

BREAKFAST

7:30 -11am Mon -Sat / 8-2 on Sundays

(*)V Can be made vegan. Please ask for options!

(*)V **AVOCADO TOAST** Thick french sandwich bread toasted and topped with avocado, feta, roasted red peppers and fresh basil 8. Add an egg (baked or fried) 2.

SAUSAGE & EGG SCRAMBLE Farm eggs, savory sausage, home fries with rosemary & cracked pepper, kale, tomatoes and romano cheese 10.

(*)V **TOFU SCRAMBLE BOWL** Tofu in our homemade honey curry sauce scrambled with garden kale, home fries and diced tomatoes. Topped with romano cheese 10.

(*)V **HUEVOS RANCHEROS SCRAMBLE** Eggs, black bean salsa, avocado, kale, potatoes and homefries, romano. \$11

(*)V **SMOOTHIE BOWL** Wild Maine blueberry yogurt smoothie, homemade granola with nuts and fruit, toasted coconut, fresh banana. 8.

(*)V **HOME FRIES** with fresh rosemary, cracked pepper, parmesan cheese sm 5. lg 7. add egg 2. add sausage or bacon 2.50

BREAKFAST SANDWICHES with Cabot cheddar on 7Grain roll 7. Bacon, Egg & Cheese / Sausage Egg, & Cheese / Veggie, Egg & Cheese (*)V

CHIPOTLE BREAKFAST SANDWICH Egg, cheddar, black bean salsa, chipotle spread, jalapeño cheddar roll 7.50

PUMPKIN BREAD with MAPLE WALNUT CREAM CHEESE 5.

FRESH FRUIT cup 4. bowl 6.

ADD AVOCADO 1. EGG (baked or fried) 2. SAUSAGE OR BACON 2.50

LUNCH

11am-4pm Mon-Sat

SOUP and COMBOS Always from scratch!

CUP OF SOUP 4.50 BOWL OF SOUP 6. with freshly baked bread

SOUP COMBO 9. Cup of soup and half sandwich or salad

CALL FOR TAKE OUT 802.540.0060

AUGUST FIRST BAKERY & CAFE
149 SOUTH CHAMPLAIN STREET BURLINGTON VERMONT

SALADS

All served with freshly baked bread (omitted by request to be (*)V)

(*)V **MEDITERRANEAN** Mixed greens, kalamata olives, feta cheese, tomatoes, carrots, cucumbers, red onions, walnut vinaigrette 9.50
add chickpeas 1. add chicken 2.50

(*)V **KALE SALAD** Kale, roasted sweet potatoes, blue cheese, apples, sunflower seeds, sesame dressing 9.25 add chickpeas 1. add chicken or tofu 2.50

(*)V **TOFU SALAD** Mixed greens, curried tofu, cranberries, tomatoes, carrots, cucumbers, red onions, sesame dressing 10.

CHEF SALAD Mixed greens, smoked turkey, ham, cheddar, tomatoes, carrots, cucumbers, red onions, walnut vinaigrette 10.

SAVORY BOWLS

(*)V **CHICKPEA & HERB BOWL** Chickpeas, feta cheese, quinoa, fresh dill and basil, olives, walnuts, spinach, honey drizzle 11.

(*)V **ROASTED SESAME CHICKEN BOWL** Baked chicken with roasted broccoli & sweet potatoes, chickpeas, quinoa, walnuts, spinach, sesame dressing 11.

SANDWICHES

Made on our all natural, freshly baked artisan bread
All served with petite side salad with sherry vinaigrette

BLT on BAGUETTE Bacon, lettuce, tomato, fresh herb mayo 10.

MOZZARELLA, TOMATO, BASIL Fresh mozzarella, tomatoes and basil, roasted red peppers, lettuce, balsamic vinegar and olive oil on a baguette 10.

(*)V **AVOCADO** Avocado on 7Grain with feta, fresh basil, roasted red peppers 9.

TURKEY BISTRO Smoked turkey, Swiss cheese, lettuce, homemade honey curry dressing on Country French 9.

CHIPOTLE TURKEY BLT Smoked turkey, bacon, lettuce, tomato, chipotle mayonnaise on baguette 12.

(*)V **HAM & BRIE** with spinach & raspberry jam on country french bread 12.

CURRIED CHICKEN SALAD SANDWICH tossed with cranberries and apples, served with lettuce on baguette 10.

THE VERMONTER Turkey, Cabot cheddar, apples, lettuce, red onion, cranberry mayo, Country French 10.50

(*)V Vegan option available. Please ask