



Sap Bush Hollow Farm

832 W. Fulton Rd
WEST FULTON, NY

We Nourish and Restore
Family, Community & Planet

Menu
Changes Seasonally

*Visit our website for hours
and weekly menu features*
sarbush.com

Open Saturdays 9am-1pm & 5pm-8pm

Fresh Talk, Sass & Hugs Free of Charge!



Omelet 18.75

Made with our fresh pastured eggs and filled with your choice of up to three fillings. Comes with home fries, a breakfast salad, choice of sausage or ham, and your choice of a fresh-baked croissant, toasted brioche roll, gluten-free cornbread, or grain-free blueberry muffin with grassfed butter. Filling options (choose up to 3): ham, roasted red peppers, red onion, cheddar cheese, goat cheese, Italian herbs, fresh spinach.

Sausage, Egg & Cheese Sandwich 15.50

We don't mean to brag, but we're told this is the BEST egg sandwich east of the Rockies. Two of our pastured eggs scrambled and served on one of our homemade toasted brioche rolls with a pastured pork sausage patty and a slice of X-sharp NYS cheddar melted on top. Comes with a breakfast salad and home fries. GF brioche rolls available upon request (\$1), and ham may be substituted for sausage.

Traditional 2 Egg Breakfast 15.50

Two of our fresh pasture-raised eggs cooked to order (please - no poached!), ham or sausage, home fries, breakfast salad and your choice of a fresh-baked croissant, toasted brioche, gluten-free cornbread or grain-free blueberry muffin with grassfed butter.

Bread Pudding French Toast w/ Sausage & Roasted Apples 16.95

We soak Canyon Lands Mountain gluten-free bread overnight in a rich Sap Bush egg & maple custard with raisins and our own crispy walnuts, then bake it and dish it up with our homemade sausage & slow-roasted apples. Comes with grassfed butter & real maple syrup.

Yogurt & Granola 7.50 (child size: 5.75)

Greek-style yogurt with real maple syrup and gingersnap granola, raisins and dried cranberries. Prefer milk instead of yogurt? We can do that, too. Just ask.

Buckwheat Blueberry Pancakes & Sausage 11.75

NYS organic Farmer Ground Buckwheat, NYS maple syrup, & wild blueberries, paired with a Sap Bush Hollow Farm sausage patty. You can't go wrong! GF

Sap Bush Cheese Burger 17.50

A 4-oz Sap Bush grassfed beef burger on your choice of a homemade brioche roll or GF bun. Comes with melted cheese, lettuce, tomato, red onion and your choice of home fries, potato chips or side salad. Add an extra burger to your bun for 4.75. (\$1 surcharge for gf buns).

Sap Bush Cheese Burger Salad 17.50

Can't do any grains or going low-carb today? We got this! A 4-oz Sap Bush grassfed beef burger on a bed of fresh greens with lettuce, tomato, and red onion, topped with our special tomato aioli dressing. We're going to include a choice of potato chips or home fries, because it just makes the salad even more fun. Tell your server if you prefer we leave them out. Add an extra burger for 4.75.

Side orders

Sap Bush Pork Sausage Patty or Maple-Smoked Ham	\$3.95	Sticky Bun (GF)	\$4.85
Home Fries	\$3.95	Grain-Free Blueberry Muffin	\$2.95
Fresh Salad Greens		Orange-Cinnamon Morning Bun	\$4.00
with Sun-Dried Tomato Aioli Dressing	\$6.00	Croissant	\$4.00
Single Farm Fresh Egg cooked to order	\$4.00	Add Organic Chocolate Hazelnut Spread or Apricot Nepage	\$2.00
		Almond Croissant	\$5.50

Please Note: Our kitchen is small and all orders are cooked to order. *Please be patient!*
Your entire party's order may not be ready simultaneously.



Coffee

*Freshly brewed made from our house favorite coffee:
a single origin organic Brazilian espresso roast*

All drinks available in regular or decaf, hot or iced.

Cuppa Joe (12 oz.): 3.60 **Refill:** 2.85 **French Press Pot** (32 oz): 8.95

Espresso Drinks

Espresso Double Shot 2.96
Smooth & rich. A quick hit.

