



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

Breakfast

Served 7:30-11am

SMOOTHIE BOWL 8.5

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

AVOCADO TOAST 9.

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



ALL DAY GRAIN BOWL 10.5

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

BREAKFAST SANDWICHES 7.

on sliced 7 grain bread.

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

SAUSAGE SKILLET 10.

scrambled eggs, sausage, kale, tomatoes, home fries, cabot cheddar, rosemary

SWEET POTATO & BLACK BEAN SKILLET 12.

scrambled eggs, sweet potatoes, black bean salsa, kale, avocado, tomatoes, cabot cheddar

HOME FRIES 6.

fresh rosemary, cracked black pepper add baked or fried egg 2. add sausage or bacon 2.50

TOASTED MAPLE BISCUIT 5.5

with homemade raspberry jam

Sides

avocado 2.50
baked, fried, or soft egg 2.
bacon or sausage 2.5
tofu 2.5



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



Seasonal Bakery Items

Prices and availability vary.

Apple Galettes
Pumpkin Ginger Whoopie Pies
Maple Bacon Scones
Sour Cream Coffee Cake
Cranberry Pecan Bread
Stollen
Brioche Rolls
Magic Bars
Pumpkin Scones
Christmas Cookies

Salads & Bowls

Made from scratch at the bakery with all natural ingredients.

ALL DAY GRAIN BOWL 10.5
mixed grain and herb salad, spinach, kale, soft egg, avocado, preserved lemon. (served all day)

KALE SALAD 10.5
massaged kale, roasted sweet potatoes, blue cheese, crisp apples, pepitas, balsamic dressing

BEET SALAD 11.
mesclun, goat cheese, beets, apple slices, pepitas, dried cranberries, balsamic dressing

CHICKPEA & HERB BOWL 11.
chickpeas, quinoa, feta, greek olives, toasted walnuts, spinach, fresh herbs, honey vinaigrette

PLANT POWER BOWL 12.
spinach, tofu, cherry tomato, quinoa, chickpeas, pepitas, and chimichurri dressing

SESAME CHICKEN BOWL 13.
braised chicken, roasted broccoli and sweet potatoes, chickpeas, quinoa, toasted walnuts, spinach, sesame ginger dressing

add to any bowl or salad
chickpeas 1.
chicken 2.5
tofu 2.5

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 or green salad & cup of soup

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.

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.

Sandwiches

Served with a side salad. All available pressed.

BLT ON A BAGUETTE 11.
bacon, lettuce, tomato, herb mayo

AVOCADO SANDWICH 11.
cured beets, spinach, preserved lemon, chevre, fresh herbs on 7 grain bread

THE VERMONT 12.
smoked turkey or ham, cabot cheddar, sliced apples, red onion, lettuce, cranberry mayo on country french

SESAME CHICKEN SALAD 11.
sesame chicken, miso mayo, cilantro, spinach, pickle slaw on mesclun or baguette

CHIPOTLE TURKEY BLT 13.
Smoked turkey, bacon, lettuce, tomato, chipotle mayonnaise on baguette

MOZZARELLA TOMATO BASIL 11.
fresh mozzarella, tomatoes and basil, pesto, spinach, balsamic, extra virgin olive oil on baguette

GARDEN HUMMUS (V) 11.
indian spiced hummus, pickled vegetables, fresh spinach on baguette



Coffee & Drinks

We serve BRIO COFFEE AND VERMONT ARTISAN TEAS

HOT COFFEE	GOLDEN MILK
LATTE	SODA
CAPPUCCINO	PELLEGRINO
MOCHA	JUICE
HOT TEA	WATER
CHAI	

WINE, BEER & CIDER AVAILABLE

**CALL FOR TAKE OUT
(802) 540-0060**

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

While we are a LAPTOP FREE restaurant, you are free to snap and share your experience as you please with your phone. We are taggable on Facebook and Instagram @augustfirstvt. Say cheese!

