

breakfast all day

egg sandwiches



on a bagel, artisan bread or wrap from Nellie's cage-free chicks at Pete & Gerry's family farms, Monroe, NH

Scrambled Local Eggs 3.79

Scrambled Eggs + Vermont Cheddar or Provolone 4.29

Eggs + Naturally-cured Bacon, Ham or Sausage + Cheese 5.29

Eggs, Spinach & Cheese 4.79

Western grilled on a GMO-free wrap **5.79**

eggs + naturally-cured, ham, Vermont cheddar, tomato, roast red pepper, roast onion

Huevos Hamcheros grilled on a GMO-free wrap **5.49**

eggs + naturally-cured, no nitrate/nitrite ham, cheese, salsa

Sunrise Grilled Burrito GMO-free **7.99**

eggs, bacon, quinoa, avocado, sweet potato, Vt cheddar, pico de gallo

Sausage Kale Grilled Burrito GMO-free **7.99**

eggs, quinoa, baby kale, sweet potato, roast red pepper, Vermont goat cheese, Vermont maple dijonnaise

lettuce, tomato, red onion or sprouts + 50¢ each

GF gluten-free options available for sandwiches and muffins

fruit & yogurt

Fresh Fruit Cup 3.69

hand-cut and made daily with cantaloupe, honeydew melon, pineapple, grapes

Stonyfield® Yogurt Parfait 3.69

organic Stonyfield yogurt, raspberries, wild Maine blueberries, house-made granola

Stonyfield® Yogurt cups 1.49

blueberry or strawberry organic Stonyfield yogurt

ancient grain power bowls



Smoked Salmon organic quinoa with avocado, hadboiled egg, seasoned tomato, pesto **10.99**

Bacon Avocado organic quinoa with spinach, seasoned tomato, sriracha, sweet chili sauce **8.99**

traditional NY bagels

boiled and baked with unbleached, unbromated flour

One 1.39 Half Dozen 6.49 Baker's Dozen 10.99

Sliced Smoked Salmon on a Traditional Bagel 7.99

thinly-sliced, fresh, cold-smoked kosher salmon, tomato, red onion, capers, veggie cream cheese

Vermont cream cheese

hormone-free from Enosburg Falls family farms

Schmear on a Traditional Bagel 2.99

plain cream cheese or our daily hand-blended flavors: veggie, herb, scallion, bacon scallion, olive, maple raisin walnut + seasonal flavors

Smoked Salmon Cream Cheese on a Traditional Bagel 3.49

plain cream cheese, hand-blended with smoked kosher salmon

Schmear o' Tofutti® on a Traditional Bagel 3.49

dairy-free plain or veggie

8 oz. Tub Plain or Hand-blended Flavored Vermont Cream Cheese 3.79

8 oz. Tub Hand-blended Smoked Salmon Cream Cheese 4.29

estate-grown coffee

	12 oz	16 oz	20 oz
La Minita's Hacienda Rio Negro	1.99	2.29	2.49

single estate, rainforest alliance certified coffee

	single	double
Cappuccino or Latté	3.69	4.69
Mocha Latté	3.99	4.99

24-hour Cold Brew 3.79 24 oz

Iced Rio Negro Coffee or Iced Brewed Tea 2.79 24 oz

Brain Freeze Frozen Coffee Shake (seasonal) 4.49 24 oz

Harney & Sons Whole Leaf Sachet Tea 2.29

Oregon Chai® (iced Chai 24 oz only) 2.99 3.49 3.99

Hot Chocolate 1.99 2.49 2.99

sandwiches, bowls, soups

house-made mac & cheese

Mac & Vermont Cheddar little mac **4.49** big mac **6.99**

+ all-natural roast chicken, broccoli, pesto, tomato, Parmesan **10.99**

+ caramelized bacon, roasted onion, tomato, scallion **9.99**

+ naturally cured ham, roasted onion, granny smith apples **8.99**

+ baby kale, roasted red pepper & onion, VT goat cheese **9.49**

artisan sandwiches

all-natural hand-formed hearth-baked breads, GMO-free wraps

Turkey Avocado Bacon 8.49

roast turkey, carmelized bacon, kale, tomato, mayo on sourdough

Sliced Smoked Salmon 7.99

thinly-sliced, fresh cold-smoked kosher salmon, tomato, red onion, capers, veggie cream cheese on a traditional bagel

Dagwood 8.49 Double Dag 9.99 twice the meat

roast turkey, ham and bacon, provolone, tomato, mayo on sourdough

Hearty Hummus (vegan) 7.29

house-made hummus, tomato, baby spinach, roast red pepper, cukes, sprouts on ancient grain wrap

California Salmon Roll 8.49

thinly-sliced, fresh cold-smoked salmon, avocado, cucumber, red onion, spinach, quinoa, sweet chili cream cheese on a spinach wrap

BLT 7.49

naturally-cured crisp bacon, lettuce, tomato, mayo on sourdough

Fresh Mozzarella 7.49

mozzarella, roasted red pepper, spinach, pesto on French batard

Cape Cod Chicken Salad 7.99

house-made chicken salad, sweet potato, carrot, craisins, almonds

Farmer's Veggie & Cheese 7.29

Vermont cheddar, tomato, onion, carrot, cuke, mayo, Vt maple Dijon

grilled paninis

Super Chicken Panini 7.99

grilled all-natural chicken, Vermont cheddar, tomato, roasted onion, baby spinach, red pepper aioli on sourdough

