

BAGELS

Hand rolled, the old fashioned way

plain, poppy, sesame, everything, whole wheat, cinnamon/raisin, garlic, asiago, salt, whole wheat everything, and more.....

Each	\$1.00
½ dozen	\$6.00
Bakers dozen	\$11.00

on a bagel...

Cream Cheese: veggie, scallion, jalapeno-chive, sun-dried tomato, maple-walnut, olive, plain, etc. \$3.50

Lox spread: \$4.00

Butter: \$2.00

Breakfast Bagel Sandwiches...

Egg: \$3.25

Egg + cheese: \$3.75

Egg + cheese + bacon: \$4.75

Lox + cream cheese: \$6.50

Hummus \$3.25

Tomato and onion add: \$1.00

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cream cheeses to-go (all varieties)

BURRITOS & TACOS.....BOWLS & NACHOS

Burritos + Bowls

Includes choice of:

tortillas, rice, black or refried beans, cheese, kale, salsa, pico de gallo, sour cream, lettuce, olives, jalapenos, hot sauces, etc.

Rice and Beans \$7.49

Pulled Pork
Marinated Chicken
Vermont Highland Beef
Rhapsody Tempeh \$8.99

Breakfast Burrito (until 11am & all day Sundays)

includes: eggs, cheese, beans, salsa, etc. \$6.25

add Vermont bacon \$8.25

Rice & Beans \$4.50

Chips & Salsa \$2.50

Quesadilla, cheese only \$4.50

Meat or Tempeh - add \$3.00

cold bar items - add \$.50 each

Salad

Custom Salad – you pick the ingredients
sm. \$4.50
lg. \$6.75

Tacos

Includes corn tortilla, cheese, salsa & sour cream, and choice of black or refried beans. \$3.50

Pulled Pork, Marinated Chicken, Local Beef, Rhapsody Tempeh \$4.50

Taco Sampler

Includes 3 corn tacos with choice of beans, meats, rice, cheese, salsa & sour cream \$12.00

Guacamole add \$.50 per taco

Nachos

Includes chips, beans, cheese, salsa & sour cream \$7.00

Small Nachos \$4.50

Choice of meat or tempeh add \$3.00/\$2.50

Sides

Guacamole (small), salsa \$1.50

Guacamole (large) \$2.50

SOUPS w' SANDWICHES

SOUP or CHILI

Soup of the Day	cup	\$3.00
	bowl	\$5.00

SANDWICHES: on Bagel, homemade bread or roll

Ham, Turkey, Tuna Salad, Hummus, BLT, Cabot Cheddar or Swiss, with choice of toppings	\$6.00
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bacon add \$1.50/slice

PULLED PORK SANDWICH

on bagel or bulky roll	\$6.99
<i>cheese add</i>	\$.50

*Local ingredients: King Arthur Flour
Green Mountain Cream Cheese
Shadowcross Farm Eggs
Fresh Tracks Farm Wine
Cabot Cheddar, sour cream + butter*

*Vermont Highland Beef
Rhapsody Tempeh
Vermont Coffee Company
Kimball Brook Creamery*