



We thought it critical to give our customers healthy and organic food choices for their busy lives. We have been giving them advice and recommending the right body—mind – spirit approach. It seemed like a logical addition.

Furthermore, most of the items found in this menu use ingredients found in our store so that you may easily recreate them at home!



Here's to your health!

Stop by and check out our bulk herbs, supplements, homeopathic remedies, Bach flower essence remedies, natural foods for people with sensitivities, specialty teas, essential oils, scented candles, books, CDs, incense and natural products for beauty, personal care, home care and pet care.



Store Hours

Monday—Friday: 8AM—8 PM
Saturday 8AM—6 PM
Sunday Closed

Organic Café Hours

Monday— Friday: 11AM—3PM

130 Dolson Avenue
Middletown, NY 10940
(Playtogs Plaza)
(845) 956- 1832

**Your local Health Food Store
And Organic Café**

Pleasant Stone Farm



MENU

(Gluten Free, Casein Free, Vegetarian, and Vegan items available)

**Organic Café and Juice Bar
Come see what healthy tastes like!**

Phone: (845)956-1832
Fax: (845)343-8982
E-mail: info@pleasantstonefarm.net



HOT DRINKS

Coffees and Teas available all day long
Espressos, lattes and mochas 11AM—3PM

Organic Coffee Choice of Regular or French Vanilla	1.59
Organic Tea Choice of any tea (regular or therapeutic) in the store	1.29
Organic Espresso Our espresso beans are roasted locally and ground at the store!	3.29
Organic Cappuccino 1/3 espresso and 1/3 steamed milk	3.69
Organic Latte Espresso with mostly milk.	3.69
Organic Mocha A "Latte" with chocolate.	3.89
Organic Hot Chocolate Steamed milk and chocolate.	3.29
Chai Tea Latte A "Latte" Made with Chai tea instead of coffee	3.69

COLD DRINKS

Juices and chilled coffees are made fresh. More cold drinks and sodas available from refrigerator in front of store.

Create Your Own Juice Mix and Match with apple, carrot, celery, ginger, and beet.	4.75
Ice Peppermint Mocha Chilled mocha with peppermint flavor.	3.89
Wheat Grass Shot A 1 oz. shot of freshly juiced wheat grass	3.50

LUNCH ITEMS

Hot dishes and salads made fresh to order.
Gluten-Free options available.

Soup du Jour Depends on our inspiration of the day!	3.50
Wraps Choose either tuna, salmon, sardines, "Mediterranean," "The Odyssey," carrot pâté, egg salad, or Philly Cheese "Steak" Wrap choices can be made into a sandwich according to your preference.	5.50
Organic Burgers Choose from either vegetarian herb garden, vegetarian spicy, beef, and turkey.	5.50
Goat Cheese and Walnut Panini A grilled sandwich with goat cheese, honey, greens and walnuts.	5.50
Tuna Panini Melt A grilled sandwich with tuna salad and cheese.	5.50
Mozzarella and Tomato Panini Mozzarella, tomato, and basil on a grilled sandwich.	5.50
Turkey and Swiss Panini A grilled sandwich with roasted turkey breast, tomatoes, vegemaise and Swiss cheese	5.50
Greek Panini A grilled sandwich with Greek yogurt, feta cheese, olives, and hummus.	5.50
Cheese Quesadilla A grilled tortilla with melted shredded cheese	2.50
Spinach Salad Add an egg for \$0.50 and tofu for \$1.00	3.00

CHILDREN'S MENU

Special dishes for special kids!

Organic Chicken Nuggets Gluten Free Dinosaur-shaped chicken the kids will love!	GF	4.50
Grilled Cheese An old time favorite. Can be made gluten free.		2.00
Cheese Quesadillas A grilled tortilla with shredded cheese		2.50

DESSERTS

Little sweets for after your meal, or with your coffee. More are available throughout the store.

Dairy Free Ice Cream Cup Either "Vanilla swirl" or "Strawberry swirl."	DF	1.50
Soy Pudding Cups Either Chocolate or Vanilla	DF	1.50
Mint-Cookie No-Milk, Milk Shake A dairy-free "milk shake" made with Rice Dream Ice cream, mint, sandwich crèmes, and soymilk!	DF	4.95

SMOOTHIES

A "smooth" drink, created from different fruits and vegetables, to suit your taste. Dairy free

Purple Cow Mixed berries, peaches, mangos, bananas, Yogurt, and Milk		4.95
Blue-Mana Cow Apple Juice, Yogurt, Bananas, and blueberries		4.95
Island Blast Mangos, Peaches, Pineapple Juice, Bananas, and Mixed Berries	DF	4.95
Berry Blast DF		4.95
Create Your Own Smoothie! Pick the frozen fruits or vegetables that you want in your smoothie!		4.95