

MAYDAN

CAFE

Smoothies/Bowls

Smoothie Bowl: \$12
Smoothie: Small \$7 | Regular \$11

Milk Choices: NYS Whole Milk |
Almond Milk | Coconut Milk* | Oat Milk

BANGIN' BROWNIE BATTER

Banana, avocado, date*,
cacao*, vanilla extract, almond butter*,
coconut yogurt, milk

COOKIES & CREAM DREAM

Chocolate sandwich cookie,
banana, vanilla extract, almond butter*, milk

MINTY MUDSLIDE

Banana, cacao*, mint extract*,
almond butter*, milk

PEANUT BUTTER BLONDIE

Peanut butter*, banana, date*,
milk, Syracuse salt
Make it a PB Cup: Add Cacao*

BUZZZORTHY

Peaks cold brew, banana, date*, almond butter*,
vanilla extract, Syracuse espresso salt

ROCKIN' RED

Strawberry*, raspberry*, banana,
beet*, lime juice*, milk,
Syracuse chili black lime salt

PINKALICIOUS

Dragon fruit*, strawberry*,
banana, date*, milk, Syracuse salt

GOLDEN GLOW

Pineapple*, banana, carrot*, turmeric*, lemon juice*,
ginger*, black pepper*, Syracuse lemon salt

GREEN GLAM

Apple*, banana, mango*, pineapple*, kale,
Syracuse salt. Add a Matcha Boost

BLUE LAGOON

Mango*, banana, pineapple*,
blue spirulina*, coconut yogurt, vanilla
extract, Syracuse vanilla cinnamon salt

PURPLE PARADISE

Acai*, mango*, blueberry*, banana,
almond butter*, milk, Syracuse salt

Add Plant-Based Protein*

Choose: Plain, Vanilla or Chocolate
9g: \$1 | 17g: \$2 | 26g: \$3

Smoothie Bowl Toppings: (Choose up to 4)

Local granola*, oat, coconut*, chia seed*,
hemp seed*, local pumpkin seed*, ground flax*,
cacao nib*, banana*, blueberry*, strawberry*,
dark choc. sauce, choc. sandwich cookie, salted
caramel sauce, Nutella®, Enjoy Life mini choc. chip,
peanut butter*, local honey, whipped cream
Additional Topping \$0.75 each

Crêpes

Single: \$8
Double: \$14

Scratch-Made, Dairy-Free, with Local
Flour* and Local Pasture-Raised Eggs

BAKER

Tiramisu-inspired: espresso-infused crêpe,
mascarpone, dark chocolate sauce, strawberry*,
whipped cream, cacao*, Add Syracuse Espresso Salt

DURGEE

Local pasture-raised scrambled egg,
whipped cream cheese, chive
Choice of: natural bacon, Canadian bacon,
chicken or Beyond plant-based sausage
Sub Plant-Based Egg \$.75 | \$1.5
Add Spring Mix* \$.5, Add Avocado* \$1 | \$2

RAY

Lemon ricotta, blueberry*,
local maple syrup, powdered sugar*

ELDEN

Dark chocolate sauce, chocolate
sandwich cookie, Enjoy Life mini
chocolate chip, whipped cream

MCNAMARA

Local maple syrup, side of banana*,
blueberry* and strawberry*

PALMER

Almond butter*, pistachio, local honey
or local maple syrup

REYNOLDS

Nutella®, banana*, powdered sugar*,
whipped cream

VAN BUREN

Cinnamon sugar apple, salted caramel sauce,
whipped cream, Add Syracuse Caramel Salt

Gluten Free & Plant-Based
Crêpe Available

The Maydan Flight

Small Wrap
+
Small Smoothie
+
Single Crepe
\$24

*Please let us know if you have a
food allergy or intolerance.*



Wraps/Salads

Wrap: Small \$8 | Regular \$13
Salad: \$13

Wraps: Served Hot-Pressed on Request
Salads: Romaine Lettuce or Spring Mix*

CAFE BREAKFAST

Local pasture-raised scrambled egg, NYS
cheddar cheese, Maydan sauce
Choice of: natural bacon, Canadian bacon,
chicken or Beyond plant-based sausage
Sub Plant-Based Egg \$.75 | \$1.5,
Add Spring Mix* \$.5

