

vegetarian & vegan friendly

## Moon & River Cafe in Schenectady's Historic Stockade Village

115 S. Ferry St. 9am - 11pm 7 days 382-1938 Cash Only

Music & Events daily - pickup a calendar or moonandrivercave.com

### Breakfast

**Egg Sandwich** 2.50 cheese 1.00 extra  
ham or turkey sausage 2.00 extra  
**Eggs & Toast** 3.50 whole wheat, rye  
bagel or English muffin  
**Home fries** 2.50  
**Veggie Sausage 3, Fakin' Bacon (vegan) 2**  
**Cheese Omelet** 5 American, Swiss,  
cream cheese, blue cheese, mozzarella  
**Pesto Tomato Frittata** green pesto or red pesto  
(sun dried tomato) 7 w/cheese 8  
**Veggie Omelet** - choice of mushroom, onion,  
pepper, zucchini, tomato 7 w/cheese 8  
**Paris Bistro Omelet** - ham, Swiss & dijon 8  
**Mexican Eggs** - w/salsa verde, cheese  
surrounded by warm organic corn chips 8  
w/avocado 10  
**Breakfast Burrito or Tacos-**  
eggs, salsa & cheese 8 w/avocado 10  
**Greek Omelet** feta cheese, tomato, oregano 8  
**Avocado Tomato Omelet** 8 w/cheese 9  
**Moroccan Eggs** - w/tomato, zucchini,  
cumin seeds & warm pita bread 8  
**Vegan Breakfast** - grilled veggies & tofu  
w/olive oil toast 8  
**French Toast** - regular or vegan  
whole wheat or cinnamon raisin  
w/real maple syrup 8  
w/sauteed pineapple, or banana 9  
w/strawberries & whip cream 9  
**Bagel w/butter** 2 w/cream cheese 2.50  
**Olive Oil Toast** whole wheat or rye 2  
**English Muffin** 2  
**Cinnamon Raisin Toast** 2  
**Granola or Toasty O's** 2/3  
**Oatmeal** 2.50/3.50  
**Fruit Cup/Bowl** 2.50/4.50  
**Fruit Plate** 3.50/5.50  
**Fruit & Cheese & Crackers** 4/6  
**Sauteed Fruit** 5 delicious  
**Oatmeal with Sauteed Fruit** 6  
w/real maple syrup 7

### Beverages

**Coffee, Teas, Hot Cocoa** 1.50/2  
**Iced Coffee** 1.50/2  
**Cappuccino-Coffee**, whip. cream, cinamon 2/2.50  
**Scoopuccino** - coffee, ice cream & cinnamon 2/2.50  
**Iced Scoopuccino** 2.50  
**Mocha Float** - coffee w/chocolate ice cream 2/2.50  
**Mochaccino** - Coffee, hot cocoa, whipped cream &  
cinnamon 2.50/3  
**Coffee Syrups** - Irish Cream, Vanilla, Hazelnut  
English Toffee, Coconut, Amaretto .50 extra in any  
coffee drink  
**Cafe Caribe** - w/sweet spices 2/2.50, whip crm 50¢  
**Swedish Coffee** - w/a dash of cardamon 2/2.50  
**Iced Tea** (unsweetened) or Iced Chai (no caffeine) 2  
**Pot-o-Tea** (4 cups) 3.50  
**Chocolatl** - Mayan hot cocoa w/spices 2/2.50  
**Juices** - Cider, Orange, Cherry, Black Currant 1.50/2  
**Sparkles** - half seltzer, half juice - Cider, Orange,  
Cherry, Black Currant 2  
**Orange Pineapple Punch** 2  
**Pina Colada Punch** 2.50  
**Coconut Mambo** - OJ & coconut soy milk  
served by a dancing waiter 2.50  
**Moonrise** - OJ & vanilla soy milk 2.50  
**Ambrosia** - OJ & amaretto soy milk 2.50  
**Vegetable Juice** - delicious, all natural - 1.50/2  
**Plain or Chocolate Soy Milk** 1.50/2  
**Seltzer or Bottled Spring Water** 1.50  
**Italian Sodas** - Vanilla, Hazelnut, Coconut,  
Amaretto, Irish Cream, English Toffee, Mint 2  
**Vintage Soda Pop** - from some of America's oldest  
companies from the 1800's, with natural sugar:  
Root Beer, Vanilla Cream, Birch Beer 2.50  
**Sodas:** Cola, Ginger Ale, Orange Dry (best soda  
ever), Sierra Mist (natural sugar) Black Cherry 1.50  
**Diet Sodas:** Diet Cola, Diet Orange Dry,  
Diet Ginger, Diet Black Cherry, Diet Root Beer 1.50  
**Flavored Seltzers** - Pomegranate, Black Cherry,  
Orange Vanilla, Cranberry Lime, Orange 1.50  
**Ginger Beer** - Saranac or Goya (spicy) 2.50  
**Non Alcoholic Beer** 2

