

Breakfast

All Eggs Certified Organic

100% Breakfast Meats
Locally Raised

EGGS & TOAST

Toast: Hollyberry's Bakery: white, wheat, maple oat, cinnamon swirl.
Extra +0.89 ea. Gluten Free Bread +0.99
1 egg, 1 slice of toast 3.59
2 eggs, 1 slice of toast 4.59
3 eggs, 1 slice of toast 5.59

HOMEFRIES herb seasoning 3.59 

LOCALLY RAISED MEATS

3 strips bacon, thinly sliced ham, or 2
sausage patties 3.79 / order

VEGGIE SAUSAGE 3.59 

YOGURT & GRANOLA

Organic vanilla yogurt & organic granola.
Cup 3.99, Bowl 5.99

PANCAKES

made with organic VT flour, local VT
maple syrup and butter. 1 pancake 3.89,
2 pancakes 5.99, 3 pancakes 6.99
add blueberries +1
add chocolate chips +1

FRENCH TOAST

local VT maple syrup and butter
1 slice 3.59, 2 slices 5.89, 3 slices 6.99

OATMEAL

Organic oats. Cup 3.00, Bowl 4.99 
Add VT maple syrup +.89

Toppings

.89 each
organic raisins dried cranberries
organic pecans sliced banana
walnuts org. coconut
org. chia seeds organic apple

AVOCADO TOAST

organic avocado on Vt bread with tomato,
sesame seeds, & sprinkle of sea salt. 4.99
Add pico de gallo 5.99 Gf bread +0.99
Add organic egg +\$1.50, two eggs +\$2.50

BRUSCHETTA TOAST

VT bruschetta topping on organic VT bread
with melted cheese & over easy egg 7.59

PB TOAST

slice of toast, sliced banana, organic chia
seeds, VT honey & peanut butter 5.49

SCRAMBLES 8.99

with organic eggs, & toast
Sub organic tofu for egg +\$1 

VEGGIE SCRAMBLE

peppers, onion, tomato, organic spinach

SUNRISE SCRAMBLE

onion, peppers, local sausage, org. cheddar

HAM SCRAMBLE

local ham, tomato, VT Swiss

SOUTHWEST SCRAMBLE

jalapeños, tomato, org. black beans
& organic avocado

BAGELS plain, everything, wheat, cinnamon-raisin \$2 ea

Plain Gluten-Free bagel \$2.50 

SPREADS

peanut butter, VT cream cheese 0.89
boursin or org. avocado +1.50

VEGGIE BAGEL

herbed VT cream cheese
(boursin), org. spinach,
tomato, red onion 4.99



EGGS BENEDICT

organic English muffin topped with local
ham (or tomato), two poached organic
eggs, hollandaise, side homefries 11.99

EGG SANDWICH

served on VT organic english muffin.
or bagel. Gluten free bread +.99

EGG & CHEESE 4.49

BACON & GOUDA 6.59

AVOCADO & TOMATO 6.59

CHEESE: Gouda, Organic Cheddar,
American, VT Swiss

VEGGIES: +.89 ea.
tomato, peppers, organic spinach,
org. sprouts, pickled jalapenos, onion.
organic avocado +1.50

VT LOCAL MEATS:

bacon or sausage +2.19, ham +2.59

BREAKFAST WRAP

2 organic eggs, peppers, onions,
organic salsa, organic cheddar 7.89
For a gluten-free wrap +1.25

VEGAN BREAKFAST WRAP

organic tofu, onions, Daiya, peppers, salsa 8.99

wrap add-ins

local sausage or organic VT tempeh +2.49
organic avocado +1.50
organic black beans +1.50
veggie sausage +2.49

Apps, Snacks, Salads

HOT SOUP

changing selection, see soup board for
choices. Cup 4.89, Bowl 7.49

SEAFOOD CHOWDER

Our famous, award-winning Nova Scotia-
style sea captain's recipe of haddock,
sea scallops, lobster & potatoes in a light
cream broth. Cup 7.99, Bowl 11.99.

CAULIFLOWER "WINGS"

battered fried cauliflower bites with our
house mango sriracha glaze 8.59

CHEESE QUESADILLA

VT cheese blend, side org. sour cream &
org. salsa 7.79 Daiya (vegan) cheese 8.79
Add org. black beans +1.50, GF tortilla +1.25
org. chicken +4, org. avocado +1.50

SPINACH ARTICHOKE DIP

a new twist on a classic: dairy-free,
gluten free, made with organic spinach.
Served warm with organic corn chips 8.99

FALAFEL BOWL

organic romaine, tomato, cucumber, org.
carrot, org. avocado & 3 org. VT falafels
on top with a lemon tahini dressing 12.49

ROASTED SQUASH SALAD

organic greens, roasted butternut squash,
dried cranberries, organic feta, pecans,
apple cider vinaigrette 11.99

TACO SALAD BOWL

organic romaine, org. seasoned black beans,
pico de gallo, VT cheese, tortilla strips, org.
sour cream, org. avocado 11.99
Sub Daiya & no sour cream to make vegan 

GARDEN SALAD

organic romaine, peppers, tomato, home-
made croutons, org. carrot, cucumber 9.59

MAPLE APPLE SALAD

organic greens, organic apple, dried
cranberries, organic feta, VT maple balsamic
vinaigrette 9.99

