

breakfast casserole 1/2 pan 30
eggs, cheese, sausage, vidalia onions, and potato, all baked together in this "crustless quiche". substitute veggie sausage if you like.

lab breakfast burrito platter 35
assorted breakfast burritos, cut in half and beautifully arranged on a platter. with lab made salsa (12 portions)

smoked salmon breakfast 9pp or 65
smoked scottish salmon, artfully arranged and served with cream cheese, capers, and thinly sliced red onion. served with fresh bagels

lab baked bagels 3.5 pp
(minimum 6 people) Assorted bagels, sliced and plated. served with fresh cabot butter, cream cheese, and jelly.

french Toast Casserole 1/4 pan 22 1/2 pan 36
fresh house baked bread soaked in our french toast mix and spiced with vanilla, cinnamon, orange zest, and maple syrup.

scones / muffins 5 pp
(minimum of 6 people) a smaller version of our luscious scones and muffins. served with fresh cabot creamery butter.

sandwich plate 7.5 pp
(minimum 6 people) assorted sandwiches cut in 1/2 and served on our house baked breads. with house dilled pickles.

herb grilled chicken salad (10-12 people) 34
our herb grilled boneless skinless chicken breast sliced and served over mesclun greens with tomato, cucumber, carrots, and our house vinaigrette on the side.

fresh mozzarella tomato salad (10-12 people) 36
fresh celligini, tomato, kalamata olives, on a bed of greens, and our house balsamic vinaigrette.

vegetable crudités (10-12 people) 29
seasonal vegetables artfully arranged and served with your choice of our house balsamic vinaigrette, bleu cheese, saratoga ranch, or green goddess (green goddess or ranch can be made lowfat).

hummus platter (10-12 people) 22
house made lemon pepper hummus or roasted red pepper hummus -served with our seasoned toast and flatbread points

fresh fruit platter (10- 12 people) 36
seasonal fresh fruit displayed beautifully and served with our vanilla yogurt spice dip.

finger sandwiches 6 pp
(minimum 6 people) choose your variety or all of one from: roast beef, cranberry apple tuna salad, chicken salad, turkey.

smoked salmon canapé- 8 pp
scottish smoked salmon on thinly sliced toast with cucumber, capers, and horseradish crème fraiche. topped with fresh dill (3-4 pieces per person)

soup (quart) 11
made from scratch, ask what is available

cole slaw or potato / egg salad
(1/2 quart) 6
(quart) 11

poached wild caught Norwegian salmon 12 pp
(minimum 2) cold poached Norwegian salmon served on a bed of mesclun greens with dill crème fresh

herb roasted wild caught Norwegian salmon 13 pp
(minimum 2 people) herb roasted Norwegian salmon served on scented jasmine rice with flash sautéed vegetables and our asian inspired glaze.

sesame crusted ahi tuna
for 2 22
for 4-6 42

seared rare and served over scented jasmine rice with asian vegetables, our asian inspired soy ginger sauce served on the side.

1/2 roasted chicken 11.5
(minimum 2) crispy, juicy oven roasted locally grown, free range and organic chicken. with roasted garlic mashed potatoes.

grilled local angus sliders (12) 35
(grass fed, corn finished) from the skiff family- easton view farm in Greenwich. on slider rolls with spicy or herbed mayo and pickles on the side

veggie burger sliders (12) 28
herb grilled chicken sliders (12) 32
ahi tuna sliders (12) 39
pulled pork sliders (12) 34
mix of any 3 above (4 of each) 34

chicken parmesan for 2 19
for 4-6 38

"oven fried" locally grown free range and organic chicken breast, lightly breaded and seasoned. served over pasta with our house made red sauce and lots of cheese.

shepherds pie
for 2 16
for 4-6 36

locally grown and organic angus burger in a rich gravy with carrots, vidalia onion, corn, and peas. topped with a crust of roasted garlic mashed potatoes.

pulled pork (serves 10-12) 46
Isabel's famous slow roasted pork, pulled and married with our bbq sauce. small rolls on the side.

