COLD SANDWICHES 7.00

(Potato or Macaroni Salad or Coleslaw 2.00)

Turkey w/ cranberry horseradish mayo
Smoked Tofu w/ cranberry horseradish mayo
Turkey in the Slaw
Turkey Tapenade tangy olive spread
Tofu Tapenade (vegan)
Swiss & Pickle w/ tomato, onion, russian
Ham or Turkey with Dijon or Mayo
Hummus & Cucumber
Baked or Smoked Tofu Sandwich
w/ russian, tomato & red onion
The Adirondack NY Cheddar & Apple Slices
w/ red onion & horseradish mayo
The Manhattan low fat cream cheese &
chopped walnuts on raisin bread
Vegan Italian Sandwich Baked Tofu,
fire-roasted peppers and red onion

HOT SANDWICHES 7.00

Grilled Cheese & Tomato (Swiss, cheddar, feta,
mozzarella, muenster, pepper jack, or cream cheese)
Grilled Mozzarella, Tomato & Pesto
Grilled Feta & Tomato w/ herbs
Grilled Turkey & Swiss w/russian
Paris Bistro Sandwich grilled ham, swiss & Dijon
T.L.T. tempeh "bacon," lettuce, tomato & mayo
or vegenaise
Tempeh Arizona w/ green salsa, cilantro, tomato,
on warm pita 6.00 w/ avocado 8.00

BURGERS 7.00

Melted cheese on any burger $1 extra
Veggie Burger w/ russian, lettuce & tomato
Soy Beef Burger w/ ketchup, onion & pickle
Tempeh Burger w/ russian, lettuce & tomato
Chicken Burger soy or real chicken
w/ mayo, russian or vegenaise
Blue Cheese Chicken Burger w/ tomato
Pesto Chicken Burger w/ tomato

REUBENS 6.00

w/ russian, sauerkraut, swiss, tomato
Tempeh Reuben
Smoked Tofu Reuben
Turkey or Ham Reuben
Vegan Reuben
Swiss Cheese Reuben

OPEN FACE BAGEL MELTS 6.00

with green salad 8.50

Pizza Bagel melted cheese & tomato sauce
Vegan Pizza Bagel w/ baked tofu & sauce
Pesto Pizza Bagel green basil sauce & melted cheese
Greek Pizza Bagel feta, tomatoes & Greek herbs
Mexican Pizza Bagel salsa & melted cheese
Mexi Melt cheese, sour cream, cilantro, jalapenos
California Bagel avocado, cheese & tomato
Olive Spread Bagel w/ tangy tapenade
choice of melted cheese or tofu (vegan)
Turkey & Cheddar Melt sharp & tasty
Ham & Mozzarella Melt hot 'n chewy

HEALTHY SALADS w/ bread 6.50

Toasted Almond Salad leaf lettuce & veggies
topped w/ almonds. a light & healthy meal
Salad Tangier lettuce & veggies topped with
apricots, almonds, cashews, figs & dates
dressed w/ fresh lemon & olive oil
(crumbled feta 1.00 extra)
Avocado Salad chunks of fresh avocado
on a bed of romaine & veggies
dressed w/ fresh lime & cilantro
Vegan Antipasto a large salad topped with
Mediterranean olives, fire-roasted peppers,
baked Italian Tofu & our Italiano dressing
Antipasto Romano same as above with Romano
cheese instead of tofu
Greek Salad a bed of leaf lettuce & crisp veggies
w/ crumbled feta, fire roasted peppers,
kalamata olives & our Greek dressing
Adirondack Salad cubed Adirondack cheddar,
apples & walnuts over plenty of fresh
greens & veggies
Hummus Salad high protein chick pea dip
over a large salad
Mideast Peace Platter hummus, feta, greek olives,
fire roasted peppers, veggies & pita bread
House Salad fresh greens and veggies 3.00/5.00
choice of Italiano, Sesame Ginger,
Blue Cheese, Fresh Lemon & Olive Oil,
Fresh Lime & Cilantro, Horseradish Mayo,
Russian, Ranch, or Lemon Dill
Chef Salad topped w/ sliced ham, cheese 8.00
& turkey w/ choice of dressing