ORCHARD SALAD

Organic greens, organic avocado, organic
carrot, tomato, org. feta, & onion 10.99

BEET SALAD

organic greens, pickled local beets,
organic carrot, org. feta, walnuts 10.99

CAESAR SALAD

organic romaine, homemade croutons,
shaved parmesan, & Caesar dressing 8.99

 = VEGAN (by request)

Sandwiches & Wraps

VT Organic Bread: White Farm, Wheat, or Rye.
For gluten-free bread +0.99
Wraps (vegan): white, wheat, spinach.
Gluten free wrap +1.25

HAM & SWISS

premium VT ham with Swiss cheese, organic romaine, tomato, mustard 8.99

THE GOBBLER

VT turkey, organic apple, org. cheddar, mayo, org romaine, org. cranberry sauce 9.79

CHICKEN SALAD

organic chicken, dried cranberries, organic apple, mayo, org. romaine 8.99

VT BLT OR TLT (tempeh)

local bacon, organic romaine, tomato & mayo 8.99 add organic avocado +1.50
make vegan with vegenaïse & tempeh 

STONEWOOD SPICY TURKEY

Stonewood Farm VT turkey, local bacon, gouda, org. romaine, tomato, zesty mayo 9.99

HONEY MUSTARD CHICKEN WRAP

organic chicken, honey mustard, local VT bacon, gouda, org. romaine & tomato 9.99

CAFÉ VEGGIE WRAP

organic romaine, tomato, organic avocado, org. carrots, cucumber, org. sprouts, & herbed VT cream cheese 8.49

BLACK BEAN BURRITO

organic black beans, peppers, onions, VT cheese, organic salsa, & organic avocado 8.99 Daiya cheese by request +1 
Gluten-free wrap +1.25

HARVEST BURRITO

organic black beans, onions, roasted butternut squash, peppers, onion, & cheese (or Daiya +1) 9.29 

PEANUT WRAP

premium organic chicken, org. romaine, tomato, cucumber, sunflower seeds, & homemade peanut sauce 9.89
Sub org. tofu by request to make vegan. 

CAESAR WRAP

organic chicken OR org. tofu, org. romaine, shaved parmesan, tomato, Caesar dressing 8.99

PANINI

On homemade focaccia pressed on the grill

Gluten-free focaccia (by request) +1.25

HAM PANINI MELT

premium local ham, sauteed onions, mustard & VT Swiss 10.29

PESTO CHICKEN PANINI

organic chicken, organic spinach, tomato, org. cheddar, VT pesto mayo 10.59

BBQ CHICKEN PANINI

premium organic chicken, peppers, onion, tomato, cheddar, organic BBQ sauce 10.59

CAPRESE PANINI

Vermont mozzarella, organic spinach, organic roasted red peppers, tomato, VT pesto 10.29

THE CUBAN PANINI

premium local spiced pork, VT ham, pickles, VT Swiss cheese, & mustard 10.99

Sides

Side Salad \$4

organic spring mix, org. carrot, cucumber, peppers, tomato

Roasted Butternut Squash Chunks \$5

Hand Cut Fries \$3

without sandwich \$4

Organic Corn Chips \$3

Sweet Potato Fries \$4

without sandwich \$5

Cup of Soup \$4

without sandwich \$4.89

Seafood Chowder

Cup \$5.99 without sandwich \$7.99

GRILLED CHEESE

pair with a cup of soup +4

vegan by request: Daiya, vegan butter (+1) 

CLASSIC GRILLED CHEESE

Org. cheddar, American, or VT swiss 5.49
Add organic avocado +1.50, tomato +.89,
local bacon or local ham +2.59

SQUASH & SPINACH GRILLED CHEESE

roasted butternut squash, organic cheddar, organic spinach, red onion 7.89

BRUSCHETTA GRILLED CHEESE

tomato pesto and melty cheese 7.89
Add bacon +2.59

Kids age 11 & under

SANDWICHES

On VT white bread.

Or on Gluten Free Bread +.99

Kids Turkey & Cheese
with organic romaine 7

Kids Ham & Swiss
with organic romaine 7

Grilled Cheese 4.99

PB & J 4.89

KIDS BURGER

certified organic local grass fed
beef with cheese & small fries 8

 = VEGAN (by request)

Organic Burgers



Our Own VT
CERTIFIED
ORGANIC
GRASS-FED BEEF

Served on VT artisan bun with organic romaine & tomato.

CHEESE: Gouda, organic cheddar, VT Swiss, or American.
Organic feta or VT Mozzarella +.89

VEGGIES: pickled jalapeños, onions, peppers, org. sprouts +.89 ea.
organic avocado +1.50

ALL Beef Burgers are
Cooked Medium to Well Done.

TAMARLANE BURGER

with choice of cheese 10.99

MAPLE BBQ BACON BURGER

local bacon, organic maple BBQ 12.99

JALAPENO BURGER

with cheese & pickled jalapenos 11.79

CALIFORNIA BURGER

organic avocado & organic sprouts 11.99

PICO BURGER

organic cheddar & our pico de gallo 11.89

Served with either hand-cut fries
or organic corn chips.

VEGGIE BURGER

Organic Vermont Bean Crafter veggie
patty with cheese 10.99 

