

# Sandwiches & Wraps

## Apple Gobbler Wrap

Our own certified organic turkey<sup>†</sup>, apple\*, Organic Valley cheddar\* & cranberry chutney\* 8.89

## Hayin' Weather Chicken Wrap

Grilled chicken, peppers\*, sun-dried tomatoes, caramelized onion, & organic feta\* 9.49

## Garden Pesto Wrap

Grilled peppers\*, onion, tomato, mushrooms\*, cheddar\* & pesto\* mayo 8.29

## North Country Ham Apple Wrap

Local baked ham, Organic Valley cheddar\*, apple\* slices, caramelized onion 8.89

## VT Teriyaki Tempeh

VT organic tempeh\* with teriyaki, grilled onion, lettuce\* & tomato, white\* or wheat\* bun 8.89

## Pesto Chicken Wrap

Grilled chicken, Organic Valley cheddar\*, pesto\* mayo, and natural sun-dried tomatoes 8.99

## BLT (Betcha' Love This!)

Vermont bacon, romaine\*, tomato & mayo 7.79

## Northeast Kingdom Style Western

Organic egg\*, onion & local baked ham 7.59

## BBQ Chicken Wrap

Maple-bbq\* chicken, tomato, romaine\*, cheddar\* 8.49

## Grilled Organic Cheese

6.99  
With tomato or apple\* 7.79  
With local ham or bacon 8.99

## Haddock Sandwich

Hand-breaded haddock, romaine\*, tomato, & tartar sauce, on a grilled white\* or wheat\* bun 8.49

## Mountain Meadow Burger

Grilled vegetable patty served with romaine\*, tomato, and mild salsa\* on a white\* or wheat\* bun 7.99

## Maple Sausage Sub

(as delicious as it sounds)  
VT maple sausage, grilled apple\*, caramelized onion, and melted cheddar\* on a sub bun 8.99

# Award-Winning Burgers



Voted "Best Burger in the Kingdom," by readers of *The Caledonian Record*; Made from certified organic grass-fed beef\* from our farm.

Served with choice of: white\* or wheat\* bun, or gluten-free bread (+ \$0.50), lettuce\* & tomato. Hand-cut fries or corn chips\* (no gmo's).

## Burger Toppings:

Cheese: Organic Valley cheddar\*, Swiss\*, mozz.\*, American 1.50 ea.

Local bacon 2.59 Organic beef\* chili 2.59

Veggies: caramelized onion, grilled onion, peppers\*, or mushrooms\* 1.50

\*=CERTIFIED ORGANIC. LOCAL ITEMS IN ITALICS.

# Main Dishes

## Grilled Polenta & Vegetables

Herb-seasoned polenta\* rounds, grilled & served with peppers\*, mushrooms\*, onion, & olive oil 10.59

## Chicken Parmesan

Over pasta\* with spinach\*, tomato sauce\*, & parmesan 11.59

## Country Tenders

Crisp chicken tenders & honey mustard, ranch, or maple-bbq sauce\*, potato & vegetable\* 9.99

## Kingdom Chicken

Grilled chicken breast, topped with warm apples\*, melted cheddar\*, & maple glaze, with potato & vegetable\* 12.99

## Plowman's Pasta

Noodles\* topped with VT maple sausage, onion, mushrooms\*, tomato sauce\* & parmesan 13.59

## Grecian Pasta

Noodles\*, tomato, spinach\*, onion, sun-dried tomato, feta\*, garlic, herbs, & olive oil 11.99

## Pasture Pasta

Noodles\*, topped with organic broccoli\*, grilled peppers\*, tomato sauce\*, & parmesan 11.99

## Spinach Primavera

Noodles\*, spinach\*, & alfredo cream sauce\* 10.59

# Sides

Noodles\* & Butter \$3

Vegetable of the day \$3.59

Mashed Potato \$3

VT Organic Apple-

sauce\* \$3

Fresh Fruit Cup \$3.59

## Quebec Style Poutine

Handcut fries topped with beef gravy & melted local cheese curds \$6

Handcut Fries \$3

Sweet Potato Fries \$4

## Caledonia Burger - Our Blue Ribbon Winner!

A full quarter pound of our certified organic beef\* with lettuce\* & tomato 8.99

## Freighthouse Burger

Our signature two-patty, certified organic beef\* burger, with lettuce\* & tomato 11.99

## Maple-BBQ Bacon Burger

Our certified organic beef\* topped with local bacon & a delicious maple-bbq sauce\* 11.99

## Mushroom Swiss Burger

Our certified organic beef\*, grilled mushrooms\*, melted organic Swiss\* 11.99



# The Freighthouse

FRESH, LOCAL, ORGANIC.

Beyond farm-to-table;  
We serve what we sow.

Better  
food for  
a brighter  
future...

1000 Broad Street  
Lyndonville, VT 05851  
(802) 626-1400

[www.thelyndonfreighthouse.com](http://www.thelyndonfreighthouse.com)



Open 7 days a week



# Breakfast

## Organic Eggs & Hollyberry's Toast

One egg\* & toast 2.99  
Two eggs\* & toast 3.99  
Two eggs\*, potatoes & toast 5.49

## Eggs Benedict

Creamy hollandaise over poached eggs\*, local ham, multigrain english muffin\*, & potatoes 10.49

## "Green" Eggs & Ham

What else would you expect from a green restaurant!?! Basil pesto\* scrambled eggs, local ham, & toast 7.89

## The Milker's Medley

2 eggs\*, one choice of local meat: ham, sausage or bacon; with potatoes & toast 8.29

**Omelets:** A good honest omelet - 3 organic eggs\*. Served with toast or potatoes.

## Omelet Fillings:

Feta\*, cheddar\*, swiss\*, American 1.50 ea.  
Local: sausage, ham, bacon 2 ea.  
Mild salsa\* / sour cream\* 1.50  
Vegetables: onion, peppers\*, tomato, mushrooms\*, caramelized onions, or spinach\* 1.50 ea.