CHICKEN DISHES real or soy (vegan) chicken

Chicken Tenders & Vegetables 7.50
Ginger Chicken & Vegetables 7.50
Curry Chicken & Vegetables 7.50
Jamaican Chicken & Vegetables 7.50
Chicken Schnitzel & Vegetables 8.00
Chicken Romano w/ veggies 8.00
Chicken Pomadoro in tomato sauce 8.00
w/ salad & vegan garlic bread
Chicken Parmesan w/tomato sauce 9.00
& melted mozzarella w/ salad & vegan garlic bread
Hawaiian Chicken with veggies 9.00
pineapple & coconut
Chicken Marsala w/ mushroom wine sauce, 10.00
salad & garlic bread
Chicken Cacciatore w/ mushrooms, wine 10.00
tomato sauce, salad & garlic bread
Moroccan Chicken w/ eggplant, zucchini, 10.00
carrots, cumin seeds, lofat yogurt & warm pita
Chicken with Eggplant Walnut Stuffing 10.00
w/ feta cheese 11.00

GREATEST HITS

Grilled Eggplant Sandwich choice of: 7.00
• mozzarella & pizza sauce
• mozzarella & fire roasted peppers
• swiss & grilled mushrooms & onions
Muenster Pizza w/ black olives 6.00
w/ broccoli, mushrooms & olives 8.00
Vegetables Primavera w/ basil (vegan) 6.00
w/ romano cheese 7.00
Greek Vegetable Pizza eggplant, zucchini, 8.00
tomato onions & herbs on pita (vegan)
w/ feta cheese 9.00
Greek Gyro chargrilled soy beef w/ tomato, 9.00
onion, zucchini & spices on a warm pita
w/ feta or lofat yogurt 10.00
Tofu or Tempeh Stir Fry w/ fresh veggies 7.50
Asian Stir Fry veggies, mushrooms, 9.00
lemph & our sesame ginger sauce
California Sandwich cheese, tomato, & 6.50
avocado w/ mayo grilled 7.50
Vegan California Sandwich - "Tofu" 6.50
tomato, avocado & salsa verde grilled 7.50

African Peanut Stew authentic vegan recipe 9.00
veggies, delicious peanut gravy & warm flat bread
Potato Pierogies & Veggies locally made 8.50
w/ homemade horseradish sauce
w/ soy chicken, vegan spare ribs, 10.00
real chicken, or ham
w/ salmon 11.00
Salmon Dinner (wild caught) choice of two: 10.00
potato or mac salad, tuna salad, steamed veggies, cole slaw
Ham or Chicken Dinner w/ 2 sides (above) 9.00
Vegan Spare Ribs & Vegetables 7.50
Ratatouille French eggplant stew w/ bread 7.50
w/ herbes de Provence (including lavender)
w/ feta cheese 8.50
Stuffed Portabella Mushroom 10.00
w/ eggplant, walnuts & herbs w/ feta 11.00

SOUTHWESTERN FARE spicy if you wish

jalapenos or sour cream .50 extra / cilantro: Free
Salsa & Chips non-gmo corn chips 3.50/5.50
w/ mild red or spicy green salsa
Red, White & Green 5.00/7.00
chips w/ both salsas & sour cream
Santa Fe Vegetables w/ salsa verde 7.00
Vegan Burrito w/ beans, salsa & lettuce 5.00
Burrito w/ beans, cheese & salsa 6.00
Guaco Burrito the above w/ avocado 8.00
Chimi Changa bean, cheese & salsa 7.00
filled tortilla -not deep fried- crispy grilled in olive oil
Vegan Tacos two corn tortillas 6.00
w/ beans, salsa, lettuce & olives
Tacos w/ beans, cheese, salsa & olives 7.00
Guaco Taco 2 bean & cheese tacos 9.00
topped with avocado & cilantro
Soy Beef Tacos w/ salsa, lettuce & olives 7.00
Vegan Nachos w/ beans, salsa & olives 6.00
Nacho w/ beans, salsa & cheese 7.00
Guaco Nachos w/ avocado, salsa & cheese 8.00
Ultimate Nachos beans, cheese, salsa, 9.00
avocados & olives
Open Face Quesadilla pepper, onion, olives 8.00
tomato, cheese & cilantro on a large flour tortilla
Quickie Quesadilla filled with salsa & cheese 5.50
Vegan Enchilada beans & avocado 8.00
Chicken & Cheese Enchilada w/ avocado 9.00
The Big Enchilada beans, cheese & avocado 9.00

