

SERVED ALL DAY!
BREAKFAST
7:30-3:00

DAY MAKER \$11

egg, cheddar, smoked bacon fat aioli, tomato-habanero jam, arugula, shaved red onion, on brioche bun

EAT THE EAST (v) \$11

egg, cheddar, maple curry aioli, arugula, cilantro, cumin onion chutney, on brioche bun

STEAK & EGG SANDWICH \$13

egg, cheddar, slow cooked steak, caramelized onion, arugula, black truffle mayo, on brioche bun

GRIDDLED BISCUIT (v) \$8

house-made maple biscuit, griddled, side of maple butter & seasonal jam

AVOCADO TOAST (v) \$15

smashed avocado, pickled red onion, on griddled 7 grain bread, everything bagel seasoning (*add fried egg for \$3*)

MAPLE GRANOLA (v) \$10

house made granola, maple yogurt, oats, pecans, coconut, seasonal fruit

MUSHROOM TOAST (v) \$14

local mushrooms, griddled 7 grain bread, ricotta, arugula, black garlic, sunny-side up egg

BREAKFAST SANDWICH. \$10

egg & cheese on toasted 7 grain, with your choice of bacon, sausage, or impossible sausage

ADD-ON

bacon, sausage, impossible sausage \$3
(v) = vegetarian

STARTS AT
11 AM !

LUNCH

DINE IN
OR TAKE OUT !

CARMELA’S ITALIAN SUB \$16

smoked ham, pistachio mortadella, banana peppers, mama lil’s peppers, burrata, red onion, arugula, balsamic, on sesame hoagie

TOFU DYNASTY. \$16

grilled tofu, cabbage & broccoli slaw, sriracha mayo, general tso sauce, sichuan peppercorn, cilantro, furikvake, on sesame hoagie

SHAWARMA CHICKEN SUB \$17

slow cooked chicken, lebanese slaw, garlic white sauce, spicy peri peri sauce, on sesame hoagie, (sub mushroom for chicken available)

VERMONTNER \$16

roasted turkey, cabot cheddar, apple chutney, cranberry mayo, lettuce, red onion, on country french bread

NOTORIOUS F.I.G. \$17

brisket pastrami, bayley hazen blue cheese, figs, arugula, red onion, tomato mayo, on baguette

RICE BOWL (v) \$14

wild rice, cucumber, olives, hummus, lebanese slaw, zaatar, garlic white sauce, peri peri hot sauce

KALE SALAD (v) \$14

local kale, apricot, cured veggies, lemon poppy vinaigrette, almond

FARMER’S SALAD (v) \$14

local lettuce, chickpeas, cherry tomato, cured veggies, almond, raspberry vinaigrette

ADD-ON

chicken or tofu +6, bacon +3

ALL DAY COFFEE

small/large

HOT COFFEE	\$2.25/2.5
LATTE	\$4/4.5
CAPPUCCINO	\$4
MOCHA	\$4.5/5
HONEY BEE LATTE	\$4.5/5
ESPRESSO	\$2.25
AMERICANO	\$2.25
CORTADO	\$3
CHAI	\$3.5/4
HOT TEA	\$2

ICED COFFEE	\$3
ICED TEA	\$3
ICED LATTE	\$4
ICED MOCHA	\$4.5
ICED HONEY BEE LATTE	\$4.75
ICED CHAI	\$4
COOLER DRINK	\$3

ADD-ON

VT maple syrup for \$1
vanilla, hazelnut, or caramel for \$0.50