## Tapas & Appetizers

**Stuffed Grape Leaves** - rice, lemon & mint 4/6  
**Avocado Rustica** - half an avocado, olive oil, garlic & a spoon 3  
**Hummus & Potato Rice Crisps** 4/6  
(or veggies, corn chips or pita)  
**Fig Preserves, crackers & cheese**  
(or baked tofu) 4/6  
**Pesto & Crackers** - red or green pesto 4/6  
**Olive Tapenade & Crackers** 4/6  
**Veggies & Blue Cheese Dip** 4/6  
**Apples, Blue Cheese Dip & Crackers** 4/6  
**Touch of Italy** - baked Italian tofu, roast pepper, - red & green pesto & warm bread 5/7  
**Touch of Greece** - olives, stuffed grape leaves, feta cheese & warm pita bread 4/6  
**Vegan Garlic Bread** 2/4  
**Incredible Potato Salad or Cole Slaw** 2  
**Chicken Noodle or Vegan Split Pea Soup** 2.50  
**Miso Broth** - heals the digestive system 2.50  
**Naan** - warm Indian bread 2.50  
**French Fries or Home fries** 2.50  
**Jamaican or Cajun French Fries or Homefries** 3  
**Curried Potatoes** 3  
**Gazpacho** - cold fresh veggie soup  
cup 3, bowl 5 made to order

## Creative Salads 7.50 served w/bread

**Avocado Salad** w/cilantro lime dressing  
**Grape Salad** sliced grapes atop a large salad  
**Mango Salad** w/cilantro lime dressing  
**Salad Tangier** w/apricots, figs, dates, almonds and cashews  
**Toasted Almond Salad**  
**Greek Salad** - feta, olives, stuffed grape leaf, roast peppers atop a large salad  
**Vegan Antipasto** w/baked tofu, roast peppers, olives  
**Antipasto Romano** w/romano sheep's milk cheese, roast peppers, olives  
**Humus Salad** w/lots of fresh veggies & bread  
**Mideast Peace Platter** w/hummus, feta, olives stuffed grape leaf, roast peppers & pita bread  
**Adirondack Salad** w/apples, walnuts, & cheese  
**Chef Salad** topped w/turkey, ham & cheese  
**House Salad** 3/5 choice of house Italian, sesame-ginger, blue cheese, lime cilantro, horseradish-mayo, Russian

## Cold Sandwiches 4.00 wheat or rye

great potato salad or cole slaw 2  
Gluten Free Bread \$1 extra  
**The Dakota** - cheese or baked tofu, apricot preserve, horseradish mayo, red onion, lettuce  
**The George Washington** - turkey, horseradish, mayo, red onion, blackberry preserves, lettuce  
**Martha Washington** - same as George's but w/baked tofu in place of turkey  
**Swiss & Pickle** - on rye w/tomato, red onion & Russian dressing  
**Turkey In the Slaw** cole slaw in the sandwich  
**Ham or Turkey** - w/Dijon or mayo  
**Baked or Smoked Tofu** - w/Russian, tomato & red onion  
**Italian Baked Tofu** - w/ roast pepper & red onion  
**Fig & Cheese** -w/delicious fig preserves & lettuce  
**Fig & Baked Tofu**  
**The Manhattan** - lo fat cream cheese & walnuts on cinnamon raisin bread  
**Hummus Rainbow**  
open face w/colorful veggies 5.50  
**Natural Peanut Butter & Jam**  
grape or strawberry 2.50  
**Peanut Butter & Banana** 3  
**Cream Cheese & Jam** open face  
blackberry or apricot 3  
**Avocado-Tomato Sandwich**  
w/mayo or veganaise 5.50

## Wraps 6 potato salad or cole slaw 2

**Vegan Veggie Wrap** - hummus & veggies  
**Tofu Veggie Wrap** - w/cilantro & salsa verde or veganaise or mayo  
**Cheese & Veggie Wrap** - choice of dressing  
**Blue Cheese Veggie Wrap**  
**Turkey Veggie Wrap** - choice of dressing