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MOON & RIVER CAFE

The Little Café that Rocks ~ Healthy Dishes from Around the World
115 S. Ferry St. in Historic Schenectady ~ 9am-11pm 7 Days ~ 382-1938
Live music nightly at 8pm. Pick up a calendar or go to moonandrivercafe.com

BREAKFAST ANYTIME

Eggs from happy healthy hens
Egg Sandwich 2.50
Pepper & Egg Sandwich 3.00
Ham & Egg Sandwich 4.00
cheese on sandwiches $1 extra
Eggs & Toast 3.00
Eggs in a Nest 4.00
Cheese Omelet 5.00
cheddar, swiss, cream cheese,
muenster, pepper jack, or mozzarella
Veggie Omelet 6.00
onion, pepper, mushrooms, tomato
Everything Omelet 7.00
veggie omelet with cheese
Greek Omelet 7.00
w/ tomato, feta cheese & herbs
Paris Bistro Omelet 7.00
ham, cheese & dijon
Green Eggs & Ham 7.00
Green Eggs & Cheese 6.00
Marinara Scrambled Eggs 5.00
w/ mozzarella or romano cheese 6.00
Zucchini & Eggs 6.00
w/ mozzarella or romano cheese 7.00
Spanish Frittata open face omelet 7.00
w/ onion, pepper, tomato & cheese
Pesto Tomato Frittata 6.00
w/ mozzarella $1 extra
Mexican Style Eggs 7.00
w/ melted cheese, special green
salsa & surrounded by warm corn chips
Breakfast Burrito or Tacos 7.00
eggs, salsa, and cheese
Turkey or Veggie Sausage 2.00
Nice Thick Slice of Country Ham 2.00
Home Fries 2.50
Moroccan Eggs w/ tomato, zucchini, 7.00
cumin seeds & warm pita bread
Vegan Breakfast tofu veggie scramble 7.00
w/ olive oil toast
French Toast Regular or Vegan
whole wheat or cinnamon raisin
w/ pure maple syrup 7.00
w/ strawberries and light whip cream 7.00
w/ sautéed bananas 7.00
w/ sautéed mixed fruit 8.00
Hot Croissant 1.50
Bagel w/ Butter 1.50
w/ Cream Cheese 2.00
w/ Cream Cheese & Olives 2.50
Oatmeal w/ cream & brown sugar 2.00/3.00
or soy milk & pure maple syrup
Granola w/ soy milk or yogurt 3.00
w/ fresh fruit 4.50
Fruit Cup 2.50 Fruit Bowl 4.50
Sautéed Fruit 4.50
Fruit Plate 3.50/5.50 (finger food)
Fruit 'n Feta (or chedda or other cheeses) 4.00/6.00
Fruit & Yogurt (low fat) 4.50
Whole Grain Toast w/ butter or jam 1.50
Olive Oil Toast vegan & heart healthy 1.50
Cinnamon Raisin Toast 1.50
English Muffin white or wheat 1.50

LUNCH STARTS HERE:

Hummus on Warm Pita 3.50
San Francisco Melt lite crm cheese, tomato 7.50
avocado & cilantro on a warm chewy flatbread
Avocado Rustica half an avocado 3.00
w/ olive oil, garlic, & a spoon
Turkey Veggie Wrap russian, ranch, 5.00
blue cheese, horseradish mayo, or dijon
Cheese & Veggie Wrap choice of dressing 5.00
Vegan Veggie Wrap w/ hummus 5.00

