

SERVED DAY!
BREAKFAST
ALL

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

slow cooked steak, caramelized onion, arugula, egg, black truffle mayo, cheddar, 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, with everything bagel seasoning
• *add fried egg for \$3*

MAPLE GRANOLA (v) \$10

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

MUSHROOM TOAST (v) \$14

local mushrooms, toasted 7 grain, ricotta, arugula, black garlic, sunny-side egg

BREAKFAST SANDWICH \$10

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

ADD-ON

bacon, sausage, or impossible sausage for \$3

STARTS AT
11 AM !

LUNCH

DINE IN
OR TAKE OUT !

CARMELA’S ITALIAN SUB \$16

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

TOFU DYNASTY (v). \$16

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

SHAWARMA CHICKEN SUB \$16

slow cooked chicken, spiced mayo, garlic white sauce, peri peri hot sauce, lebanese slaw, on sesame hoagie
• *sub mushroom for chicken*

VERMONTNER \$16

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

BANNER EIGHTEEN \$18

slow cooked steak, broccoli, peppers, onion, garlic, cheddar, shaved parmesan, on sesame hoagie roll
• *sub mushroom for steak*

RICE BOWL (v) \$14

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

KALE SALAD (v) \$14

lacinato kale, roasted root vegetables, farro, arugula, chickpeas, dried cranberries, carrot ginger dressing

ADD-ON

chicken or tofu for \$6, bacon for \$3

ALL DAY! COFFEE

small/large

HOT COFFEE	\$2.75/3.25
ESPRESSO	\$3
AMERICANO	\$3
CAPPUCCINO	\$4
LATTE	\$4/4.75
MOCHA	\$5/5.75
HONEY BEE LATTE	\$4.75/5.5
CHAI	\$4/4.75
HOT TEA	\$3

ICED COFFEE	\$3
ICED TEA	\$3
ICED LATTE	\$4.5
ICED HONEY BEE LATTE	\$5
ICED MOCHA	\$5
ICED CHAI	\$5

ADD-ON

VT maple syrup \$1, extra espresso shot \$1.5
hazlenut, vanilla, or caramel syrup \$.50