**Cheese\* Omelet** 6.99

**Kingdom Ham & Cheese\* Omelet** 8.99

**Triple Cheese\* Omelet** 8.29

## Organic "Salsation" Omelet

Caramelized onion, peppers\*, tomato, & cheese\* with mild salsa\* 8.79

## Harvest Omelet

Medley of caramelized onion, peppers\*, mushrooms\*, tomato & organic spinach\* 8.79

## Royal Omelet

Organic spinach\*, Organic Valley feta\*, tomato, onion 9.29

## Plowman's Pancakes

Blueberries, strawberries, chocolate chips, walnuts, or dried cranberries 1.50 ea. Whipped cream 0.75  
1 Pancake 3.89, 2 for 5.29, 3 for 6.99

## The Farmer's Breakfast

Two eggs\*, two pancakes, local bacon, potatoes 12.49

\*=CERTIFIED ORGANIC. LOCAL ITEMS IN ITALICS.

## Farmhand's French Toast

Made with homemade bread (choices top of page)  
1 Slice 3.89, 2 Slices 5.29, 3 Slices 6.99

## Sunrise Sampler

Try it all! Local: bacon, sausage & ham, 2 eggs\*, potatoes, & toast 14.49

## Blue Ribbon Beef Hash

Made for years in our farmhouse kitchen, and still is; our own organic grass-fed beef\*, onion and potato, two eggs\*, homefries & toast 9.99

## Chore-Time Breakfast Sandwich

Egg\* & cheese\*, english muffin\* or biscuit, & potatoes.  
One meat: local bacon, sausage, ham 7.29. No meat 5.50

## Sugarmaker's Maple Sausage Wrap

VT maple sausage, tomato, peppers\*, onion, egg\*, cheese\*, white, wheat or tomato wrap 8.99

## Harvest Scramble

Scrambled eggs\*, grilled onion, peppers\*, tomato, mushrooms\*, & potatoes, with toast 8.99  
Add Ham & Cheese\* 10.99

## Old-Time Sausage Gravy & Biscuit

Local sausage gravy, buttermilk biscuit, potatoes 7.89

## Maple Yogurt\*

Made at Butterworks Farm, Westfield, VT.  
Served with banana, organic granola\* & toast 8.49

## Old Fashion Oatmeal\*

With homemade toast 6. Add blueberries, strawberries, raisins, walnuts, dried cranberries, banana \$1 ea.

## Belgian Waffle

Made with organic egg\* batter, served with local maple syrup 5.89. For toppings, see pancakes.

# Sides

Maple yogurt\* cup 3 1 egg\* 1.50, 2 eggs\* 2.00  
Fruit cup 3.59 English muffin\*/ Bagel\* 2.00  
Homefries / Toast 1.50 Teriyaki tempeh\* 5  
Local: bacon, sausage, ham 3.59 Veggie sausage 4

When you look at an apple, some people would say the non-organic apple is cheaper than the organic apple. But when you factor in what you're receiving in terms of vitamins, minerals, etc., the organic apple — on that basis — is cheaper than the non-organic apple.  
— Jerry Kay, Beyond Organic

# Appetizers & Soup

## Farmhouse Flatbread

Our own cheese\* & herb flatbread slices, served with organic tomato sauce\* 6.49

## Mozzarella Sticks

With organic marinara sauce\* 7.49

## Tamarlane Farm Beef\* Chili or Vegetable\* Chili

Three-bean\* chili with or without certified organic beef\*, & Organic Valley cheese\* and onion. Cup 5, Bowl 7.29

## Soup of the Day

Made with local and organic ingredients;  
Cup 4.59, Bowl 6.  
Cream soup: Cup 5, Bowl 6.59.

## Freighthouse Seafood Chowder

Our famous housemade seafood chowder from an award-winning Nova Scotia recipe; lobster, haddock, scallops, and potato. Salad\* & warm roll. Cup 9, Bowl 11.

## Rhapsody Eggrolls

Made in VT with organic vegetables, served with peanut sauce (vegan) 8.29

## Polenta Rounds

Organic polenta\* (cornmeal cakes), grilled & served with tomatoes, tomato sauce\*, & feta\* 8.29

Every time you spend money, you're casting a vote for the kind of world you want.  
- Anna Lappé  
Small Planet Institute

# Signature Salads

Made with certified organic greens\*, served with homemade bread- the ultimate feel-good combo.

**Dressing:** Homemade VT maple balsamic vinaigrette, ranch, bleu cheese, italian, red pepper vinaigrette

**Add** teriyaki tempeh\*+5, tor grilled chicken +3.50

## Organic Beet Salad

Slices of organic beets\* on field greens\*, with Organic Valley feta\*, & walnuts 10.99

## Sugarbush Maple Apple Salad

Field greens\* with apple\* slices, dried cranberries, Organic Valley feta\* and our signature VT maple balsamic vinaigrette 10.99

## Summer Garden Salad

Organic romaine\*, onion, peppers, cucumber, tomato, and choice of dressing 7.99  
Add teriyaki tempeh\*+5, or grilled chicken +3.50

## Caesar Salad

Organic romaine\* homemade croutons, parmesan, and creamy Caesar dressing 7.99

## Springbrook Salad

Organic romaine\*, fresh fruit, dried cranberries, walnuts & choice of dressing 10.99

