



We create natural, healthy food from scratch every day that is absolutely delicious and makes you feel good after you eat! We keep our menus simple in choice, but deep in flavor and character.

Vegan and vegetarian options are available for most menu items.

AUGUST FIRST

149 So. Champlain Street
Burlington, Vermont 05401

HOURS: Monday - Saturday: 7:30am-4pm
Sunday: Seasonal, please call in advance

Breakfast

Served 7:30-11am

SMOOTHIE BOWL 8.

cabot yogurt & maine blueberry smoothie, fruit & nut granola, toasted coconut, fresh fruit

AVOCADO TOAST 8.

cured beets, chevre, fresh herbs, lemon on thick cut 7 grain. add a baked or fried egg 2.

ALL DAY GRAIN BOWL 10.50

mixed grain and herb salad, spinach, kale, soft egg, avocado, preserved lemon. (served all day)

BREAKFAST SANDWICHES 7.

on 7 grain roll.

Egg & Cheese

Veggie Egg & Cheese

Sausage Egg & Cheese

Bacon Egg & Cheese

Ham Egg & Swiss

CHIPOTLE BREAKFAST SANDWICH 7.5

egg, cheese, black bean salsa, chipotle mayo on a jalapeno cheddar roll

BREAKFAST SKILLETS

with scrambled eggs, kale, tomatoes, home fries, rosemary, shredded cabot cheddar, toast.

sausage 10.

bacon 10.

curry tofu 10.

huevos rancheros 12.

HOME FRIES 6.

fresh rosemary, cracked black pepper

add baked or fried egg 2.

add sausage or bacon 2.50

TOASTED MAPLE BISCUIT \$5

with homemade raspberry jam

Pastries

All natural, baked from scratch in small batches. Selection varies. Call ahead to place large orders: 540-0060

MAPLE BISCUITS

Hand mixed delicate and flaky biscuits glazed with pure Vermont maple syrup

PLAIN OR CHOCOLATE CROISSANTS

HUNGARIAN ROLLS

our signature pastry! An authentic Hungarian crescent pastry filled with walnut meringue

CINNAMON ROLLS

made from our croissant dough, soft and sweet, loaded with cinnamon, sugar and raisins.

SCONES

rotating assortment of sweet and savory

COOKIES

classics like chocolate chip walnut, oatmeal raisin, and assorted chocolate, baked fresh every morning.

BROWNIES

triple Belgian chocolate, with a heavenly texture and rich flavor.

MACAROONS

flaky coconut baked to a toasted caramel finish. Gluten Free.

APPLE TURNOVERS

flaky, buttery crust filled with homemade cinnamon-sugar apple pie filling

Coffee & Drinks

WE SERVE BRIO COFFEE AND VERMONT ARTISAN TEAS

Hot Coffee, Latte, Cappuccino, Mocha, Hot Tea, Chai, Golden Milk, Soda, Pellegrino, Juice, Water

CALL FOR TAKE OUT
(802) 540-0060

GLUTEN FREE ITEMS INCLUDE:

Some soups (please ask before ordering), home fries, granola, smoothie bowl, sausage and egg scramble, fruit, tofu scramble, all salads (ask for no bread), chickpea and herb bowl, sesame chicken bowl. Macaroons are made without gluten, but our bakery is wheat-based and we can not guarantee that there is no cross-contamination.



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HOURS: Monday - Saturday: 7:30am-4pm
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Salads & Bowls

Made from scratch at the bakery with all natural ingredients.

ALL DAY GRAIN BOWL 10.50

mixed grain and herb salad, spinach, kale, soft egg, avocado, preserved lemon. (served all day)

KALE SALAD 10.50

massaged kale, roasted sweet potatoes, blue cheese, crisp apples, sunflower seeds, balsamic dressing.

GREEK SALAD 10.

spinach, greek olives, feta, cherry tomatoes, cucumbers, red onion, lemon dill yogurt dressing

CHICKPEA & HERB BOWL 11.

chickpeas, quinoa, feta, greek olives, toasted walnuts, spinach, fresh herbs, honey vinaigrette

GINGER TOFU BOWL 12.

brown rice, bok choy, scallion verde, radishes, cilantro, pickled ginger, peanuts

SESAME CHICKEN BOWL 13.

braised chicken, roasted broccoli & sweet potatoes, chickpeas, quinoa, toasted walnuts, spinach, pickled ginger, sesame ginger dressing

add to any bowl or salad

chickpeas 1.
chicken 2.50
curried tofu 2.50

Soups & Combos

CUP OF SOUP 4.50 / BOWL OF SOUP 6.

served with bread

SOUP & SANDWICH 11.

1/2 sandwich & cup of soup

SOUP & SALAD 10.

1/2 kale, greek, or green salad & cup of soup

Sandwiches

Served with a side salad. Order pressed for no add'l charge.

BLT ON A BAGUETTE 11.

bacon, lettuce, tomato, herb mayo

TURKEY BISTRO 10.

smoked turkey, swiss, lettuce, homemade honey curry sauce, on country french

AVOCADO SANDWICH 10.

cured beets, preserved lemon, chevre, fresh herbs, on 7 grain bread

THE VERMONTER 12.

smoked turkey, cabot cheddar, sliced apples, red onion, spinach, cranberry mayo on country french

CURRIED CHICKEN SALAD 11.

cranberries, crisp apples, pickled celery, dill and honey curry sauce, on mesclun or baguette

CHIPOTLE TURKEY BLT 13.

smoked turkey, bacon, lettuce, tomato, chipotle mayonnaise on fresh baguette

MOZZARELLA TOMATO BASIL 11.

fresh mozzarella, tomatoes and basil, pesto, spinach, balsamic, extra virgin olive oil, on fresh baguette

PRESSED HAM & BRIE 14.

with spinach homemade raspberry jam on country french

Sides

avocado 2.50
baked, fried, or soft egg 2.
bacon or sausage 2.50
fresh seasonal fruit cup 4. bowl 6.
grain and herb salad 5.

ALLERGEN STATEMENT: August First is a facility that produces the majority of our products completely from scratch. Eggs, dairy, wheat, nuts, seafood, and other common allergens are present in our establishment and may come in contact with surfaces that touch other products. If you have allergies, please alert us before you order. The Vermont Department of Health warns that consuming raw or undercooked meat and seafood could be dangerous to your health.