

Breakfast

EGGS & TOAST

Toast: Hollyberry's Bakery: white, wheat, maple oat, cinnamon swirl. Extra slice +.89 each
Gluten Free Bread +.79

1 egg & a slice 2.99
2 eggs & a slice 3.99
3 eggs & a slice 4.99

HOMEFRIES

 seasoned 2.99

LOCALLY RAISED MEATS

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

VEGGIE SAUSAGE

 3.49

YOGURT & GRANOLA

Organic vanilla yogurt with hearty organic granola.
Cup 3.59, Bowl 5.99

PANCAKES

made with organic ingredients, local VT maple syrup and butter.
1 pancake 3.49, 2 pancakes 5.29, 3 pancakes 6.99 blueberries +1

FRENCH TOAST

local VT maple syrup and butter
1 slice 3.49, 2 slices 4.99, 3 slices 6.99

OATMEAL

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

Fruit & More

.89 each

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

AVOCADO TOAST

organic mashed avocado a slice of toast, topped with sliced tomato, sesame seeds, and a sprinkle of sea salt. 4.99

PB TOAST / AB TOAST

either peanut or almond butter on a slice of toast, topped with sliced banana, and a sprinkle of organic chia seeds 4.99

SCRAMBLES 7.99 each
organic eggs, or org. tofu +\$1
Served with a slice of toast.

VEGGIE SCRAMBLE

peppers, onion, tomato and organic mushrooms

WOODLOT SCRAMBLE

organic mushrooms, peppers, onion, org. spinach, VT chevre

HAM SCRAMBLE

local ham, tomato, VT Swiss

SOUTHWEST SCRAMBLE

jalapeños, tomato, org. black beans & organic avocado

BAGELS

(ask for choice)
with butter \$2

SPREADS

 0.89 each:

peanut butter, VT cream cheese, boursin (herbed VT cream chs) or almond butter +1.50

VEGGIE BAGEL herbed VT cream cheese, org. spinach, tomato, & red onion 4.99

Serving local quality since 2004

Mon- Sat until 11:30 a.m.

Sunday until 12:30 p.m.

Our Breakfasts Shine!

We serve certified organic eggs, & 100% VT Meats!



EGG SANDWICHES

organic english muffin or bagel.
Gluten free bread +.79

CHEESE: Gouda, Organic Cheddar, VT Pepperjack, VT Swiss, or Daiya (dairy-free)

VEGGIES: +.89 ea.

tomato, peppers, organic lettuce, org. sprouts, org. spinach, jalapenos, onion.
organic avocado +1.50

EGG & CHEESE 4.29

VT LOCAL MEATS:

bacon/ sausage +2, ham +2.29

BACON & GOUDA 6.29

AVOCADO & TOMATO 6.29

EGGS BENEDICT

organic English muffin topped with local ham (or tomato), two poached organic eggs, hollandaise, homefries 10.89

BREAKFAST WRAP

2 organic eggs, peppers, onions, organic salsa, cheese. 7.59
local sausage or tempeh +2.49
organic avocado +1.50
organic black beans +1.50
veggie sausage +2.49



Apps & Snacks

**FREIGHTHOUSE**
market & cafe



HOMEMADE SOUPS

made with organic and local ingredients whenever possible. Cup 4.89, Bowl 7.49

SEAFOOD CHOWDER

An Award-Winning Nova Scotia style sea captain's recipe of haddock, sea scallops and lobster with potatoes in a light cream broth.

Cup 7.99, Bowl 11.99. Add a Side Salad. +3.00

SPICY GREEN BEAN CRISPS

served with ranch 7.49

POUTINE

handcut fries topped with our housemade onion gravy, and melted Vermont cheddar curds 6.59

MANGO SRIRACHA CAULIFLOWER "WINGS"

battered cauliflower bites, homemade mango sriracha glaze, side of ranch 7.99

POTSTICKERS

5 slightly crisp organic vegetable potstickers, organic greens, spicy peanut sauce 7.99

HANDCUT FRIES

hand-cut from chef's potatoes 4.00

SWEET POTATO FRIES

honey mustard, or sriracha ketchup 5.00

SOFT PRETZEL TWIST

made in house, served warm with a VT chesse dipping sauce or mustard 4.49

Salads



DRESSINGS: VT Maple balsamic vinaigrette, ranch, sesame ginger, or goddess tahini dressings

PROTEIN: premium VT-raised chicken 4.49
Organic tofu 3.00, Organic tempeh 3.00

SIDE SALAD

half size salad - organic spring mix, peppers, organic carrot, cucumber, and tomato 4.99

CAESAR SALAD

organic romaine, homemade croutons, shaved parmesan, & creamy Caesar dressing 7.99

GARDEN SALAD

organic romaine, peppers, tomato, homemade croutons, org. carrots, and cucumber 8.99

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, VT goat cheese, & onion 9.99

SESAME SALAD

organic romaine, org. carrots, cucumber, tomatoes, wonton strips, sesame seeds, peanut dressing 8.99

BEET SALAD

organic greens, pickled organic beets, organic carrot, VT goat cheese, and walnuts 9.99

GREEK SALAD

organic romaine, cucumber, tomato, red onion, and organic kalamata olives topped with organic feta and our tahini dressing 9.99

Wraps

White, Wheat,
Tomato, or Spinach Wrap

SPICY PEANUT WRAP

premium VT chicken OR organic tofu, organic romaine, tomato, cucumber, sunflower seeds, and spicy peanut sauce 8.99

