



6456 Collamer Road  
E. Syracuse, New York 13057  
(315) 438-3199  
M-F 11:00-2:30

## Spring Menu

**Seasons Cafe at The Red Barn** balances homey charm with sophisticated, seasonally inspired dishes. As our name implies, we change our menus with the seasons and feature flavorful dishes that use, when possible, fresh locally grown ingredients of that season.

### Soups

Seasonal Soup of the Day  
**Cup \$3.00 Bowl \$4.50**

### Signature Salads

Served with Bread

**Asparagus, Carrot and Orange Salad. \$7** Asparagus with mandarin orange segments, carrots and sesame seeds served on mixed greens with an Asian spiced orange vinaigrette.

**Curried Chicken Salad. \$8** Roasted chicken breast with sweet yellow curry, dried cranberries and pistachios served on lettuce leaves.

**Ham and Spring Vegetable Salad. \$8** Baked ham, peas, carrots, asparagus and red skinned potatoes, served on a bed of mixed greens with a sherry shallot vinaigrette.

**Prosciutto, Cantaloupe, and Asparagus Salad. \$7** Asparagus with sliced cantaloupe and rolled prosciutto served on a bed of arugula, tossed with a cantaloupe vinaigrette.

**Strawberry Spinach Salad. \$7** Baby spinach, sliced strawberries, crumbled bleu cheese and toasted pecans served with a strawberry vinaigrette.

**Tabbouleh Artichoke Salad. \$7** Tabbouleh, marinated artichoke hearts and garbanzo beans served on lettuce leaves with lemon dressing.

**Turkey Cobb Salad. \$8** Bacon, avocado, turkey, crumbled blue cheese, and tomato, served on a bed of mixed greens with blue cheese vinaigrette.

**Add grilled chicken - \$2.00 Add grilled salmon - \$3.00 Add Bacon - \$2.00**

### Signature Sandwiches

**Sandwiches are available cold or as a grilled panini.**

(Choice of Italian, rosemary foccacia, marble rye, or multi-grain bread.)

**Curried Chicken Salad. \$8** Roasted chicken breast with sweet yellow curry, dried cranberries and pistachios.

**Ham and Asparagus. \$8** Baked ham, asparagus, roasted red peppers and provolone cheese with creamy honey dijon mayonnaise.

**Italiano. \$8** Prosciutto, salami, roasted red peppers, arugula and mozzarella cheese with thinly sliced red onion, tomato and balsamic vinaigrette.

**Mexican Chicken. \$7** Grilled chicken, roasted red peppers, cilantro, avocado and pepper jack cheese with chipotle mayonnaise in a flour tortilla as a wrap or grilled.

**Roast Beef and Cheddar. \$8** Thinly sliced roast beef, caramelized onions and cheddar cheese with roasted garlic horseradish mayonnaise.

**Salmon BLT. \$8** Roasted salmon, bacon, lettuce and tomato with herb mayonnaise.

**Tuna Salad. \$7** Albacore tuna salad with cilantro, celery and red onion topped with arugula.

**Turkey Cobb. \$8** Roasted turkey, avocado, bacon, and tomato topped with blue cheese and mayonnaise.

**Roasted Vegetarian. \$7** Portabella mushroom, roasted red peppers, spinach and mozzarella cheese with herb mayonnaise.

***All sandwiches served with your choice of one side: \*Asian slaw, herb potato salad, or marinated carrot salad with dill.***

\*Contains peanuts

### **Half and Half**

A cup of soup and half sandwich of your choice. **\$7**

A cup of soup and a small house salad. **\$7**

***Ask about our daily seasonal entrée.***

### **Beverages**

Soda. \$1.50

Vitamin Water. \$2.00

Fresh brewed iced tea. (plain or raspberry) \$1.50

Lemonade. \$1.50

Coffee. \$1.75

Hot tea. Regular \$1.25. Tazo tea and herbal blends \$1.75

### **Desserts**

Grandma's Carrot Cake - \$4.50

Chocolate Mousse Cake - \$4.50

Italian Lemon Creme Cake - \$4.50



### ***Message from Christine Byrnes, owner of Seasons Café at the Red Barn***

"Hallelujah! I'm thrilled when spring arrives to rescue me from celery roots, parsnips and winter squash. I love the comfort of these foods, but by April I've had my fill. I'm now ready to usher in the vast range of spring delights. Warmer weather cajoles more flavor and sweetness in everything from asparagus, to spring lamb, to pink rhubarb and red strawberries. The farmers' markets are filling up with their spring bounty and it thrills my senses to see and smell all the wonderful flavors of spring, and allows me to bring them to you when they are in their peak of freshness, taste and nutritional content."