Thai-marinated Chicken Panini Wrap 7.49

marinated all-natural chicken, peanut sauce, braised cabbage, roasted red pepper, carrot, mesclun, sesame ginger dressing

Ham Cheddar Apple Panini 7.99

naturally-cured ham, Vermont cheddar, granny smith apple, toasted almonds, Vermont maple Dijonnaise on multigrain

Roasted Artichoke Panini 7.49

roasted artichoke hearts, provolone, baby spinach, tomato, pesto

Tuna Melt Panini 7.29

house-made dolphin-free albacore tuna salad, VT cheddar, tomato

GF gluten-free whole grain bread + 50¢

organic-quinoa bowls



gluten-free blend of four organic ancient grains

Smoked Salmon 10.99

thinly-sliced, fresh cold-smoked kosher salmon, avocado, hardboiled egg, tomato, pesto, lemon vinaigrette

Sesame Ginger Chicken 8.99

roasted brocolli, braised cabbage, pineapple mango salsa, scallions, sweet chili sauce

Chicken Pesto 8.99

roasted red pepper, spinach, tomato, parmesan, pesto

Roast Maple Turkey 8.49

roasted sweet potato, roasted red onion, kale, carrot, craisins, Vermont maple dijonnaise

Mediterranean 7.99

roasted artichoke hearts, tomato, baby spinach, kalamata olives, feta, lemon vinaigrette

Indian Summer 8.49

roasted sweet potato, garbanzo beans & red onion, baby spinach, toasted almonds, balsamic vinaigrette

hearty soups

made from scratch, no MSG

Soups du Jour 3.99

could be lentil, tomato basil, broccoli cheddar, chicken rice, roasted vegetable, beefy barley & more

Chilis & Chowders 4.69

buttery clam chowder or warm-you-from-the-inside veggie chili

two's a meal

Choose Two 8.99 *sliced smoked salmon not included*

- half sandwich or grilled panini on fresh artisan bread
- small garden salad, house-made Vt maple dijonnaise
- bowl of soup, chili or chowder
- small mac & cheese

salads

seasonal local greens

all our dressings are made in-house from scratch

Kale Quinoa Chicken Caesar 9.49

all-natural chicken, Parmesan cheese, house-made sourdough croutons on baby kale with Caesar dressing

Thai Chicken 9.49

sweet-chili glazed all-natural chicken, braised red cabbage, edamame, carrot, roasted red pepper, sprouts, toasted almonds on mesclun and with sesame ginger dressing.

Vermont Cobb 9.49

all-natural chicken, naturally-cured carmelized bacon, avocado, hardboiled egg, Vermont goat cheese, tomato, on mesclun with avocado ranch dressing

Mango Pineapple Chicken 8.49

spiced, grilled all-natural chicken, mango-pineapple salsa, tomato, pineapple on mesclun with avocado ranch dressing

The Feta Greek 7.99

feta cheese, garbanzo beans, kalamata olives, tomato, roasted red onion on mesclun with Greek dressing

The Mediterranean 7.99

fresh mozzarella, tomato, roasted artichoke hearts, roasted red pepper, roasted red onion on baby spinach with lemon vinaigrette



smoothies



fresh, handmade smoothies

with Stonyfield® organic yogurt and real fruits & veggies

12 oz. 4.29 24 oz. 6.49

The Classic

strawberry, banana, orange juice

Honey Bear

banana, non-fat vanilla organic yogurt, honey, wheat germ

Berry-Licious

wild Maine blueberry, raspberry, non-fat vanilla organic yogurt, apple juice

Another Day in Paradise

mango, pineapple, pomegranate limeade, apple juice

Tropical Sunrise

mango, pineapple, banana, orange juice

Carrot Mango

carrot, mango, banana, orange juice

Kale Krush

baby kale, pineapple, banana, apple juice

Avocado Banana

avocado, banana, non-fat vanilla organic yogurt, honey, almond milk

Green Machine

spinach, almonds, banana, honey, wheat germ, almond milk

Chocolate Peanut Butter

peanut butter, banana, chocolate syrup, almond milk

Smoothie Boosters 99¢

add-ins for protein (organic), energy (organic), or immunity

our promise to you



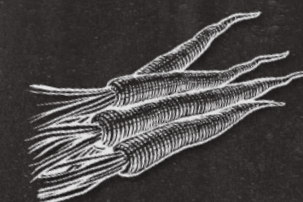
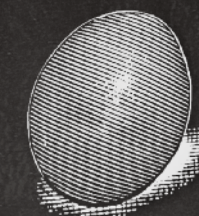
Four generations of Harlows have farmed in Westminster, Vermont, so that we can bring you the freshest in local, organic produce.

we promise to:

- serve delicious, healthy foods, locally sourced whenever possible;
- source humanely-raised meats from family farmers—no antibiotics or added hormones;
- source naturally-cured bacon, ham and sausage with no added nitrates or nitrites;
- serve local eggs from cage-free chickens;
- make traditional bagels—boiled and baked in small batches throughout the day;
- hearth-bake artisan breads with only unbleached, unbromated flour.



the eat WELL menu



the works
café
eat well feel good