Americano 12 oz 3.98
Double shot of our fresh espresso,
topped off with hot water

Cortado 4 oz 3.98
Double shot of espresso topped off with
steamed milk

Cappuccino 6 oz: 3.98 12 oz: 6.50
A double shot of espresso smoothed out with
steamed milk. A little lighter than a cortado,
a little darker than a latte.

Latte 8 oz: 4.75 12 oz: 6.50
A double shot of espresso topped with a thick
layer of silky stretched milk.

Cafe Au Lait 12 oz 6.50
Our organic single origin Brazilian French-press
coffee with steamed milk

Cafe Mocha 12 oz 6.50
Are you ready for heaven? Two shots of fresh
roasted espresso blended with our single origin
Colombian organic dark chocolate shavings,
topped up with velvety layers of creamy whole
steamed milk. You've *never* had it this good

The Fizz-Buzz 6.50

Our signature drink - A double shot of espresso over ice, a splash of cream
and our own maple syrup, fizzed with Saratoga water and topped with sweet whipped cream

Hot Chocolate 12 oz 6.95

Whole steamed milk blended
with single origin organic Colombian chocolate.

Oaxacan Hot Chocolate 12 oz 6.95

Our own homemade organic Mexican spiced ganache blended with stretched milk

Tea 3.00

(Hot or Iced)

Black Yunnan Pot of rich and floral black tea by TeaMaster, China

Lovers' Tea Rooibos, saffron, rose petals, hibiscus, marigold by TayTea, Delhi, NY

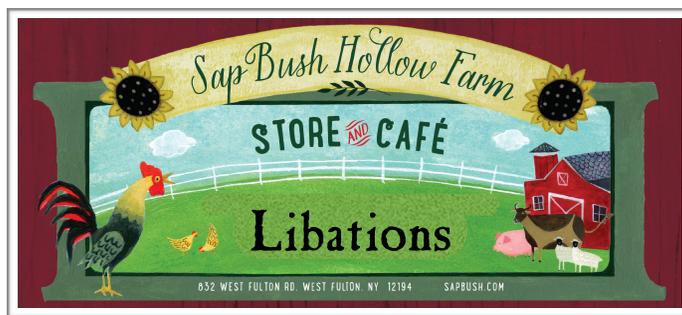
Better Than Sex Rooibos with bits of Belgian dark chocolate and peppermint by TayTea, Delhi NY

Kyoto: Japanese green Sencha w/cherry blossoms & rose petals by TayTea, Delhi, NY

Cold Beverages

Kombucha: 5.50 **Polar Seltzer:** 2.00 **Saratoga Carbonated Spring Water:** 3.50

Orange Juice: 2.85



🍷 Beer on Tap 🍷

Green Wolf Brewing Company

From our own beloved Justin, who sits at our bar for breakfast, then brews his craft beers just down the hill in Middleburgh

\$7 glass

Schoharie Pale Ale

English style golden ale, easy to drink & not overly hoppy, with biscuit character

Farm-to-Stout

Creamy, mellow, dark beer with hints of chocolate - light in alcohol with full-bodied flavor

Abbey Gargoyle Dubbel

Velvety Belgian-style amber ale; hints of vanilla & cherry. Exotic maltiness w/touch of tang. 6% ABV

🍷 Wine 🍷

By the glass: \$5.75

House Red: *Nighthawk Black* - Velvety, full-bodied & jammy

House White: *Nighthawk Chardonnay* - Smokey aroma, charred oak flavors, buttery with notes of vanilla

By the bottle:

Middleburgh Winery

Using all New York State Grapes and made right in the Schoharie Valley

<i>Noiret</i>	Leathery, peppery, fruity undertones w/blackberry finish (think: cab sauvignon) 29
<i>Foche</i>	Delicate flavored, with notes of pomegranate & blueberry; NY's answer to Pinot Noir 24
<i>Marquette Dry</i>	Chocolate, smoke, plum. If you like a good Red Zin, this is your wine 29
<i>Marquette Sweet</i>	Butterscotch & vanilla with notes of cranberry to finish 29
<i>Catawba Pink</i>	An "upstate Bandol" blush made from native Fox grapes. Sweet, tart, never cloying. 27
<i>Cayuga White</i>	Aged in oak, a venerable white, hints of grapefruit & lightly buttery 27
<i>Delaware</i>	Bottle-fermentation w/natural yeasts & no added sulfites creates a champagne effect. 27
<i>Middleburgh White</i>	Sweet, light and lovely. Hints of peaches & apricots. 27