NEWPORT TURKEY WRAP

premium VT turkey, organic greens, organic avocado & sundried tomato spread 9.29

HONEY MUSTARD CHICKEN WRAP

premium VT chicken, honey mustard, local bacon, gouda, org. romaine & tomato 9.29

CAFÉ VEGGIE WRAP

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

Sides

add to any sandwich

Side Salad \$4

Hand Cut Fries \$3

Org. Corn Chips \$3

Cup of Soup \$3

Sweet Potato Fries \$4

Seafood Chowder
Cup \$5

CAESAR WRAP

VT chicken OR organic tofu, org. romaine, shaved parmesan, tomatoes, & creamy Caesar dressing 8.99

HAM APPLE WRAP

premium local ham, organic apple, organic greens, VT Swiss, & brown mustard 8.99

CHIPOTLE WRAP

premium VT chicken OR organic tofu, organic lettuce, tomato, org. cheddar, mayo and organic VT chipotle-lime salsa 8.99

BLACK BEAN BURRITO

organic black beans, peppers, onions, VT cheese, organic salsa, & organic avocado 8.99

Award Winning Burgers

Since our founding, we've served our own locally-raised VT certified organic grass-fed beef, also available in our store. **On our artisan bun with organic lettuce & tomato. ALL BURGERS COOKED Med-well to Well.**

CHEESE: Gouda, organic cheddar, VT Swiss, VT pepperjack or American +1.50

VEGGIES: organic mushrooms, jalapeños, onions, peppers +.89 ea. organic avocado +1.50

VEGGIE BURGER

Sub an organic Vermont Bean Crafter veggie burger in any burger choice, no extra charge!

Premium Certified Organic Grass-Fed Beef, voted "Best Burger in the Kingdom."

CHOICE OF ORGANIC CORN CHIPS OR FRIES.

TAMARLANE BURGER

with choice of cheese 10.59

MAPLE BBQ BACON BURGER

local bacon, organic maple BBQ 11.99

MUSHROOM SWISS BURGER

organic mushrooms and VT Swiss 11.29

CALIFORNIA BURGER

organic avocado & organic sprouts 10.99

JALAPEÑO BURGER

organic cheddar & jalapeños 11.29

BARNYARD BURGER

topped with an organic fried egg, cheese and sundried tomato mayo 11.59



Artisan Sandwiches

On organic bread. For gluten free bread +.79

CHIPOTLE VEGGIE

organic romaine, tomato, organic avocado, cheese, organic chipotle salsa & mayo 8.59

VT HAM & SWISS

premium local baked ham, VT swiss, mustard, organic romaine and tomatoes 8.99

THE GOBBLER

premium VT turkey, organic apples, cheddar org romaine, and organic cranberry sauce 8.99

VT CHICKEN SALAD

premium VT chicken, dried cranberries, organic apple, mayo & organic romaine 8.99

VT BLT OR TLT (tempeh)

local bacon, organic romaine, tomato & mayo 8.49
add organic avocado +1.50

KINGDOM ROAST BEEF

premium local roast beef with org. lettuce, tomato, onion and herbed VT cream cheese 9.49

HADDOCK SANDWICH

hand breaded fried haddock, org. lettuce, tomato, & tartar sauce on a house bun 8.79

SPICY TURKEY BACON

Premium VT Turkey, local bacon, organic romaine, lettuce, gouda, & chipotle mayo 9.49

CLASSIC GRILLED CHEESE

choose 1 or 2: organic cheddar, VT swiss, VT pepperjack, gouda, or Daiya (dairy-free) 4.99
Add organic avocado +1.50, organic sliced apple +1.00, or tomato +.89, local bacon +2.00

ALMOND BUTTER / PB & BANANA

almond butter, or peanut butter, with sliced banana and a drizzle of local honey, grilled by request
almond btr 7.49, peanut btr 5.49



Green Mountain Restaurant
in the
Green Mountain State

Combos

CHOOSE 2: half sandwich, half salad, or cup of soup of the day 9.49

Cup of Seafood Chowder Combo 12.49

HALF SANDWICH CHOICE: BLT, VT Chicken Salad, Grilled Cheese & Tomato, Chipotle Veggie

HALF SALADS: Side Salad or 1/2 Caesar

Panini

On our homemade focaccia pressed on the grill.

VERMONTER PANINI

premium VT raised roast beef, organic spinach, tomatoes, onions, & herbed VT cream cheese 9.89

HAM & SWISS PANINI

premium local ham, sweet onions, mustard and VT Swiss 8.99

PESTO CHICKEN PANINI

premium VT chicken, organic spinach, tomato, org. cheddar and premium pesto mayo 9.89

FARMHOUSE TURKEY PANINI

premium VT turkey, organic spinach, tomato, gouda, & sundried tomato mayo 9.79

WOODLOT PANINI

organic spinach, onions, org. mushrooms, peppers, and premium VT goat cheese 8.99

“CAPRESE” PANINI

Vermont mozzarella, organic spinach, organic roasted red peppers, tomato, and pesto 8.99

THE CUBAN PANINI

premium local pork, Vt ham, pickles, VT Swiss cheese, and mustard on focaccia 10.49

We're honored and proud to receive the designation of Vermont Green Restaurant! This includes purchasing locally and organically, and for our sustainability efforts including recycling and composting at our own compost facility! We also choose green cleaners, and recycled content paper products.