



SUNDAY 12PM - 5PM
 MONDAY 8AM - 9PM
 TUESDAY 8AM - 9PM
 WEDNESDAY 8AM - 9PM
 THURSDAY 8AM - 9PM
 FRIDAY 8AM - 6PM
 SATURDAY 11AM - 6PM

BREAKFAST MENU 8AM - 11AM WEEKDAYS

STRONG HEARTS ON THE HILL
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facebook.com/strongheartsonthehill

instagram @strongheartsonthehill



sandwiches and wraps

PORTOBELLO MELT

\$8²⁵

MARINATED PORTOBELLO CAP, MELTED DAIYA CHEESE, CREAMY MAYO, CRISP GREEN LEAF LETTUCE AND TOMATO SLICES ON STRETCH BREAD OR AS A WRAP.

PHILLY "CHEESESTEAK"

\$8⁰⁰

HOUSEMADE SEITAN, MELTED DAIYA CHEESE, GRILLED ONIONS AND PEPPERS ON STRETCH BREAD WITH CREAMY MAYO.

ROASTED VEGGIE WITH HUMMUS

\$7⁵⁰

SEASONED AND ROASTED MUSHROOMS, EGGPLANT, SQUASH AND ONIONS, FIRE ROASTED RED PEPPERS, FRESH CILANTRO HUMMUS, CRISP GREEN LEAF LETTUCE, AND FRESH TOMATO SLICES ON STRETCH BREAD OR AS A WRAP.

TEMPEH TANTRUM

\$8⁵⁰

BALSAMIC/GARLIC MARINATED AND GRILLED TEMPEH SLICE WITH BASIL PESTO, CRISP GREEN LEAF LETTUCE, TOMATO, SPROUTS, SLICED AVOCADO AND MAYO ON STRETCH BREAD OR AS A WRAP.

IRONMAN WRAP

\$7⁷⁵

KALE, SPINACH, MARINATED TEMPEH, ROASTED BEETS, TOASTED PUMPKIN SEEDS, TOASTED SUNFLOWER SEEDS, RED ONION, AND AGAVE MUSTARD DRESSING.

SWEET AND SASSY

\$7⁶⁵

THICK-CUT TOFU MARINATED AND BAKED IN A SMOKEY MAPLE CHIPOTLE SAUCE WITH CREAMY CHIPOTLE MAYO, SLICED AVOCADO, CRISP GREEN LEAF LETTUCE AND TOMATO ON STRETCH BREAD OR AS A WRAP.

B.L.T.

\$7⁵⁰

DELICIOUS TEMPEH 'BACON', BUTTERED AND GRILLED STRETCH BREAD, CREAMY MAYO, CRISP GREEN LEAF LETTUCE, TOMATO SLICES, AND CRUNCHY SPROUTS.

CAESAR WRAP

\$7²⁵

OUR BATTERED AND FRIED TOFU 'CHICKEN' WITH HOMEMADE CROUTONS, CRISPY CHOPPED ROMAINE LETTUCE, TOMATO, AND OUR HOMEMADE CAESAR DRESSING IN A WHOLE WHEAT WRAP.

CAJUN SEITAN

\$7⁷⁵

HOUSEMADE SEITAN, CHIPOTLE MAYO, CAJUN SPICE, MELTED CHEDDAR DAIYA CHEESE, LETTUCE, TOMATO, AND CUCUMBER ON STRETCH BREAD OR IN A WRAP.



TEXAS TOFU

\$7⁷⁵

OUR SWEET AND SASSY TOFU GETS SLATHERED WITH DINOSAUR BBQ SAUCE AND TOPPED WITH FRESH SPINACH, TOMATO, MELTED DAIYA MOZZARELLA, SLICED RED ONION, AND OUR DELICIOUS RANCH DRESSING. TAKE IT IN A WRAP OR ON STRETCH BREAD.

MEXICAN QUINOA

\$6⁷⁵

WE MIX THE HEALTHY ANCIENT GRAIN WITH BLACK BEANS, CORN, AND MEXICAN SEASONINGS, TOP IT WITH A FRESH HOUSEMADE PICO DE GALLO, SLICED AVOCADO, AND SHREDDED LETTUCE, AND WRAP IT IN A TASTY TORTILLA.



-MOST ITEMS IN THIS SECTION CAN BE MADE AS A GLUTEN FREE SALAD. PLEASE ASK A STAFF MEMBER FOR A LIST OF GLUTEN FREE OPTIONS.

-OUR STRETCH BREAD FOR SANDWICHES IS BAKED FRESH DAILY AT PATISSERIE IN SKANEATELES. WE USUALLY HAVE LOAVES FOR SALE AT THE COUNTER!

-ALL SANDWICHES OR WRAPS COME WITH LOCAL POTATO CHIPS

ADD-ONS: 'CHICKEN' \$2; SASSY TOFU \$2; 'BACON' \$2; TEMPEH \$2; PORTOBELLO CAP \$2; HUMMUS \$1; AVOCADO \$1; PESTO \$1; 'CHEESE' \$1; ROASTED VEGGIES \$2; VEGGIES 50¢; EXTRA DRESSING/MAYO 50¢

salads



KALE SALAD

\$8⁵⁰

RAW KALE TOSSED IN AGAVE-MUSTARD DRESSING WITH ROASTED SWEET POTATOES AND BEETS, TOASTED WALNUTS, AND SLICED GREEN APPLES.

CAESAR SALAD

\$7⁵⁰

OUR FRIED TOFU 'CHICKEN' ON CHOPPED ROMAINE WITH SLICED GRAPE TOMATOES, CROUTONS, AND OUR TANGY HOMEMADE CAESAR DRESSING.

TEXAS TOFU SALAD

\$8⁰⁰

BBQ TOFU ATOP BABY SPINACH, SLICED GRAPE TOMATOES, THIN SLICED RED ONION, AND CUBED AVOCADO WITH OUR CREAMY RANCH.

B.L.T. SALAD

\$8⁰⁰

CHOPPED TEMPEH 'BACON' ON CHOPPED ROMAINE, SLICED GRAPE TOMATOES, CROUTONS, AND DICED AVOCADO WITH OUR CREAMY RANCH DRESSING.

BUFFALO KALE SALAD

\$8⁵⁰

RAW KALE TOSSED IN OUR RANCH DRESSING AND HOT SAUCE. TOPPED WITH GRAPE TOMATOES, HOMEMADE CROUTONS, CUBED AVOCADO, AND OUR BATTERED AND FRIED VEGAN CHICKEN.

IRONMAN SALAD

\$7⁷⁵

KALE AND SPINACH, MARINATED TEMPEH, ROASTED BEETS, TOASTED PUMPKIN SEEDS, TOASTED SUNFLOWER SEEDS, AND RED ONION WITH AGAVE MUSTARD DRESSING ON THE SIDE.

GRILLED PORTOBELLO SALAD

\$9⁰⁰

BALSAMIC/GARLIC MARINATED AND GRILLED PORTOBELLOS ON FIELD GREENS WITH SLICED GRAPE TOMATOES, CUBED AVOCADO, SPROUTS AND BALSAMIC VINAIGRETTE ON THE SIDE.