

## BREAKFAST ALL DAY

### Early Riser:

A local egg and Cabot cheddar with a side salad • \$6.00  
Add Vermont ham • \$2.75  
Add Vermont bacon • \$1.95  
Add Pesto • \$.95

### Breakfast Burrito:

A local egg, cheddar and local black beans rolled up in a scallion crepe, topped with our pico de gallo with a side of chipotle sour cream  
\$7.95

### Crepe Monsieur:

A local egg, VT Smoke & Cure ham and cheddar in a sweet crepe • \$7.95  
Add pure VT maple syrup • \$1.00

### Blues for Breakfast:

A local egg, Jasper Hill Bayley Hazen Blue cheese, Vermont ham and side salad • \$8.95

### Eggs Fetatastic:

A local egg, baby spinach, cherry tomatoes, kalamata olives and feta cheese with side salad  
\$8.95  
Add mushrooms • \$1.00

### The Breakfast Monster:

A local egg, Cabot cheddar, baby spinach, caramelized onions, roasted red peppers and basil sunflower pesto with side salad • \$8.95  
Add VT bacon • \$1.95

### The Atlantic Monster:

A local egg, smoked salmon, baby spinach, scallions and spinach-artichoke cream cheese with side salad • \$9.00

### Noah's Ark:

2 local eggs to order, 2 slices VT bacon and 2 frumple cakes\*, served with VT maple syrup  
\$9.00

## SALADS

### The Skinny Salad:

Local mesclun greens, cherry tomatoes, seasonal fruit and VT chevre. Served with our maple cider vinaigrette and crepe chips • \$7.95  
Add chicken • \$3.95

### Toasted Greek Salad:

Local greens, Maplebrook Farm feta, tomatoes, olives, red onion, toasted pumpkin seeds and a house-made lemon vinaigrette. Served with crepe chips • \$7.95  
Add chicken • \$3.95

## GROUP MUNCHIES

### Local Spud:

(whenever available) hand-cut and served golden brown with your choice of ketchup, honey mustard or pesto mayo - Additional sauces  
\$.50 each

Skinny Fries • \$4.00

Sweet Potato • \$5.00

### Crepe Chips and Skinny Salsa:

Our house-made salsa and crepe chips • \$5.00

### Spinach and Artichoke Dip:

Our house-made dip with Green Mountain Farms cream cheese. Served with crepe chips • \$6.95

### Poutine:

The quintessential Quebecois comfort food. Our fresh cut russet fries with local cheese curds, smothered with a demi-glace. Ask for veggie gravy • \$7.95

## SOUPS

House-made using local, in-season ingredients - priced daily!

### French Onion Soup Bowl:

House-made slow cooked onion soup with browned swiss cheese and Manghis croutons • \$5.00

## PANINIS

All Paninis are pressed and heated inside house-made focaccia with a side of greens.

### The Intervale:

Our pesto, Maplebrook Farm mozzarella, spinach and sliced tomatoes • \$7.95

### The Ramble:

VT Smoke & Cure ham, Cabot cheddar, tart VT apples, red onions and chipotle mayo • \$8.95

### The Sayer:

Local chicken, Maplebrook Farms Feta, organic spinach, roasted red peppers and balsamic mayonnaise  
\$9.95

## BATTER OPTIONS:

Savory  
Sweet  
All-Local Whole Wheat  
Vegan  
Cornmeal

Ask for a vegan or gluten free buckwheat or local whole wheat batter substitution! (Add .75)

## SAVORY CREPES:

*All savory crepes are served with a garnish of local greens in our house-made maple cider vinaigrette dressing.*

### **Spinach and Feta:**

Baby spinach and crumbled local feta cheese • \$6.95

### **Cheesy Pesto:**

House-made basil-sunflower seed pesto with fresh, local Mozzarella and Cabot cheddar cheese • \$6.95

### **Apples and Brie:**

VT apples, creamy brie cheese & cranberry apple chutney • \$7.95  
Add local ham • \$2.75

### **Veggie Monster:**

Organic spinach, roasted red peppers, caramelized onions, basil-sunflower pesto & Cabot cheddar • \$7.95  
Add roasted mushrooms • \$1

### **Vegan Monster:**

House-made seitan, baby spinach, caramelized onions, roasted red peppers and basil-sunflower pesto in a vegan crepe • \$9.50  
Add sautéed mushrooms • \$1

### **Sass-Squash:**

Local butternut squash, VT chevre, apples and baby spinach on local whole wheat flour crepe with side salad • \$8.95

### **Calzone Crepe:**

House-made ricotta, fresh VT Mozzarella, baby spinach, marinara sauce • \$8.95  
Add VT sausage • \$3.00

### **The Crepedilla:**

Skinny salsa, avocados & Cabot cheddar in a folded crepe with a side of chipotle sour cream • \$8.95  
Add local chicken • \$3.50

### **The Lumber Jack:**

VT Smoke & Cure ham with Cabot Cheddar Cheese \$7.95  
Add VT apples • \$1

### **Deja Vu Crepe:**

Local sweet Italian sausage, sliced apples and cheddar with VT maple syrup • \$9.95  
Add a local egg • \$1.00

### **The Johnny Crepe:**

Winding Brook pulled pork, Rookies root beer BBQ sauce, caramelized onions & Cabot cheddar in a cornmeal crepe, with root slaw and a side of BBQ • \$9.95

### **The BLT-Mont-P:**

4 strips of Vermont Smoke & Cure bacon, fresh spinach, tomato slices, and truffle aioli • \$8.95

### **Lamb Fetatastic:**

VT grown lamb sausage, baby spinach, cherry tomatoes, kalamata olives, feta cheese, tzatziki sauce • \$11.95

### **Garlique Chic:**

Misty Knoll chicken breast, basil-sunflower pesto, Cabot cheddar, roasted red peppers & caramelized onions \$10.95

### **The Localvore's Dream:**

Misty Knoll chicken, cranberry apple chutney, organic spinach & Jasper Hill Bayley Hazen Blue cheese on a local whole wheat flour crepe • \$12.95



## SWEET CREPES:

### **Pure and Simple:**

VT butter and granulated sugar • \$4.50  
Add VT Maple • \$1.00

### **Pooh Bear:**

VT honey & cinnamon sugar \$4.50

### **Jam on It:**

Local raspberry jam & Cabot butter • \$5.00

### **Nutella:**

Warm hazelnut chocolate spread • \$5.00

### **Choco Monkey:**

Warm Nutella & sliced ripe banana • \$6.00

### **Strawberry**

#### **Short Crepe:**

Sliced strawberries and whipped cream • \$6.50

### **The Love Maker:**

Warm Nutella, strawberries and whipped cream • \$7.00

### **The Heart Breaker:**

Warm Nutella, strawberries, sliced banana & whipped cream \$7.50

### **The G.O.A.T:**

**(Greatest Of All Time)**  
Fat Toad Farm's goats milk caramel and fresh VT apples wrapped up in a sweet crepe \$7.50  
Add VT whipped cream • \$1

### **Hot Apple Crispy:**

VT apples, pure VT honey, cinnamon sugar, and VT whipped cream • \$6.50  
Add a scoop of Wilcox Vanilla Ice Cream • \$2.00

### **Cannoli Crepe:**

Sweet ricotta wrapped in a sweet crepe shell, dusted in powdered sugar and served traditionally with shaved chocolate. Our take on Italy's favorite dessert • \$7.50

### **Brownies in Bed:**

Warm house-made brownie in a sweet crepe with vanilla ice cream, whipped cream and our bittersweet chocolate sauce • \$7.50