B'VILLE BEE

Chicken, NYS cheddar cheese, apple*,
local hot honey Dijon

BUFFALO

Chicken, blue cheese, romaine lettuce,
Anchor Bar Buffalo sauce

CAESAR

Chicken, crouton*, romaine lettuce,
Caesar dressing

SHAWARMA

Shawarma seasoned chicken, feta*, local garlic
pickle, local pickled red onion, romaine lettuce,
scratch-made garlic tahini sauce*

MEDITERRANEAN

Ithaca hummus, chickpea*, feta*, spring
mix*, kalamata olive*, scratch-made
lemon tahini sauce*

SOUTHWEST

Black bean*, corn*, avocado*,
NYS cheddar cheese, romaine,
scratch-made chipotle aioli

THAI

Edamame*, avocado*, carrot*, red cabbage,
scratch-made peanut sauce*

Add Avocado* \$1 | \$2

Add Chicken \$1 | \$2

Add Crouton* \$1

Sub Chicken for Chickpea*/Edamame*

Sub Chickpea* for Chicken

Sub Gluten-Free Wrap \$1

Sub Local Plant-Based Cheese

Young Gatherers \$7

Served with Apple Slices*

'DILLA

NYS cheddar cheese, with or without chicken

NUTTY 'NANA WRAP

Nutella®, banana*, cinnamon sugar*

PB&J CREPE

Peanut butter*, strawberry jam*,
local maple syrup

SUNNY SCRAMBLE

Local pasture-raised scrambled eggs
Choice of: natural bacon, Canadian bacon,
chicken or Beyond plant-based sausage

MAYDAN

C A F E

Create-Your-Own

Smoothies/Bowls

Smoothie Bowl: \$12 | Smoothie: Small \$7 | Regular \$11

STEP 1: Pick 1 Base

NYS whole milk, almond milk, coconut milk*, oat milk, water, Peak's cold brew

STEP 2: Pick up to 4 Fruits or Vegetables

Acai*, avocado, apple*, banana, beet*, blueberry*, carrot*, date*, dragon fruit*, kale, mango*, pineapple*, raspberry*, strawberry*

STEP 3: Pick up to 4 Add-ins

Almond butter*, black pepper*, blue spirulina*, cacao*, coconut yogurt, chocolate sandwich cookie, ginger*, lemon juice*, lime juice*, matcha, mint extract*, peanut butter*, turmeric*, Syracuse salt (plain, espresso, chili black lime, or lemon), vanilla extract

Add Plant-Based Protein*

Choose: Plain, Vanilla, or Chocolate
9g: \$1 | 17g: \$2 | 26g: \$3

Smoothie Bowl Toppings: (Choose up to 4)

Local granola*, oat, coconut*, chia seed*, hemp seed*, local pumpkin seed*, ground flax*, cacao nib*, banana*, blueberry*, strawberry*, dark choc. sauce, choc. sandwich cookie, salted caramel sauce, Nutella®, Enjoy Life mini choc. chip, peanut butter*, local honey, whipped cream
Additional Topping \$.75 each

Crêpes

Single \$8 | Double \$14

STEP 1: Pick up to 2 Fillings

Almond butter*, banana*, Beyond plant-based sausage, blueberry*, Canadian bacon, chicken, cinnamon sugar apple, lemon ricotta, local plant-based cheese, local pasture-raised egg, mascarpone, natural bacon, NYS cheddar cheese, Nutella®, peanut butter*, spring mix*, strawberry*, strawberry jam*, whipped cream cheese
Plant-Based Egg \$.75 | \$1.5, Add Avocado* \$1 | \$2
Additional Filling \$.75 | \$1.5 each

