

MOON & RIVER CAFÉ

Home of World Cuisine ~ Healthy Dishes from Around the World

115 S. Ferry St. in Historic Schenectady ~ 9am-11pm 7 Days ~ 382-1938

Plus grocery, art gallery, gift shop, used books. Live music nightly at 8pm. Pick up a calendar!

BREAKFAST ANYTIME

Organic Eggs from free range hens		Moroccan Eggs w/ tomato, zucchini, cumin seeds & warm pita bread	7.00
Egg Sandwich	2.00	Vegan Breakfast tofu veggie scramble	6.00
w/ cheese	3.00	w/ olive oil toast	
w/ onion & cheese	3.50	Whole Grain Waffles w/ pure maple syrup	5.00
w/ ham & cheese	4.50	Waffles topped with Sautéed Fruit	7.00
Eggs & Toast	3.00	lite whip cream, lo fat yogurt, or maple syrup	\$1 extra
Eggs in a Nest	4.00	Hot Croissant	1.50
Cheese Omelet	3.00	Bagel w/ Butter	1.50
cheddar, swiss, cream cheese,		w/ Cream Cheese	2.00
muenster, pepper jack, or mozzarella		w/ Cream Cheese & Olives	2.50
Veggie Omelet	6.00	Oatmeal w/ cream & brown sugar	2.00/3.00
onion, pepper, mushrooms, tomato		or soy milk & pure maple syrup	
Everything Omelet	7.00	Granola w/ soy milk or yogurt	3.00
veggie omelet with cheese		w/ fresh fruit	4.50
Greek Omelet	7.00	Fruit Cup	2.50
w/ tomato, feta cheese & herbs		Fruit Bowl	4.50
Paris Bistro Omelet	7.00	Fruit Plate	3.50/5.50 (finger food)
ham, cheese & dijon		Fruit 'n Feta (or cheddar or other cheeses)	4.00/6.00
Green Eggs & Ham	7.00	Fruit & Yogurt (low fat)	4.00
Green Eggs & Cheese	6.00	Whole Grain Toast w/ butter or jam	1.50
Eggs Italiano	6.00	Olive Oil Toast vegan & heart healthy	1.50
w/ zucchini & tomato sauce		Cinnamon Raisin Toast	1.50
add mozzarella \$1 extra		English Muffin white or wheat	1.50
Spanish Frittata open face omelet	7.00		
w/ onion, pepper, tomato & cheese		LUNCH STARTS HERE:	
Pesto Tomato Frittata	6.00	San Francisco Melt lite cream cheese, tomato	6.50
w/ mozzarella \$1 extra		avocado & cilantro on a warm chewy flatbread	
Mexican Style Eggs	7.00	Avocado Rustica half an avocado	3.00
w/ melted cheese, special green		w/ olive oil, garlic, & a spoon	
salsa & surrounded by warm corn chips		WRAP 'N ROLL ~ w/ Russian, Ranch, Blue Cheese	
Breakfast Burrito	7.00	Horseradish Mayo, or Dijon	
eggs, salsa, and cheese folded		Turkey Veggie Wrap	5.00
into a warm flour tortilla		Cheese & Veggie Wrap	5.00
Turkey or Veggie Sausage	2.00	Vegan Veggie Wrap w/ hummus	5.00
Nice Thick Slice of Country Ham	2.00	English Muffin Pizza	5.00 w/ salad 7.00

COLD SANDWICHES 4.00

- potato or macaroni salad or coleslaw 2.00 extra
- 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 Dijon
- Ham or Turkey w/ Mayo
- Hummus & Cucumber
- Baked Tofu Sandwich
 - w/ russian, tomato & red onion
- 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 Italian Baked Tofu, fire-roasted peppers and red onion

HOT SANDWICHES 5.00

- potato or macaroni salad or coleslaw 2.00 extra
- 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

BURGERS 5.00

- 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 veganaise
- 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 5.00

- with green salad 7.50
- 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
- Mexican Meltdown cheese, sour cream, cilantro
- 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 6.50

- served w/ whole grain bread
- 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 (crumbed 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 Balsamic Reduction

CHICKEN DISHES soy or real chicken

Chicken Tenders & Vegetables	6.50
Ginger Chicken & Vegetables	6.50
Curry Chicken & Vegetables	6.50
Jamaican Chicken & Vegetables	6.50
Chicken Schnitzel & Vegetables	7.00
w/ sauerkraut (vegan) or horseradish sauce	
Hawaiian Chicken w/ veggies & pineapple	7.00
Chicken Romano soy chicken & veggies	7.00
tossed with olive oil & romano cheese	
Chicken Pomodoro in chunky tomato sauce	7.00
w/ salad & vegan garlic bread	
Chicken Parmesan w/ tomato sauce	8.00
& melted mozzarella w/ salad & vegan garlic bread	
Chicken Marsala w/ mushroom wine sauce,	8.00
salad & garlic bread	
Chicken Cacciatore w/ mushrooms,	8.00
tomato sauce, salad & garlic bread	
Moroccan Chicken w/ eggplant, zucchini,	9.00
carrots, cumin seeds, lofat yogurt & warm pita	
<u>GREATEST HITS</u>	
California Sandwich cheese, tomato, &	5.50
avocado w/ mayo (1.00 extra if grilled)	
Vegan California Sandwich baked tofu	5.50
tomato, avocado & veganaise (1.00 extra if grilled)	
Grilled Eggplant Sandwich choice of:	6.00
• mozzarella & pizza sauce	
• mozzarella & fire roasted peppers	
• swiss & grilled mushrooms & onions	
Greek Vegetable Pizza grilled eggplant,	6.50
zucchini, tomato, onions & herbs	
a top a warm pita bread (vegan)	
feta cheese 1.00 extra	
Veggie Stir Fry w/ tempah tenders	6.50
Cheese Omelet & Salad (no bread)	7.50
Pierogies & Grilled Vegetables	7.50
locally made potato dumplings	
& our homemade horseradish sauce	
w/ soy chicken, vegan spare ribs,	9.00
real chicken, or ham	
w/ salmon	10.00
Chewy Crust Pizza w/ black olives	6.00
w/ broccoli, mushrooms & olives	7.50
hot peppers .50 extra	