LIGHT FARE

Hummus on warm Pita 3.50/5.50
Hummus & Veggies or Corn Chips 3.50/5.50
Hummus Rainbow w/ veggies over bread 5.50
Olive Tapenade & Crackers (vegan) 3.50/5.50
Veggies & Blue Cheese Dip or ranch 3.50/5.50
Apples & Blue Cheese Dip 3.50/5.50
Touch of Italy olives, roast peppers, 4.00/6.00
Italian tofu, olive oil & bread for dipping
Touch of Greece olives, roast peppers, 4.00/6.00
feta cheese, olive oil & bread for dipping
Miso Broth healing Japanese broth 2.50
Vegan Garlic Bread w/ heart healthy olive oil 2.00/4.00
Soup: Vegan Split Pea or Chicken Noodle 2.50
Apple, Cheese & Crackers wheat or rye 3.50/5.50
Peanut Butter & Jam Sandwich 2.50
Healthy Elvis (he fried his) 3.00
peanut butter & banana sandwich
Naan warm spicy flat bread 2.50
French Fries or Home Fries 2.50
Open Face Cream Cheese & Preserves 3.00

SMOOTHIES & SHAKES

Smoothies (vegan): 3.00
Strawberry Banana, Orange Banana,
Chocolate Banana, Peanut Butter Banana,
Pineapple Banana, Banana Banana,
Orange Pineapple, Cranberry, Mixed Fruit,
or Strawberry Orange Banana (SOB)
Ice Cream Shakes: Vanilla, Chocolate, 3.00
Strawberry, Cranberry, Banana, Pineapple, Orange
Pineapple, Orange Creamsicle, Apple, Grape
Italian Shakes: Hazelnut, Coconut, 3.50
Amaretto, Irish Cream, English Toffee, Piña Colada

DESSERTS

All Natural Ice Cream Cone 1.50
Vanilla, Chocolate, Dish 2.00
and other flavors
Ice Cream Sundae choice of ice cream 3.00
& toppings: strawberries, chocolate chips,
toasted coconut, diced banana or pineapple,
lite whip cream, almonds, walnuts, cranberries
Pies & Cakes see bar & deli case

BEVERAGES

Coffee. Dark & Delicious. 1.00/1.50
Iced Coffee 1.00/1.50
Cappuccino 2.00
coffee w/ light whipped cream & cinnamon
Scoopuccino coffee w/ ice cream & cinnamon 2.00
Iced Scoopuccino 2.50
Mocha Float coffee w/ chocolate ice cream 2.00
Syrups for Coffee add 50¢ to any coffee drink
Choice of: Vanilla, Hazelnut, Coconut, Irish Cream,
English Toffee, Amaretto
John's Mocha Delight hot cocoa & coffee 2.00
Freakin Mocha Delight w/ whipped cream 2.50
Swedish Coffee w/ a dash of cardamon 1.50
Hot Teas large selection at the bar 1.00/1.50
Brewed Iced Tea or Chilled Chai 2.00
Pot-o-Tea four cups 3.50
Hot Cocoa 1.50 w/ whip cream 2.00
Chocolatl Mayan hot cocoa w/spices 2.00
(spicy hot if you like) w/ whip cream 2.50
Soymilk plain or chocolate 1.00/1.50
Vegetable Juice all natural 1.00/1.50
Local Cider fresh & refreshing 1.00/1.50
Clear Apple or Grape Juice 1.00/1.50
Sparkling Apple or Grape Juice 2.00
Fresh Orange Juice not from concentrate 1.50/2.00
Mimosa OJ, sparkling water & slice of lime 2.00
Pineapple Juice on the Rocks 1.00/1.50
Orange Pineapple Punch 2.00
Piña Colada Punch 2.50
Coconut Mambo OJ & coconut soy milk 2.50
Moonrise OJ & vanilla soy milk 2.50
Ambrosia nectar of the gods (vegan) 2.50
Sparkling Water w/lemon or lime if you like 1.50
Bottled Spring Water 1.50
Italian Sodas Vanilla, Hazelnut, Coconut 2.00
Amaretto, Irish Cream, English Toffee
Canned Sodas Cola, Root Beer, Lemon Lime 1.50
Ginger Ale, Cream, Black Cherry, Grape, Orange
Flavored Seltzers ask for flavor selection 1.50
Izze Sparkling Juices no added sugar 2.50
Pink Grapefruit, Clementine, Blackberry, Pomegranate
Ginger Beers various brands on the bar 2.50
Non-Alcoholic Beer 2.00

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