



**BUILDING 92, 4TH FLOOR, 347-335-0529**

**MONDAY-TUESDAY 7:30-2 / WEDNESDAY-FRIDAY 7:30-6 / SATURDAY-SUNDAY 12-6**

## **BREAKFAST**

GFY – Granola, Fruit, Yogurt parfait – 6

GY - Granola & Yogurt - 4.5

T&H signature baked goods; scones, muffins, quick breads- 2-3

Farm fresh egg frittata with cheese on fresh ciabatta - 4

Add:

Dines Farm smoked bacon/ham - 1

Tomato & Avocado -1

T&H signature seasonal oatmeal – 4

Choice of:

Roasted apple compote and cinnamon

Caramelized banana and maple with granola garnish

## **LUNCH**

Roasted Dines Farm chicken salad sandwich - 9

Smoked Dines Farm BLT - 7

BLAT's- 8

Caprese Panini - 7

Smoked Dines Farm Turkey Panini- 9

Grilled cheese Panini - 5

## **SIDES**

Seasonal side grain salad of the day- 3

North Fork potato chips - 1.5

## **SOUPS**

T&H signature tomato soup - 4

With grilled cheese Panini combo - 8

Seasonal soup of the day - 4

With grilled cheese Panini combo - 8

## **DESSERTS**

Oatmeal Chocolate Chip Cookie- 2

Gluten/Dairy Free Peanut Butter Cookie - 2

**LOCAL. ORGANIC. DELICIOUS.**

*Menu is seasonal and subject to change.*