STEP 2: Pick up to 3 Toppings

Banana*, blueberry*, chocolate sandwich cookie, dark chocolate sauce, Enjoy Life mini chocolate chip, local honey, local maple syrup, Nutella®, peanut butter*, pistachio, powdered sugar*, salted caramel sauce, strawberry*, whipped cream
Additional Topping \$.75 | \$1.5 each

Gluten Free & Plant-Based Crêpe Available

Wraps/Salads

Wrap: Small \$8 | Regular \$13 | Salad: \$13

STEP 1: Pick 1 Base

Almond butter*, Beyond plant-based sausage, black bean*, Canadian bacon, chicken, chickpea*, edamame*, Ithaca hummus, local pasture-raised egg, natural bacon, Nutella®, peanut butter*
Plant-Based Egg \$.75 | \$1.5, Additional Base \$1.25 | \$2.5 each

STEP 2: Pick up to 1 Add-in

Blue cheese, Enjoy Life mini chocolate chip, feta*, local plant-based cheese, NYS cheddar cheese, whipped cream cheese
Additional Add-in \$1 | \$2 each

Wraps: Served Hot-Pressed on Request
Salads: Romaine Lettuce or Spring Mix*

STEP 3: Pick 1 Sauce

Anchor Bar Buffalo sauce, Caesar, chipotle aioli, garlic tahini*, lemon tahini*, peanut*, local hot honey Dijon, Maydan sauce, strawberry jam*

STEP 4: Pick up to 2 Fruits or Vegetables

Apple*, banana*, blueberry*, carrot*, corn*, kalamata olive*, local garlic pickle, local pickled red onion, red cabbage, romaine lettuce, spring mix*, strawberry*
Add Avocado* \$1 | \$2,
Additional Fruit or Vegetable \$.75 | \$1.5 each
Add Crouton* \$1
Sub Gluten Free Wrap \$1

Cafe Beverages

Gather & Go

Coffee

12 | 16 | 20

Americano

4 | 5

Café au Lait

4 | 5

Cappuccino

4.5

Cortado (4oz)

4

Cold Brew

5 | 6

Drip Coffee

2.78|3.70|4.63

Espresso (Double/Quad)

3 | 5

Latte

5 | 6

Latte-Style Macchiato

7 | 8

Shaken Espresso

4.75 | 5.75

Coffee & Espresso: Regular/Decaf
Espresso Drinks: Hot/Iced

Tea (Hot/Iced)

Chai* Latte

5 | 6

Golden Milk* Latte

5 | 6

London Fog

4.5 | 5.5

Matcha (Ceremonial) Latte

5 | 6

Tea (Loose Leaf)

3.5 | 4.5

Milk & Cocoa

12 | 16 | 20

Hot Chocolate (Fair Trade)*

Whipped Cream & Cacao* 4 | 5 | 6

Nutella® Hot Chocolate

Whipped Cream & Cacao* 4 | 5 | 6

Milk (Cold/Steamed)

2.5|3.25|3.75

Extras

Cold Foam

| 1

Oat Milk Cold Foam

| 1

Syrups

| .75

Dark Chocolate or

Salted Caramel Sauce | .75

Whipped Cream

| .75

Milk Choices: NYS Whole | Almond
Milk | Coconut Milk* | Oat Milk

Coffee Roasted at Peaks Coffee-
Syracuse, NY

Cafe-Made Bites

| 6.5

Decadent, nourishing bites made with whole, simple ingredients like nuts, dates and local maple syrup. Always plant-based and gluten-free.

Bottled Beverages

Black River Valley Flavored Milk

| 3.5

Open Water® Still & Sparkling

| 2.75

Red Jacket & Natalie's Juice

| 4

Sovány Flavored Sparkling Water*

| 2.75

Kettle Chips

Community Snacks

| 2.75

Local Bakeries

Aurora's Cafe- North Syracuse, NY

Bad Batch Bakery- Baldwinsville, NY

Mom's Homemade Gluten Free- Baldwinsville, NY

Nikki's Bikkies- Baldwinsville, NY

The Sweet Praxis- Syracuse, NY