

## Food Possibilities in Hamilton

We will be dancing at the Farmers Market, which takes over Hamilton's village green on Saturday mornings. There are various vendors in the market, including a Mexican stand with delicious tamales, empanadas, and burritos and a meatball sandwich stand that is always heavily patronized. Although you will not find many (possibly not any) GF or vegan meal offerings at the market itself, there are several nearby options. Restaurants come and go; there may be newer locations I have omitted.

We will be gathering in the vicinity of the band stand (see map) so that we can socialize while we eat and so we can all be close together when it's time to leave for the next stand. If you can't be comfortable sitting on the ground, you can probably find space to sit on the edge of the stage, but you might prefer to bring your own chair. Plan accordingly when parking (and when selecting a chair to bring with you).

### Within the Farmers Market:

The Mexican food stall and the meatball stall are roughly across the green from each other - the Mexican stall is on the west side (across the street from the USPO, which is slightly South of Hamilton Whole Foods) and the meatball stall is on the east side. There are occasionally food trucks that park at the north end. Baked goods are widely available.

### Outside of the Farmers Market:

The locations listed below are all within one block of the market, easy walking. See the attached map for numbered locations. There are other food options, including McDonalds and Dunkin, but they are farther away - you can Google them.

**Broad Street (Route 12B)** runs north-south along the east and west sides of the village green. Starting at the south end of the business block, here are the options up to the corner by the traffic light.

- 1 Hamilton Whole Foods** - 28 Broad Street, at the far south end of the business block, just across the street from the Farmers Market. \*\*\* *GF, vegan, vegetarian* Soups, wraps, panini, smoothies, salads, cake & cookies. A small store, totally unaffiliated with the other Whole Foods. Menus at <https://hamiltonwholefoods.com/pages/menus>. (315) 824-2930
- 2 Broad St Diner** - 10 Broad St, just north of Hamilton Whole Foods - This is an old-fashioned diner. If you have dietary restrictions, this is probably not your first choice. No online ordering. (315) 228-2011.
- 3 Royal India Grill** - 6 Broad St, just north of Broad St. Diner. Opens at 11:30 am on Saturdays. Phone in your order to (315) 825-3555. \*\* *GF, vegan, vegetarian* View their menus at <https://www.hamiltonroyalindiagrill.com/menu/>.

**Utica Street - Route 12B** continues north and slightly west from the traffic light. To the north of the traffic light, it is called Utica St (no longer Broad St). This is the road we will take as we leave Hamilton on our way to Heritage Farm. Proceeding away from the traffic light, we have, in order:

- 4 Fojo Beans Coffee Roasters** - 10 Utica Street just across from the farmers market. Fojo Beans serves excellent espresso drinks, yummy baked goods and also has a cafe. Opens at 9 am. Phone: (607) 373-4026. [Orders@fojobeans.com](mailto:Orders@fojobeans.com) \*\*\* *GF, vegan, vegetarian*. "Overnight oats" are mighty fine. View their menu at <https://fojobeans.com/wp-content/uploads/2021/03/Cafe-Menu-Latest.pdf>
- 5 Maxwell's** (Chocolates and Ice Cream) - 14 Utica St (315) 824-1280. Opens at 11 am. Their locally made iced desserts include sorbet (vegan, we assume) and alcoholic ice cream. \*\* *GF, vegan, vegetarian*

**6 Main Moon** - 24 Utica St. Opens at 11 am. Phone: (315) 824-1830. They have a typical Chinese restaurant menu; I don't see any indicators of GF or vegan offerings, but probably something on the menu meets those criteria

<https://restaurantguru.com/Main-Moon-Restaurant-Hamilton-New-York/menu>

**Lebanon Street** (goes west from the traffic light at the north end of the village green. It's a complicated intersection to drive, but easy enough for pedestrians). From east (near the Farmers Market) to west, here are the food options on Lebanon St.

**7 Friends and Pho** - 3 Lebanon St, (315) 825-9019, opens at 11:30 am but frankly they are not always reliable about conforming to their announced open hours. This tiny takeout restaurant is located next to the movie theater. We enjoy their pho; they also one have one sandwich offering. Nothing vegetarian or GF. View the menu at

<https://www.zmenu.com/friends-and-pho-hamilton-online-menu/>

**8 Olivieri's Pizza** - 14 Lebanon St. (315) 824-4444. Opens at 11:30 am. They say they can provide pizza made with a GF or cauliflower crust. The menu also offers whole wheat crust. The woman I spoke to said "of course a pizza parlor is a high gluten environment, but if forewarned that someone has allergies or is celiac, they will do their very best to avoid cross-contamination." View their menu at <https://www.oliverispizza.com/menu>.

**9 Flour & Salt Cafe** - 37 Lebanon St. This bagelry is a local favorite and has recently opened its second location within Hamilton, separating their bakery from the cafe. The website says they have GF, vegetarian, and vegan options, I am a bit dubious about the GF. Mostly they make really good bagels and turn them into elaborate sandwiches. Breads, pastries, bagels, sandwiches, espresso drinks. Open at 8 am. <https://www.flourandsalt.com/> (315) 228-2009. No online orders, but phone-in works.

**10 Rusch's Bar & Grill** - 22 Lebanon St. Opens at 11:30 am. Bar snacks, soups, salads, burgers, sandwiches. (315) 228-2122. Order online for takeout.

Menu at <https://myruschs.net/files/2022/02/Temp-Menu-2-2022.pdf>

**Payne St** runs east from the north end of the village green.

**11 The Tavern at Colgate Inn** - 1 Payne St. The Tavern (inside the Colgate Inn) opens at 9 am. They have a few vegan, vegetarian, and GF options. Menu at

<https://www.tavernatcolgateinn.com/menus/> Phone (315) 824-2300.

The map of Hamilton on the next page shows the restaurants described above (numbered in red). The Village Green/Farmers Market is the green area. The bandstand which we are scheduled to use if we wish, is marked on the Village Green with a black square and red lettering. The words "Dance here" on the map are intended to indicate the intersection of Broad and Payne St at the NE end of the village green.

NOTE: Broad Street (Route 12B) splits around the village green. This is for the purpose of numbering the buildings.

- The fork of Broad St that runs along the east edge of the village green is blocked for through traffic during the farmers market. We will dance at the NE corner of the market. If someone tries to drive through there, we will politely make way for them, but they are not supposed to be driving on that stretch of road. If we prefer to dance at some other location, that's okay, too.
- The west fork of Broad St (12B) is for through traffic.

Hounds Day of Dance July 16, 2022

There is a parking lot indicated east of the NE corner of the farmers market near where we will dance. Enter the parking lot from Payne St. Street-side parking is also available throughout the area, including along Broad St.

