



consciousfork™

nourishing the mind, body, & soilSM

A plant-based diet can yield huge benefits for the environment, our health and our animal friends. We strive to make quality delicious vegan fare that is highly nourishing, affordable, and accessible to our community.

OPEN 7 DAYS | (845) 988-KALE (5253) | consciousfork.com
14 Railroad Ave Warwick, NY | consciousfork@gmail.com



SOUPS & STARTERS

DAILY SOUP 7
choose from daily selection
add garlic croutons 1
By the Quart 14

CRUDITE & HUMMUS 8
assorted crunchy raw veggies
and the daily hummus

GUACAMOLE & CHIPS 8
freshly made guacamole served
with organic tortilla chips

NACHOS 17
melted cheddar on tortilla chips with
black beans, pico de gallo, red onion,
jalepenos and hot sauce
add guacamole 6

ALL DAY BREAKFAST

BREAKFAST SANDWICH 9
tofu scramble with onions,
garlic and daily veggies on
haus sourdough
add avocado 2
add sautéed greens 2

TOFU SCRAMBLE 10
tofu scramble with onions,
garlic and daily veggies over
brown rice and mixed greens
add sautéed greens 2
add cheese 2

HAUS GRANOLA 6
gluten-free rolled oat granola
with dried fruit and nuts with
choice of coconut or oat milk
add banana 1

HOT OATMEAL 6
gluten-free rolled oats with
cinnamon, ground flaxseed,
dried fruit and nut mix with a
touch of maple syrup
add banana 1

COLD DRINKS

ICED TEA 4

LEMONADE 4
fresh lemon, filtered
water and lightly
sweetened with agave

ORGANIC COLD BREW 5

CALMBUCHA ON TAP 4
organic local kombucha
with rotating flavors



HOT DRINKS 4

TEAS
assorted loose
leaf black,
green or
herbal

POUR OVER ORGANIC COFFEE
with coconut
milk or coconut
almond creamer

HEALING ELIXIR
apple cider
vinegar, lemon,
spices and hot
water



FRESH JUICE 9

fresh pressed juices
made to order

GREEN
just greens and a
splash of lemon

ROOT
get grounded with
an assortment of
root veggies

CITRUS
vitamin C fix



SANDWICHES 9

all served on our haus
sourdough or haus
gluten-free for extra 2

KIM'S REUBEN
avocado, hummus and
pink sauerkraut

AVOCADO TOAST
daily special

GRILLED CHEESE
daily special

LET US CATER YOUR NEXT EVENT!



WELLNESS SHOTS

FUEGO 3
lemon, ginger, turmeric,
cayenne

SUNDANCE 4
lemon, turmeric, ginger,
black pepper,
oil of oregano

SEASONAL FLIGHT 10
4 assorted juice and
veggie shots

SALADS & BOWLS

add avocado 2 add guacamole 6



FARM TO FORK SALAD 9

daily special of assorted
local or seasonal
ingredients over mixed
salad greens

ZOODLES 10

daily special of spiraled
zucchini tossed with
veggies and sauce over
mixed greens

MEDITERRANEAN 10

baked falafel, hummus and daily salad
with tahini sauce over mixed greens

UNFRIED RICE 10

daily special of rice tossed with
veggies, baked teriyaki tofu and sauce

TACO BOWL 10

black beans, avocado and pico de
gallo over brown rice and lettuce
with hot sauce, cheddar and
tortilla chips

KIDS & SIDES

Grilled Cheese 7 | Almond Butter & Jam 7 | Kids Bowl
(avocado and black beans over brown rice) 7 |
Veggie 7 | Avocado 2 | Tortilla Chips 2 |
Brown Rice 4 | Slice of Toast 2 |
Slice GF Toast 3 | Side of Dressing 4



SMOOTHIES 9

choose base: coconut milk, oat milk or
filtered water

GREEN
daily special

FRUIT
daily special

COFFEE BUZZ

banana, dates, coffee beans, ice

JUICE CLEANSSES
starting at 46 per day

ADD ONS 1

flax oil, hemp protein
powder, hemp seeds,
almond butter,
spirulina, cacao
powder



SWEETS

Seasonal Fruit
Cobbler 5
Coconut
Macaroons 2.50
3 for 7
Assorted Baked
Goods

