jam and covered with crumbs

SUGAR-FREE PUMPKIN SPICE CAKE

WHEAT-FREE CAKES

DAIRY-FREE CAKES

GLUTEN-FREE CAKES AND MORE!

The Alternative Baker Promises:

- We do not use any bleached or bromated flours.
- We use only non-aluminum baking powder.
- All items are scratch-baked.
- We use local products and organics whenever possible and available.
- Freshness is guaranteed.
- Your health and happiness are our greatest rewards.

Key:

GF: Made without any gluten and no cross-contamination. Good for celiacs.

WF: Made without wheat. We substitute organic white spelt--contains gluten.

DF: Made without casein or dairy products from any animal's milk.

EF: Egg-free.

SF: Made without using sugar. We use a natural fruit syrup made from pears, peaches and pineapples.

CF: Cholesterol-Free.

VGN: Vegan. Contains no product derived from an animal. 100% plant-based food.

Prices are subject to change without notice.

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Where Taste is Everything!!!

Since 1995

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(Previously in Kingston for 11 years)