

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 3.39
2 eggs, 1 slice of toast 4.39
3 eggs, 1 slice of toast 5.39

HOMEFRIES herb seasoning 3.49

LOCALLY RAISED MEATS

3 strips bacon, thinly sliced ham, or 2 sausage patties 3.59 / 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 5.89, 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

Fruit & More

.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

PB TOAST

slice of toast, sliced banana, organic chia seeds, VT honey & peanut butter 4.99

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 0.89 each:
peanut butter, VT cream cheese.
housemade hummus +1.50
organic avocado +1.50

VEGGIE BAGEL herbed
VT cream cheese, 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

VEGAN WRAP: organic tofu & Daiya "cheese" sub for eggs & cheese 8.99

wrap add-ins

add local sausage or 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 near menus 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 8.49

CHEESE QUESADILLA

VT cheese blend, side org. sour cream & org. salsa 7.49 Daiya (vegan) cheese 8.49
Add org. black beans +1.50,
org. chicken +4, org. avocado +1.50

FALAFEL BOWL

organic romaine, tomato, cucumber, org. carrot, org. avocado & 3 org. VT falafels on top with a lemon tahini dressing 11.99

SUMMER SIDES

Availability Limited Cup 4.99

SWEET POTATO SALAD

organic sweet potatoes, organic celery, onion, vegenaïse, and seasoning.

CAULIFLOWER SALAD

organic riced cauliflower, cucumber, organic corn, peppers, onion, vegenaïse & spices.

CURRIED CHICKPEA SALAD

organic chickpeas, org. carrot, peppers, and curry-tahini-lemon dressing.

TACO SALAD BOWL

organic romaine, org. seasoned black beans, pico de gallo, VT cheese, tortilla strips, org. sour cream, org. avocado 9.99
Sub Daiya & no sour cream to make it vegan

GARDEN SALAD

organic romaine, peppers, tomato, home-made croutons, org. carrot, cucumber 9.29

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

SESAME SALAD

org. romaine, org. carrots, cucumber, tomato, tortilla strips, sesame seeds, peanut sauce 9.99

BEEF SALAD

organic greens, pickled local beets, organic carrot, org. feta, and walnuts 9.99

CAESAR SALAD

organic romaine, homemade croutons, shaved parmesan, & Caesar dressing 8.89

Sandwiches & Wraps

VT Organic Bread: White Farm, Wheat, or Rye.

For gluten-free bread +0.99

Wraps (vegan): white, wheat, spinach

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 9.39

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

FRIED HADDOCK SANDWICH

hand breaded & fried on VT bun with org. lettuce, tomato, & tartar sauce 8.99

CLASSIC GRILLED CHEESE

Org. cheddar, American, or VT swiss 4.99 Add organic avocado +1.50, tomato +.89, local bacon or local ham +2.59

NEWPORT TURKEY WRAP

premium VT turkey, organic greens, tomato, organic avocado, spicy mayo 9.89

HONEY MUSTARD CHICKEN WRAP

organic chicken, honey mustard, local bacon, gouda, org. romaine & tomato 9.89

TERIYAKI WRAP

organic chicken OR tofu, org. spinach, onion, carrot, slaw, tomato & organic teriyaki sauce 9.89

CAFÉ VEGGIE WRAP

organic romaine, tomato, organic avocado, org. carrots, cucumber, org. sprouts, & herbed VT cream cheese 7.99

HUMMUS WRAP

organic hummus, org. carrot, tomato, cucumber, org. spinach, red onion 7.99

BLACK BEAN BURRITO

organic black beans, peppers, onions, VT cheese, organic salsa, & organic avocado 8.99 Sub vegan Daiya cheese by request +1

PEANUT WRAP

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

CAESAR WRAP

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

PO' BOY WRAP

fried shrimp with organic romaine, pico de gallo, and our spicy remoulade mayo 9.89

PANINI

On homemade focaccia pressed on the grill
Gluten-free focaccia (by request) +1.19

HAM PANINI MELT

premium local ham, sauteed onions, mustard & VT Swiss 9.99

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 9.89

THE CUBAN PANINI

premium local spiced pork, VT ham, pickles, VT Swiss cheese, & mustard 10.89

Sides

price when added to purchase of a sandwich

Side Salad \$4

Hand Cut Fries \$3

without sandwich \$4

Organic Corn Chips \$3

Cup of Soup \$4

without sandwich \$4.89

Sweet Potato Fries \$4

without sandwich \$5

Seafood Chowder

Cup \$5.99

without sandwich \$7.99

Just For Kids

age 11 & under

Gluten Free Bread +.99

SANDWICHES

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

Organic Burgers

Our Own LOCAL 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

Choice of hand cut fries or organic corn chips.

VEGGIE BURGER

Sub an organic Vermont Bean Crafter veggie patty (vegan & gluten-free patty) in any of the burger choices.

Bun is not gluten free.

