



CALL FOR TAKE OUT (802) 540-0060
OPEN M-F 7:30-4 SAT 8-3

BREAKFAST SANDWICHES BREAKFAST IS SERVED UNTIL 11am

*Fluffy baked local eggs and Vermont Cabot Cheddar
 Served on 7Grain roll. Brioche, baguette or jalapeño cheddar rolls are also available.
 Enjoy your sandwich on a maple biscuit for an additional \$1. *Breakfast eggs contain dairy**

- EGG & CHEESE \$5.25
- BACON, EGG & CHEESE \$5.75
- SAUSAGE, EGG & CHEESE \$5.95
- VEGGIE: Egg, cheese, tomato, spinach \$5.50
- CHIPOTLE BREAKFAST: Egg, cheese, black bean salsa, chipotle spread on a jalapeño cheddar roll \$5.95
- SMOKED SALMON & CREAM CHEESE: Tomato, Capers, Red Onion \$7.95

GRANOLA BOWLS

gf Bakery made, with raisins and toasted nuts and seeds

- BANANA & HONEY GRANOLA BOWL with yogurt or milk \$6.25
- MAPLE BLUEBERRY & COCONUT GRANOLA BOWL \$7
 Blended berries, maple syrup, toasted coconut. Choice of yogurt or milk
- PEANUT BUTTER CRUNCH GRANOLA BOWL \$6.50
 Natural peanut butter, homemade raspberry jam, choice of yogurt or milk
- GRANOLA
 with Monument Farms milk \$5
 with soy or almond milk, vanilla or plain yogurt \$5.50

LUNCH IS SERVED FROM 11AM UNTIL CLOSE

SOUP AND COMBOS *Always 100% from scratch!*

- CUP OF SOUP \$4.25 BOWL OF SOUP \$5.50 *Served with bread*
- CUP OF SOUP and HALF SANDWICH* \$8.50
- CUP OF SOUP and HALF SALAD \$8.50 *Served with bread*

**We're sorry, but the pork bbq is not available as a half sandwich*

The Vermont Department of Health warns that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical condition

SALADS *All served with freshly baked bread*

- gf* MEDITERRANEAN Mixed greens, kalamata olives, feta cheese, tomatoes, carrots, cucumbers, red onions, walnut vinaigrette \$9.25
- gf* NORTH COUNTRY Mixed greens, turkey, cheddar, apples, red onions, cranberries, walnut vinaigrette \$9.50
- gf* KALE SALAD Kale, roasted sweet potatoes, blue cheese, apples, sunflower seeds, walnut vinaigrette. \$9.25
- TOFU SALAD Mixed greens, ginger soy marinated tofu, cranberries, carrots, tomatoes, cucumbers, onions, sesame dressing \$9.50
- gf* CHEF SALAD Mixed greens, smoked turkey, ham, cheddar, swiss, tomatoes, carrots, cucumbers, onions, walnut vinaigrette \$9.50

SAVORY BOWLS *like a salad, but with more toppings!*

- gf* CHICKPEA & HERB BOWL Chickpeas, feta cheese, quinoa, fresh dill and basil, olives, walnuts, spinach, honey drizzle \$9.95
- gf* ROASTED SESAME CHICKEN BOWL with roasted broccoli & sweet potatoes, chickpeas, quinoa, walnuts, spinach, sesame dressing \$9.95

SANDWICHES *All served with petite side salad with sherry vinaigrette*

- BLT on BAGUETTE Bacon, lettuce, tomato, fresh herb mayo \$8.75
- MOZZARELLA, TOMATO, BASIL Fresh mozzarella, tomatoes and basil, roasted red peppers, lettuce, balsamic vinegar and olive oil on a baguette \$9.25
- TURKEY BISTRO Smoked turkey, Swiss cheese, lettuce, homemade honey curry dressing on country French \$8.50
- THE VERMONTER Turkey, Cabot cheddar, apples, lettuce, red onion, cranberry mayo, Country French \$9.75
- HAM & BRIE Ham, brie, spinach, homemade raspberry jam, cranberries, on Country French \$9.50
- CURRIED CHICKEN SALAD SANDWICH tossed with cranberries and apples, served with lettuce on baguette \$9.25
- CHIPOTLE TURKEY BACON Turkey, bacon, lettuce, tomato, chipotle mayonnaise on baguette \$9.75
- VEGGIE & CHEESE Cabot cheddar, tomatoes, lettuce, carrots, spinach, cucumbers, red onion, herb mayo on 7Grain \$8.50
- MAPLE CHIPOTLE PORK BBQ SANDWICH Slow roasted and served on a brioche roll with broccoli slaw \$10.95