MEXICAN DISHES

any dish can be prepared spicy hot	
jalapeños or sour cream: .50 extra / cilantro: Free	
Salsa & Chips organic corn chips &	3.50/5.50
imported pico de gallo (red)or salsa verde (green)	
Red, White & Green	5.00/7.00
chips w/ both salsas & sour cream	
Vegan Burrito w/ beans, salsa & lettuce	5.00
Burrito w/ beans, cheese & salsa	6.00
Guaco Burrito the above w/ avocado	7.50
Chimi Changa bean, cheese & salsa	7.00
filled tortilla -not deep fried- crispy grilled in olive oil	
Vegan Tacos two corn tortillas	5.00
w/ beans, salsa, lettuce & olives	
Tacos w/ beans, cheese, salsa & olives	6.00
Guaco Tacos 2 bean & cheese tacos	7.50
topped with avocado & cilantro	
Soy Beef Tacos w/ salsa, lettuce & olives	6.00
Chicken Tacos (soy or real) w/ salsa & olives	6.00
Chicken & Cheese Tacos	7.00
Vegan Nachos w/ beans, salsa & olives	5.00
Nachos w/ beans, salsa & cheese	6.00
Guaco Nachos w/ avocado, salsa & cheese	7.00
Ultimate Nachos beans, cheese, salsa,	7.50
avocados & olives	
Open Face Quesadilla pepper, onion, olives	7.00
tomato, cheese & cilantro on a large flour tortilla	
Quickie Quesadilla filled with salsa & cheese	5.50
Vegan Enchilada beans & avocado	7.00
Chicken & Cheese Enchilada w/ avocado	8.00
The Big Enchilada beans, cheese & avocado	9.00
African Peanut Stew authentic recipe	7.50
veggies & delicious peanut gravy	
Vegetables Romano tossed in olive oil	6.00
& imported sheep's milk romano	
Salmon Dinner (wild caught) choice of two:	9.00
potato or mac salad, toss salad, steamed veggies, cole slaw	
Ham or Chicken Dinner with two sides	8.00
Chef Salad large salad with cubed ham	7.50
& cheese and rolled turkey slices. Choice of:	
Russian, Ranch, Horseradish Mayo, or Italiano	
Greek Gyro chargrilled soy beef w/ tomato,	7.00
onion, zucchini & spices on a warm pita bread	
feta or lofat yogurt 1.00 extra	
Vegan Spare Ribs & Vegetables	6.50

LIGHT FARE

Hummus & Chips (organic corn)	3.50/5.50
Hummus & Veggies	3.50/5.50
Hummus Rainbow open face	4.50
w/ colorful veggies on 2 slices of bread	
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
Vegan Pea Soup	2.50
Open Face Cream Cheese & Preserves	3.00
Apple, Cheese & Crackers wheat or rye	3.50/5.50
Peanut Butter & Jam Sandwich	2.50
Healthy Elvis (he fried his)	2.50
peanut butter & banana sandwich	

SMOOTHIES & SHAKES

Smoothies (vegan shakes):	2.50
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,	2.50
Coffee, Strawberry, Cranberry, Mocha,	
Banana, Pineapple, Orange Pineapple,	
Orange Creamsicle, Nutmeg	
Italian Shakes: Hazelnut, Coconut,	3.00
Amaretto, Irish Cream, English Toffee, Piña Colada	

DESSERTS

All Natural Ice Cream	Cone	1.50
Vanilla, Chocolate,	Dish	2.00
Coffee, Butter Pecan		
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		
there is a wide selection of fresh delights		

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
House Brewed Iced Tea or Iced Chi	1.50
Pot-o-Tea four cups	3.50
Hot Cocoa 1.50	w/ whip cream 2.00
Chocolatl Aztec hot cocoa w/ sweet spices	2.00
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 Juice best we can find	1.00/1.50
Sparkling Apple 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
Lemonade	2.00
Orangeade ½ lemonade ½ orange juice	2.50
Orange Pineapple Punch	2.00
Piña Colada Punch	2.50
Sparkling Water w/lemon or lime if you like	1.50
Bottled Spring Water	1.00
Italian Sodas Seltzer & choice of syrup:	2.00
Vanilla, Hazelnut, Coconut, Amaretto,	
Irish Cream, English Toffee	
Adirondack Sodas Caffeine free. Scotia made.	1.00
Cola, Root Beer, Lemon Up, Ginger Ale,	
Cream, Black Cherry, Grape & Orange	
Izze Sparkling Juices all natural sodas	2.00
no added sugar - choice: Blackberry, Blueberry,	
Peach, Lemon, Clementine, Grapefruit, Pomegranate	
Ginger Beers various brands on the bar	2.00
Non-Alcoholic Beer	1.50
Special Juices & Spritzers ask for flavors	1.50/2.00