

# Breakfast

until 11:30 a.m. Mon-Sat, Sunday until 12:30 p.m.

## EGGS & TOAST

**Toast:** Hollyberry's Bakery: white, wheat, maple oat, cinnamon swirl. Extra slice +.89 each  
Gluten Free Bread +.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** local potatoes, with 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 ingredients, local VT maple syrup and butter.  
1 pancake 3.89, 2 pancakes 5.89, 3 pancakes 6.99 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 walnuts  
dried cranberries org. coconut  
organic pecans org. chia seeds  
sliced banana organic apple

## AVOCADO TOAST

organic avocado on toast, tomato, sesame seeds, and a sprinkle of sea salt. 4.99

Add pico de gallo 5.99  
Add organic egg +\$1, two eggs +\$2

## PB TOAST / AB TOAST

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

## BRUSCHETTA TOAST

VT bread, VT bruschetta topping, VT mozzarella, over easy organic egg and parmesan 7.79

## SCRAMBLES 8.99

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

## 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 \$2

## SPREADS 0.89 each:

peanut butter, VT cream cheese.  
Almond butter \$2  
organic avocado +1.50

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

## Our Breakfasts Shine!

We serve only certified organic eggs & local VT Meats



## EGG SANDWICHES

organic english muffin or bagel.  
Gluten free bread +.99

**CHEESE:** Gouda, Organic Cheddar, American, VT Swiss

**VEGGIES:** +.89 ea.

tomato, peppers, organic spinach, org. sprouts, pickled jalapenos, onion.

Organic avocado +1.50

**EGG & CHEESE** 4.39

## VT LOCAL MEATS:

bacon or sausage +2.19

ham +2.49

**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 11.99

## 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 GF

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 SHRIMP

battered fried spicy shrimp served with homemade remoulade sauce 8.99

## CAULIFLOWER "WINGS"

battered fried cauliflower bites, Choose either homemade mango sriracha glaze or teriyaki sauce 8.49

## CHEESE QUESADILLA

flour tortilla filled with melted Vermont cheese blend (or Daiya - dairy free +1). Side of org. sour cream & organic salsa 7.49  
Add org. black beans or pico de gallo +1.50, org. chicken +4, org. avocado +1.50

## SWEETCORN FRITTERS

made in house with organic sweet corn, and served with zesty sriracha mayo 7.79

# Salads & Bowls



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

**PROTEIN:** premium organic chicken 4.59, organic tofu 3.00, organic VT tempeh 3.00

## 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 10.99

## FALAFEL BOWL GF *vegan*

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

## SESAME SALAD *vegan*

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

## TACO SALAD BOWL

organic romaine, organic seasoned black beans, pico de gallo, shredded VT cheese, tortilla strips, org. sour cream, org. avocado 9.99



# Panini

On homemade focaccia pressed on the grill.  
For Gluten-free focaccia (by request) +1.00

## VERMONT PANINI

premium VT raised roast beef, organic spinach, tomato, pickled red onion, & VT boursin cheese 10.59

## HAM PANINI MELT

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

## PESTO CHICKEN PANINI

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

## THE CUBAN PANINI

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

# Sides

(price when added to purchase of a sandwich)

Side Salad \$4

Hand Cut Fries \$3  
without sandwich \$4

Corn Chips  
& Pico De Gallo \$4

Cup of Soup \$4  
without sandwich \$4.89

Sweet Potato Fries \$4  
without sandwich \$5

Seafood Chowder  
Cup \$5.89  
without sandwich \$7.99

# Award Winning Burgers



**LOCAL CERTIFIED  
ORGANIC GRASS-FED BEEF**

Served on our artisan bun with organic romaine & tomato.

**CHOICE OF HANDCUT FRIES  
OR ORGANIC CORN CHIPS**

**CHEESE:** Gouda, organic cheddar, VT Swiss, or American. Feta or VT Mozzarella +.89

**VEGGIES:** jalapeños, onions, peppers, sprouts +.89 ea. or organic avocado +1.50

**ALL BURGERS 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 and pickled jalapenos 11.79

## CALIFORNIA BURGER

organic avocado & organic sprouts 11.99

## PICO BURGER

organic cheddar  
& house pico de gallo 11.89

## VEGGIE BURGER

Sub an organic Vermont Bean Crafter veggie burger in any of the above



# Sandwiches & Wraps

VT Organic Bread: White Farm, Wheat, or Rye.  
For gluten-free bread +0.99

White, Wheat, Tomato,  
or Spinach Wrap

Add Handcut fries \$3  
Side Salad \$4  
Cup of Soup \$4

## HAM & SWISS

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

## THE GOBBLER

premium VT turkey, organic apples, org. cheddar,  
mayo, org romaine, organic cranberry sauce 9.39

## 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 8.99  
add organic avocado +1.50

## KINGDOM ROAST BEEF

premium local roast beef with org. lettuce,  
tomato, onion and herbed VT cream cheese 9.79

## FRIED HADDOCK SANDWICH

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

## CLASSIC GRILLED CHEESE

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

## BLACK BEAN BURRITO

organic black beans,  
peppers, onions, VT  
cheese, organic salsa,  
& organic avocado 8.99  
Sub Daiya cheese (veg-  
an) by request.

## PEANUT WRAP

premium organic chick-  
en, organic romaine,  
tomato, cucumber, sun-  
flower seeds, and  
peanut sauce (Sub org.  
tofu by request) 9.79

## NEWPORT TURKEY WRAP

premium VT turkey,  
organic greens, tomato,  
organic avocado & zesty  
mayo spread 9.89

## HONEY MUSTARD CHICKEN WRAP

premium organic chick-  
en, honey mustard, lo-  
cal bacon, gouda, org.  
romaine & tomato 9.89

## TERIYAKI CHICKEN WRAP

organic chicken, organ-  
ic spinach, red onion,  
carrot, slaw, tomato &  
organic teryiaki 9.89

## HAM APPLE WRAP

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

## CAFÉ VEGGIE WRAP

organic romaine, toma-  
to, organic avocado,  
org. carrots, cucumber,  
org.sprouts, & herbed  
VT cream cheese 7.99

## CAESAR WRAP

organic chicken OR org.  
tofu, org. romaine,  
shaved parmesan, toma-  
to, Caesar dressing 8.99

## PO' BOY WRAP

fried spicy shrimp with  
organic romaine, toma-  
to, red onion and house  
remoulade sauce 9.89

**For Kids**  
age 11 & under

## SANDWICHES

Kids Turkey & Cheese 7  
Kids Ham & Swiss 7  
Grilled Cheese 4.99  
PB & J 4.89

## KIDS BURGER

certified organic local grass  
fed beef with cheese on home-  
made bun & small fries 8

**KIDS YOGURT &  
BANANA** organic vanilla  
yogurt & banana 4.59

**KIDS CHICKEN &  
SALAD** organic grilled  
chicken pieces (3 oz)  
& small salad 8

We're honored and proud  
to receive the designa-  
tion of Vermont Green  
Restaurant! This includes  
purchasing locally and or-  
ganically, and for our sus-  
tainability efforts including  
recycling and compost-  
ing at our own compost  
facility! We also choose  
green cleaners, & recycled  
content products.



Green Restaurant  
in the  
Green Mountain State

