

irish breakfast burrito	6.95	grilled local angus burger	8.95
corned beef with home fried potatoes, fluffy eggs, melted cheese in honey wheat wrap pressed in panini		(grass fed, corn finished) from the skiff family- easton view farm in Greenwich.	
		on roll with lettuce and tomato and a side of slaw	
		add cheese	.65
lab breakfast burrito	5.95	roast beef sandwich	7.95
locust grove sausage, home fried potatoes, fluffy eggs, and melted cheese in honey wheat wrap pressed in panini		lab roasted and sliced very thin, with provolone tomato, lettuce, and horseradish herb mayo. choice of bread or wrap.	
oceanside breakfast burrito	6.95	pulled pork	7.95
fluffy eggs, tomato, avocado and melted cheese in honey wheat wrap pressed in panini		house roasted with our special rub for hours slathered in our bbq sauce on ciabatta. pressed in the panini (with cheese)	8.50
Oceanside as a plate "unwrapped"	8.95	turkey reuben (or with corned beef)	8.50
vegetarian breakfast burrito	6.95	swiss, sauerkraut and russian on five seed bread in the panini	
eggs, homemade veggie sausage (made with quinoa, brown rice, black Beans, mushrooms, and seasonings), tomatoes, and cheese, in honey wheat wrap pressed in panini		b.l.t.	6.95
french toast-	6.95	logust grove bacon from argyle with tomatoes, lettuce, and rosemary mayo on choice of ciabatta, honey wheat, or five seed	
a hint of orange and cinnamon with powdered sugar		lab salad "the saratoga special"	8.95
lab omelet	9.25	mesclun greens with cranberries, walnuts, bleu cheese, and house made balsamic vinaigrette with a scoop of our tuna salad, hummus, and bread	
3 eggs with cheese and your choice of two from below, additional items over two .50 each (tomato, mushrooms, sausage, bacon, ham, onion, spinach (avocado extra 1.50)) comes with your choice of toast (ciabatta, five seed, or honey wheat)		veggie burger (vegan)	7.95
bacon, sausage, or ham with egg and cheese sandwich	4.95	black beans, quinoa, brown rice and mushrooms with seasoning. pan grilled served on our ciabatta or a 5 seed bun	
on ciabatta, five seed or honey wheat bread		gluten free veggie burger on greens	9.75
on a bagel	5.50	hummus wrap (vegan)	6.95
on a home made biscuit!	5.95	house made lemon pepper hummus, mesclun greens, shredded carrots, tomato, and cucumber in a honey wheat wrap	
egg and cheese on toast	3.95	veggie wrap- mesclun greens with bleu cheese, walnuts, craisins, tomato, cucumber and house balsamic dressing	6.95
the clancy	5.95	add hummus to the veggie wrap	7.95
egg, cheddar, tomato, lettuce and mayo on toasted french bread		grilled cheese with tomato	5.95
lab breakfast plate	6.95	grilled in panini till melted on honey wheat, ciabatta, or five seed	
two eggs any way, with bacon, ham, or sausage home fries and toast (ciabatta, 5 Seed, or honey wheat)		grilled cheese with tomato and bacon	7.95
lucky lab plate (12 and under)	4.95	herb grilled chicken breast salad	8.50
2 scrambled eggs, slice of bacon, toast		On mesclun greens with cucumber, tomato, shredded carrot, and house vinaigrette	
Add to any order		add bleu cheese	1.00
cheese	.50	mac n cheese (award winning!)	4.95
avocado	1.50	16oz	8.25
tomato	.75	ask for our bacon panko topping if you like!	
side home fries	2.50	make it pulled pork mac & cheese 6.95 / 9.50 / 16.95	
side of bacon, sausage		house "made from scratch" soup	
ham, or veggie sausage	3.50	cup	3.95
side of lab house baked toast	1.00	bowl	5.95
one egg	1.00	quart	10.95
fresh fruit and yogurt parfait	4.95	many vegan, vegetarian, and gluten free items available please advise us of any special dietary needs	
No fat vanilla yogurt, fresh berries, and House made granola			
freshly ground and brewed (by the cup)			
fair trade organic coffee	1.95 / 2.35 / 2.75		
In house w/refill	2.75		
freshly brewed tea	1.75		
"cold brewed" iced coffee	2.25 / 2.75 / 3.25		

welcome to the lab

the lab is the culmination of many years of planning, research, recipe development, 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 five seed bread is 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, or perhaps a house made vegan, gluten free vegetable burger.

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.

we will always treat you with courtesy and respect and thank you for your business, which we truly do appreciate from the bottom of our hearts.

ask us about catering a special event, or just dinner with family and friends, large or small... or our **dinners to go**

thank you for coming to 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.

fine. food. fast

meet us at

the lab

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the lab



coffee cupcakes comfort food

fine. food. fast

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