## Bagel Melts 6 w/salad 8.50

Gluten Free Bagels \$1 extra  
**Pizza Bagel** - tomato sauce & cheese  
**Vegan Pizza Bagel** - w/baked tofu  
**Pesto Pizza Bagel** - green or red pesto & cheese  
**Greek Bagel** - feta, tomato, garlic, oregano  
**Grilled Mushroom & Swiss on a bagel**  
**Olive Spread w/feta or tofu on a bagel**  
**Turkey & cheese melted on a bagel**  
**Ham & Cheese melted on a bagel**  
w/dijon if you like

## Hot Sandwiches

**Grilled Cheese & Roast pepper** 5  
w/red or green pesto 6  
**Grilled Cheese & Tomato** 5 w/pesto 6  
**Grilled Feta & Tomato** w/garlic & oregano 5  
**Grilled Turkey & Swiss** w/Russian 5  
**Paris Bistro Sandwich** ham, Swiss, & dijon 5  
**TLT** - tempeh 'bacon,' lettuce, tomato, mayo or  
veganise 5 w/cheese 6  
**Tempeh Arizona** - w/salsa verde, cilantro,  
tomato 6 avocado 2 extra cheese 1 extra  
**San Francisco Melt** - lite crm chs, avocado,  
tomato, cilantro on a warm pita 7.50  
**Veggie Italian Sausage Sandwich**  
with onions & peppers or marinara 6  
**Grilled Swiss & Mushroom** w/dill 5  
**Veggie Burger** w/Russian, lettuce & tomato,  
mayo or veganise 5 w/cheese 6  
**Better than Beef Burger** 5 w/cheese 6  
**Chicken Burger** - real or vegan chicken  
w/mayo, Russian or veganise 5  
**Pesto or Blue Cheese Chicken Burger** 6  
**Rueben** - choice of Turkey, Ham, Tempeh, Tofu,  
Smoked Tofu, w/Swiss, Kraut, Russian, tomato 6  
**Swiss Cheese Reuben** 6  
**Eggplant Sandwich** - w/roast peppers  
or marinara 6 cheese 1.00 extra  
**Eggplant Sandwich** w/mushrooms & onions 6  
w/Swiss 7

## Gyros & Paninis

**Better N' Beef Gyro** - vegan beef cooked  
w/onion, zucchini, tomato, garlic & oregano &  
wrapped in a soft bread 9 w/feta 10  
**Chicken Gyro** - real or vegan chicken -cooked  
w/onion, zucchini, tomato, garlic & oregano &  
wrapped in a soft bread 10  
w/red or green pesto, blue cheese, or feta 11  
**Zucchini Panini** - grilled zucchini, eggplant,  
tomato, onion & roast pepper 9  
w/sundried tomato pesto 10  
w/melted cheese or feta 1.00 extra  
**Veggie Italian Sausage Panini** 9 meatless -  
w/veggies  
**Turkey Meatball Panini** w/marinara 9  
w/melted mozzarella 10

**From the Southwest** - any dish can be made  
spicy hot & can have cilantro if you wish

**Salsa & Chips** - organic chips w/mild red or  
spicy green salsa 4/6  
**Vegan Burrito** - w/beans, salsa & lettuce 6  
**Bean & Cheese Burrito** - w/salsa 7  
**Guaco Burrito** - the above w/avocado 9  
**Chimichanga** - bean & salsa filled tortilla  
crispy grilled in olive oil 7 w/cheese 8  
**Bean Tacos** w/salsa & olives 6 w/cheese 7  
**Guaco Tacos** - 2 bean & cheese tacos  
w/salsa verde, avocado & cilantro 9  
**Better 'n Beef Tacos** - vegan soy beef, salsa,  
lettuce & olives 7  
**Crunchy Corn Tostadas** - vegan -  
beans, salsa & olives 6 w/cheese 7  
**Vegan Nachos** - beans, salsa & olives  
over warm organic chips 6 avocado 2 extra  
**Bean & Cheese Nachos** w/salsa 7  
**Vegan Guaco Nachos** - beans, salsa, avocado &  
olives 8  
**Ultimate Nachos** - beans, cheese, salsa, avocado  
& olives 9  
**Open Face Quesadilla** - diced onion, pepper,  
tomato, olives, cheese & cilantro on a large flour  
tortilla 8  
**Quicky Quesadilla** filled w/salsa & cheese 6  
**Vegan Enchilada** - w/beans & mild sauce 6  
w/avocado 8  
**The Big Enchilada** - filled w/beans, cheese,  
avocado & mild sauce 9  
**Chicken & Cheese Enchilada** - real or vegan  
chicken & mild sauce 9 w/avocado 10