skewers (per 3 pieces)
caprese- fresh mozz., tomato, basil 9
chicken satay 9
balsamic marinated seasonal vegetables 8
asian marinated ahi tuna 12

sides — add to any order
roasted garlic mashed 6 / lb
olive oil mashed 6 / lb
mac and cheese 8 / lb
mesclun salad 4 / pp
spinach dip 8 / lb
spicy hush puppies (12) 10
brown sugar baked beans 6 / lb

have something else in mind? just ask, if possible we will happily make what you are dreaming of.

many vegan, vegetarian, and gluten free items available, please advise us of any dietary needs

please allow 24-48 hours notice for items on this menu

fine. food. fast. for home

welcome to the lab

the lab is the culmination of many years of planning, research, and dreaming by owners elizabeth and michael phillips.

elizabeth does our baking, michael is the chef.

everything that we do is done with care and love. we take very seriously the responsibility that comes with knowing that our end product goes into your body.

we use local bacon, sausage, eggs, burger, vegetables (when seasonably possible), and cheeses.

we bake all of our bread from scratch (with king Arthur flour). our french bread and five seed breads are both vegan.

our cupcakes are made in small batches and frosted with real buttercream using only cabot butter, confectionary sugar, and madagascar bourbon vanilla. we never sell cupcakes for more than 18 hours. all leftovers are donated to the Saratoga eoc for distribution.

we make all of our soup, stew and casserole stocks from scratch.

comfort food means many things to many people. it may be mac and cheese, a breakfast burrito, perhaps a house made vegan, gluten free vegetable burger or a rich moist Cupcake Lab cupcake.

it is our goal to serve "comfort" food that is healthy, locally sourced whenever possible, reasonably priced, and most of all delicious. we will do this in a comfortable, bright, clean and friendly "polished fast casual" environment.

when planning the lab it was our intent from the beginning to provide a healthier, nicer alternative to pizza or burritos when you did not feel like cooking for yourself, your family, or your friends. these dinners make excellent gifts as well.

this menu serves as a start to our dinner to go program. if you have a special request please do not hesitate to ask.

we do ask that you give us a minimum of 24 hours notice for most items on this menu, if you need something today however, we will try our best to accommodate you.

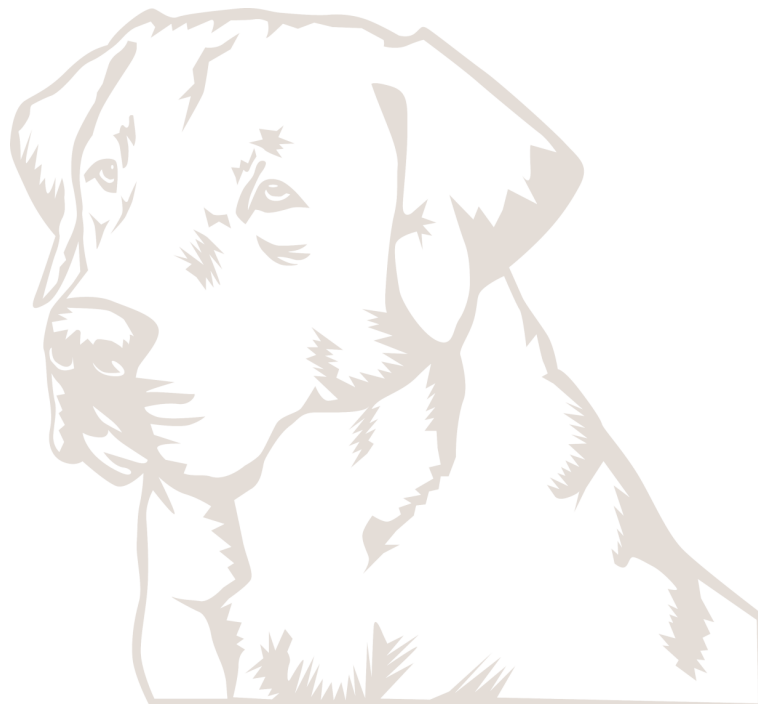
thank you for ordering from the lab, we know that saratoga springs offers many excellent choices and we appreciate that you chose us. we hope that you enjoyed your experience and will visit again soon.

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meet us at

the lab

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dinner to go special events catering

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