🍷 Cider 🍷

Scrumpy Ewe

Working with the apples you see right around town, fermenting right here in West Fulton

\$18 for 375 ml bottle (2 glasses)

Farmhouse Dry blend of modern & heirloom apple varieties with hints of butter, lemon, floral & oak

🍷 Mead 🍷

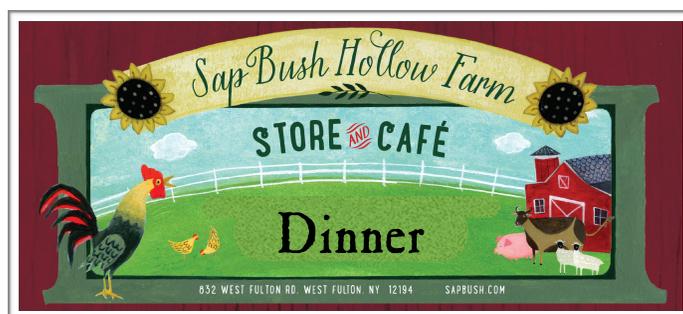
Helderberg Meadworks

Creating masterpieces with raw local honey in Esperance, NY

Try either of these with a slice of Persian Love Cake. WOW!

\$9 glass

<i>Heritage</i>	Made with local raw honey, this mead is bright, smooth and floral. If you've never tasted honey wine before, it's a perfect sample of a superbly executed mead.
<i>Staghorn</i>	Made with raw local honey & local wild-harvested staghorn sumac. The sumac gives a crisp, refreshing lemon-like balance to the honey.
<i>Hot Pepper</i>	Local raw honey with hot peppers. Sweet & hot, but never cloying.



Starters

- Maple Mustard Lamb Riblets*** **11.00**
 Four lamb spareribs glazed in maple syrup & dijon mustard, slow-roasted until tender. GF
- Bone Broth*** **6.50**
 Sap Bush Hollow's deeply nourishing answer to the French consommé. Our bone broth is simmered a minimum of 72 hours, then carefully strained to clarify. Flavor will vary based on our weekly bone selection. GF
- Chicken Liver Paté*** **14.00**
 Our popular chicken pate served with homemade hearth bread and a pickle selection. If GF, we can substitute rice crackers.
- Fried Halloumi*** **14.95**
 A traditional semi-hard cheese from Cyprus; made from sheep, cow and goat's milk. It's high melting point enables us to fry it gently in olive oil with no breading, then serve it warm over fresh greens. GF

Entrees

- Farm-Fresh Prix Fixe Special*** **21.95**
 A full meal, including dessert, based on what's fresh and local. See our specials menu insert or ask your server for details. Always a GF version available.
- Sap Bush Cheese Burger*** **17.50**
 A 4-oz Sap Bush grassfed beef burger on your choice of a regular or GF bun. Comes with melted NYS cheddar cheese, lettuce, tomato, red onion, pickle and your choice of fries, potato chips or side salad. Add an extra burger to your bun for 4.75.(add \$1 for GF buns)
- Sap Bush Cheese Burger Salad*** **17.50**
 Can't do any grains or going low-carb this evening? We got this! A 4-oz Sap Bush grassfed beef burger topped w/NY Cheddar on a bed of fresh greens with lettuce, tomato, and red onion, topped with our special tomato aioli dressing and a pickle. We're going to include a choice of potato chips or home fries, because it just makes the salad even more fun. Tell your server if you prefer we leave them out . Add an extra burger for 4.75...
- Beyond Caprese*** **16.95**
 Lioni's fresh mozz, from New Jersey, marinated in olive oil, roasted garlic, oregano, coarse salt and crushed red pepper. Served on a bed of fresh greens with a hunk of our own hearth bread, baked fresh this morning. GF cornbread also available.
- Beans & Greens*** **12.95**
 Who says meat farmers can't love vegans? *Gigandes*, plump satisfying white beans from the mountains of Greece marinated in vinaigrette with red & green bell peppers. Served over fresh greens with a hunk of our hearth bread with olive oil and Balasmic vinegar for dipping.

Desserts

**All homemade,
 including Gluten-Free Options. Varies nightly. Ask your server.**

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