



goodchoicekitchen.com

914.930.1591

147 MAIN ST. OSSINING, NY

The Good Choice Kitchen will serve organic farm-to-fork fare. We have a simple (but passionate) mission: Feed people clean, nourishing, local food that improves their health and lives.

summer menu • 1

Organic, Bio-farmed, Seasonal, Local, Non-GMO, Fair Trade, mostly Gluten-free, Veg-centric, Peanut-free, Plant-based and anything else that is good for you

breakfast • 7:30am-11am

Choose a cereal or pudding:

Protein Power Hot Cereal • 5 a gluten-free hot cereal with quinoa, millet & amaranth

Creamy Oats & Flax • 5 gluten-free rolled oats, ground flax seeds

Almond Pudding • 5 chia, almond butter, almond milk, vanilla, agave

No-Nut Pudding • 5 chia, sunflower butter, coconut milk, vanilla, agave

Add one fruit topping: raisins, dried cranberries, blueberries, coconut shreds, seasonal fresh fruit of the day

Add one crunch: almonds, cashews, pecans, toasted sunflower seeds, toasted pumpkin seeds, hemp seeds

Crepe • 6 wheat or gluten-free, seasonal fruit, toasted nuts

Coconut Yogurt & Granola • 5

breakfast • SERVED ALL DAY

Avocado Toast • 6.50 hummus or nut cheese spread, avocado, sprouts, smoked paprika on your choice of gluten-free or wheat bread

Build Your Own Sandwich • 7.25 choices: daily bread (GF or not), hummus, nut cheese, baby greens, olives, sprouts, avocado

Peace Bowl • 8 avocado, yam, sprouts, protein power cereal, toasted sunflower or pumpkin seeds, raw shredded vegetable, dressing

Bean & Yam Hash • 7 in a yellow corn tortilla with fresh salsa

drink • SERVED ALL DAY

Fresh Juice • 6.50

Sweet Beet beet, carrot, lemon

Red Rocks beet, kale, celery, carrot, lemon

Zing kale, carrot, parsley, lemon, paprika

Goddess kale, fennel, celery, cilantro, garlic

Phenomenal Fennel fennel, celery, lime, parsley, cucumber, mint

Hydrate cucumber, lemon, mint

Electro celery, lemon, cucumber

Mellow carrot, lemon

True Green kale, celery, parsley, cucumber

Green kale, cucumber, celery, carrot, parsley

Make Your Own choose 4 options: beet, carrot, lemon, kale, celery, parsley, cilantro, fennel, cucumber, turmeric, ginger, paprika, mint

Smoothie • 7.50 like juice, but thicker & with pulp (fiber)

You Won't Taste the Kale - kale, pineapple, unfiltered apple juice

If You Like Piña Coladas with a Kick pineapple, coconut milk, turmeric, ginger, agave

Blueberry blueberries, almond butter, unfiltered apple juice, agave

Almond almond milk, almond butter, dates, vanilla

Chocolate Almond almond butter, almond milk, cocoa, dates, cinnamon

Make Your Own choose 4 options: fresh seasonal fruit, almond or coconut milk, chia seeds, agave, maple syrup

Milk • 5

Fresh Almond almond, water, vanilla, sea salt

Turmeric Almond Milk turmeric, ginger, cinnamon, cardamom, nutmeg, maple syrup

Hot Beverages • 3

Big Bang Coffee Roasters Coffee

cup / iced / french press (2 cup) • 5

Herbal Coffee

Miso in a Cup

Herbal Tea / Special Blends Tea

food • SERVED ALL DAY

Check the [Good Choice Kitchen website](#), [facebook page](#), & specials board on the cafe wall for today's vegetable, sandwich, soup and drink specials

Soups of the Day • 7

Salad • 7

Hearty Sesame Kale raw vegetable, lemon tahini-miso dressing

Seasonal Garden Salad local delicate greens and summer vegetables, tomato-basil dressing

Caesar Salad romaine, croutons, vegan caesar dressing, GF croutons available

Savory Bowls • 14

Tempeh & Stir Fry Vegetables with Almond Sauce marinated spiced tempeh, cabbage, carrot, onion, mushrooms, ginger, sesame, your choice rice or noodle

Vegetable Tikki Masala vegetables and lentils in spicy tomato-coconut sauce with roasted cashews

Flat Bread gluten-free, topped with seasonal veg, greens, herbs

Chickpea Falafel & Salad in Lentil Wrap falafel, hummus, cucumber-tomato, greens, herbs, pickled veg, tahini sauce, fresh gluten-free lentil wrap

Fresh Pasta of the Day seasonal vegetables, gluten-free or wheat pasta, chef's sauce choice of the day

kids

Almond Butter & Jelly Sandwich • 5
peanut free kitchen, we use almond butter, sunflower butter can substitute

Garlic-Broccoli and Pasta Shells • 5
gluten-free with a little olive oil

Noodles w/ Almond Sauce • 5

Rice & Beans • 5

Confetti Rice • 5 rice with small dice kid-friendly vegetable; asian sauce optional

Raw Fresh Vegetable Sticks • 5

Good Choice plate

Build Your Own Good Choice Combination Plate!

Protein • 6

Tempeh Piccata
Bean or Mushroom Pattie
Chickpea Salad Scoop
Garam Masala Dal
Falafel

Grain • 4

Rice Dish of the Day
Grain Dish of the Day
Soba; GF Ramen
Polenta
Millet
Mac 'n Cheese

Vegetable • 4

Creative, seasonal vegetable dishes change daily based on availability and chef's choice

Sweets, Baked Goods & Snacks / Gluten-free available cake, brownies, cookies, crisps, puddings, parfaits, granola, crackers, etc.

Made to order cakes available with advance notice.

Gluten-free bread loaves available for purchase.

Food Allergies, Dietary Concerns & Restrictions

We specialize in catering to customer satisfaction and understand food avoidances. We offer substitutions and suggestions for food allergens, dietary restrictions, etc. Talk to us via email, online ordering, on the phone or in person when ordering if you have any concerns or requests.

Cooking classes, lectures, events information online @ www.goodchoicekitchen.com



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