## Chicken Dishes - Real or Vegan Chicken

**Chicken Tenders & Vegetables** 7.50 w/rice 9  
**Ginger Chicken & Vegetables** 7.50 w/rice 9  
**Curry Chicken & Vegetables** 7.50 w/rice 9  
**Cajun or Jamaican Chicken & Veggies** 7.50  
w/rice 9  
**Chicken Schnitzel & Veggies** 8 w/horseradish  
sauce or saurkraut w/rice 9.50  
**Chicken Romano** - chicken & veggies tossed  
w/romano cheese 8  
**Chicken Pomodoro** - w/marinara, salad & vegan  
garlic bread 8  
**Chicken Parmesan** - w/marinara, melted cheese,  
salad & garlic bread 9

**Hawaiian Chicken** - w/veggies, toasted coconut & grilled pineapple 9

**Santa Fe Chicken** w/cheese, cilantro, salsa verde, grilled veggies & warm corn tortillas 12

**Chicken Marsala** - w/mushroom-wine gravy, grilled veggies & garlic bread 12

**Chicken Cacciatore** - w/mushrooms, wine-tomato sauce, salad & garlic bread 12

**Moroccan Chicken** - w/eggplant, zucchini, carrot, cumin seeds, warm pita 12

**Chicken with Eggplant Walnut Stuffing** 12

### Signature Dishes

**Avocado Stir Fry** - w/veggies & tofu 10

**Vegetables Primavera** w/garlic & basil (vegan) 6  
w/romano cheese 7

**Tofu or Tempeh Stir Fry** w/veggies 7.50  
w/rice 9

**Asian Stir Fry** w/veggies, mushrooms, our sesame-ginger sauce & tofu or tempeh 8.50  
w/rice 10

**African Peanut Stew** -veggies, peanut gravy & warm flat bread 10

**Potato Pierogies** - locally made. w/veggies & our homemade horseradish sauce 9  
w/chicken, ham, vegan chicken, or vegan spare ribs 11

**Vegan Spare Ribs & Vegetables** 7.50 w/rice 9

**Ratatouille** - French Eggplant dish - with herbes de provence, including lavender, served with warm bread 8 w/tofu or feta 9 rice 1.50 extra

**Mushrooms w/Eggplant Walnut Stuffing** 12  
vegan w/tofu, feta, or romano cheese 13

**Salmon w/Eggplant Walnut Stuffing & horseradish sauce** 13

**Dinners** choice of 2 sides below

**Chicken Dinner** (real or vegan chicken)  
moist & tasty boneless breast 12

**Ham Dinner** - w/grilled pineapple 12

**Veggie Italian Sausage Dinner** 12

**Chicken Cordon Bleu**

stuffed w/ham & Swiss 15

**Salmon Dinner** 15

**Turkey Meatball Dinner** w/tomato sauce

**Choose 2 sides:** potato salad, cole slaw, tossed salad, rice pilaf, grilled veggies, French fries, grilled potatoes, garlic bread, sauteed fruit

### Ice Cream, Shakes & Smoothies

**Vanilla, Chocolate & other flavors**

locally made, no bgh 2/dish 1.50/cone 3/sundae toppings: strawberries, diced bananas, pineapple, choc. chips, walnuts, almonds, toasted coconut

**Shakes** 3 Vanilla, Chocolate, Strawberry, Banana, Pineapple, Orange Creamsicle, Orange Pineapple, Apple Pie, Cherry, Black Currant

**Italian Shakes** 3.50 (Vanilla Shake w/syrup)

Hazelnut, Coconut, Amaretto, Irish Cream, English Toffee, Mint, Pina-Colada

**Smoothies** (vegan) 3

Strawberry Banana, Orange Banana, Chocolate Banana, Cherry Banana, Peanut Butter Banana, Pineapple Banana, Banana Banana, Orange Pineapple, SOB (Strawberry, Orange, Banana)

### Desserts on the bar & in the cooler

518 382-1938

nainslie@nycap.rr.com

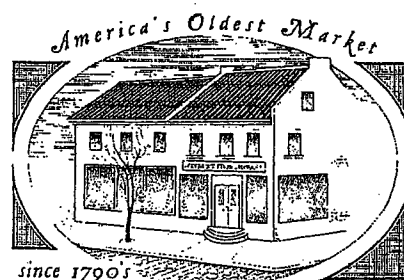
### kitchen jazz



Cole Porter to Joni Mitchell

*I want to thank you for visiting my cafe and invite you to come listen to our band, Kitchen Jazz. Also please stop by our other cafe just down the street, historic Arthur's Market.*

*~ Richard Genest*



**Arthur's Market**

35 N. Ferry St. Schenectady, NY