

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

PB TOAST / AB TOAST

slice of toast, sliced banana, organic chia seeds, VT honey with peanut butter 4.99
with almond butter 5.49

SCRAMBLES 8.99

made with organic eggs
Sub organic tofu for egg +\$1
Served with a slice of toast.

VEGGIE SCRAMBLE

peppers, onion, tomato, and organic spinach

SUNRISE SCRAMBLE

onion, peppers, local sausage, and organic cheddar

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, Organic Feta

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 6.59

AVOCADO & TOMATO 6.29

EGGS BENEDICT

organic English muffin topped with local ham (or tomato), two poached organic eggs, hollandaise, homefries 10.99

BREAKFAST WRAP

2 organic eggs, peppers, onions, organic salsa, cheese. 7.89
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

HANDCUT FRIES

hand-cut from chef's potatoes 4.00

BLACK BEAN NACHOS

organic corn chips, chopped lettuce, diced tomato, jalapenos, org. black beans, shredded cheese, salsa & sour cream 8.49

MANGO SRIRACHA

CAULIFLOWER "WINGS"

battered cauliflower bites, homemade mango sriracha glaze, side of ranch 8.49

POTSTICKERS

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

SWEET POTATO FRIES

house honey mustard or org. ketchup 5.00

SPICY SHRIMP

battered and fried shrimp served with homemade remoulade sauce 8.99

Salads & Bowls



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

PROTEIN: premium organic chicken 4.49, organic tofu 3.00, organic VT tempeh 3.00

SPICY SHRIMP SALAD

organic romaine, tomato, peppers, cucumber, zesty breaded shrimp, shaved parmesan 12.99

CAESAR SALAD

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

GARDEN SALAD

organic romaine, peppers, tomato, homemade croutons, org. carrots, and 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 10.49

FALAFEL BOWL

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

SESAME SALAD

organic romaine, org. carrots, cucumber, tomatoes, wonton strips, sesame seeds, peanut dressing 9.99

BEET SALAD

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

GREEK SALAD

organic romaine, cucumber, tomato, red onion, org. kalamata olives, organic feta, tahini dressing 10.49

Wraps

Please Choose:
White, Wheat, Tomato, or Spinach Tortilla

SPICY PEANUT WRAP

premium organic chicken, organic romaine, tomato, cucumber, sunflower seeds, and our own peanut sauce (Sub org. tofu by request) 9.29

NEWPORT TURKEY WRAP

premium VT turkey, organic greens, tomato, organic avocado & zesty mayo spread 9.79

HONEY MUSTARD CHICKEN WRAP

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

CAFÉ VEGGIE WRAP

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

Sides

priced with 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

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

HAM APPLE WRAP

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

CHIPOTLE WRAP

premium organic chicken OR organic tofu, organic lettuce, tomato, org. cheddar, mayo and organic VT chipotle-lime salsa 9.29

BLACK BEAN BURRITO

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

Award Winning Burgers

LOCAL CERTIFIED ORGANIC GRASS-FED BEEF
Served 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: 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 10.99

MAPLE BBQ BACON BURGER

local bacon, organic maple BBQ 12.99

BARNYARD BURGER

org. sunny side egg, spicy mayo 12.59

CALIFORNIA BURGER

organic avocado & organic
sprouts 11.99

JALAPEÑO BURGER

organic cheddar
& jalapeños 11.89



Artisan Sandwiches

Choose from VT Organic Bread: white, wheat or multigrain, or rye. For gluten-free bread +.89

Also available as a wrap.

VT HAM & SWISS SANDWICH

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

THE GOBBLER

premium VT turkey, organic apples, cheddar, mayo, org romaine, organic cranberry sauce 9.29

VT CHICKEN SALAD

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

VT BLT OR TLT (tempeh)

local bacon, organic romaine, tomato & mayo 8.89
add organic avocado +1.50

KINGDOM ROAST BEEF

premium local roast beef with org. lettuce, tomato, onion and herbed VT cream cheese 9.59

HADDOCK SANDWICH

hand breaded fried haddock, org. lettuce, tomato, & tartar sauce on a house bun 8.99

SPICY TURKEY BACON

Premium VT Turkey, local bacon, organic romaine, tomato, gouda, & spicy mayo 10.49

CLASSIC GRILLED CHEESE

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

PO' BOY

a roll piled with organic romaine, diced tomato, zesty battered fried shrimp, red onion, and our house remoulade sauce. 9.49
With Fries 12.49



Green Mountain Restaurant
in the
Green Mountain State

Combos

HALF SANDWICH & CUP OF SOUP:

HALF SANDWICH CHOICES:

BLT, Tempeh LT, or VT Chicken Salad

with cup of soup of the day 9.49

with seafood chowder cup 12.49

Panini

On our homemade focaccia pressed on the grill.
for our gluten-free focaccia +1.00

VERMONT PANINI

premium VT raised roast beef, organic spinach, tomato, onions, & herbed VT cream cheese 10.49

HAM & SWISS PANINI

premium local ham, sweet onions, mustard and VT Swiss 9.99

PESTO CHICKEN PANINI

premium organic chicken, organic spinach, tomato, org. cheddar and VT pesto mayo 9.99

FARMHOUSE TURKEY PANINI

premium VT turkey, organic spinach, tomato, gouda, & our zesty remoulade mayo 10.49

CAPRESE PANINI

Vermont mozzarella, organic spinach, organic roasted red peppers, tomato, and VT pesto 9.79

THE CUBAN PANINI

premium local spiced pork, VT ham, pickles, VT Swiss cheese, and mustard on focaccia 10.89

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.