

Breakfast

Served with garnish of fruit.

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 (choices top right) 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

We serve **ONLY organic eggs & local meat.** Toast: Hollyberry's, Burke, VT: White, wheat, maple oatmeal, cinnamon. **Rudi's gluten-free bread** +\$0.50/slice.

Sides

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

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

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

Fresh 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*

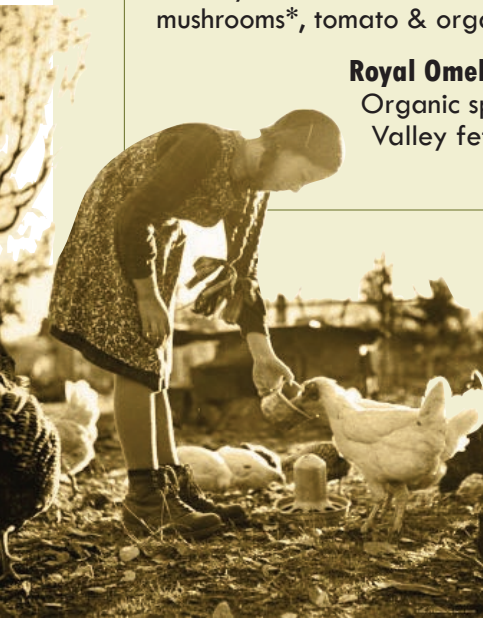
With homemade toast 6. Add blueberries, strawberries, raisins, walnuts, dried cranberries, banana \$1 ea.

Belgian Waffle

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

* = Organic. Local items italicized.

Parties of 6+ incur 18% gratuity. Split checks 3 or more +\$1. Split plate fee +\$1.



The greatness of a nation can be judged by the way its animals are treated.

— Mohandas Gandhi

Appetizers & Soup

Farmhouse Flatbread

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

Mozzarella Sticks

Served with organic marinara sauce* 7.49

Tamarlane Farm Beef* or Vegetable* Chili

Three-bean* chili with our own certified organic beef*, topped with 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 claws, haddock, scallops, and potato. With side salad* & warm roll. Cup 9, Bowl 11. Chowder only - Cup 7, Bowl 9.

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

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, or 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



In the current food system, food is inexpensive because the cheaper prices come first, and years and decades later we pay the true costs in erosion, toxic wells, and poisoned life, including our own.

— Paul Hawken,
“The Ecology of Commerce”

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Sandwiches & Wraps

Served with corn chips* (gmo-free) & garnish of fruit. Bread choices: whole wheat*, oat nut*, rye. Hollyberry's Bakery: white, whole wheat, or maple oatmeal. Gluten-free multigrain bread add \$1.

Apple Gobbler Wrap

Our own certified organic turkey†*, 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 sliced grilled apple* 7.79

Sun-dried tomato & caramelized onion 7.99

With local ham or local 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 (yes, it's 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*; thank you! Made from certified organic grass-fed beef* from our own 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*, mozzarella* or American 1.50 ea.

Local bacon 2.59

Organic beef* chili 2.59

Veggies: caramelized onion, grilled onion, peppers*, or mushrooms* 1.50 ea.

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

† Our certified organic turkey*, Tamarlane Farm, Lyndon, VT, is "poultry processed on the farm and not inspected."

"Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions."



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

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Weekly Specials

Monday - "Solomon" Special

Tuesday - "Parisian" dish of the Day

Wednesday - Vegetable dish of the Day

Thursday - Kingdom Kabobs

Friday - Scallops of the Day

Saturday - Tamarlane Farm Beef* of the Day

Sunday - Ben & Ben's Blue Plate Special

Sides

Quebec Style Poutine

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

Handcut Fries \$3

Sweet Potato Fries \$4

Noodles* & Butter \$3

Vegetable of the day \$3.59

Mashed Potato \$3

VT Organic Applesauce* \$3

Fresh Fruit Cup \$3.59



There's nothing radical about organic produce: It's a return to traditional values of the most fundamental kind.

—Alice Waters, Chef,
"The Farm-Restaurant Connection"

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