



Composer's a la Carte – April “Foraging”



Foraging for wild food is a great way to connect with the natural world, and in many ways, it can be a healthier alternative to the foods we find at the grocery store. Before diving into the salad bowl that surrounds us, first learn to forage safely, ethically, and responsibly to be sure you're not degrading wild areas or endangering your health.

Spring foraging in PA: morels, stinging nettles, wild ramps, fiddlehead ferns, dandelion greens, spruce tips, wild garlic, onion grass

This menu is our “plan” for your dining experience, however, since it is based on local availability, last minute substitutions may become necessary. Accompanying side dishes and food garnishes will vary from one day to the next.

WS=From Windswept V=Vegetarian Vegan=Vegan

GF=Gluten Free

DF=Dairy Free

WS Greens & Radishes, pepitas & sesame ginger vinaigrette (Vegan/GF) \$12

Loaded Potato Soup (V/GF) \$10

Slate of Local Farm Cheese, accompaniments (V/GF) \$12

Warm Cerignola & Castelvetro Olives, citrus oil (V/DF) \$12

Mini WS Lamb Kofta, turmeric crème fraiche (GF) \$14

Foraged Nettles, Wild Garlic, and Feta Crepes, mushroom aioli (V) \$14

Papillote of Hudson Valley Fisheries Steelhead Trout & WS Spinach & Celeriac seasoned with rice wine vinaigrette, served with harissa couscous (GF/DF) \$19/\$36

WS Chicken Spinach Pasta Primavera \$18/\$34

Moroccan WS Lamb, harissa couscous, flatbread (DF) \$20/\$38

Spicy WS Winter Vegetables and Chickpea Couscous (Vegan/GF) \$18/\$34

Rosewater Pavlova, strawberry-rhubarb sauce \$12

Composer's Ice Cream and Sorbet Flavors \$6

RE Farm Café at Windswept is committed to building a more permanent, healthy, available, and accessible food system. Windswept's fields, greenhouses, and pastures supply much of our year-round needs. To augment menu offerings, we look to regional small farm sources first, all the while never compromising on your safety or the inherent food flavors that add “wonderfulness” to our dishes. We buy the best directly from the best, cutting out the middleman and helping small growers keep more of the profit so their work can be, well, sustainable!