**breakfast all day**

**egg sandwiches**
- Smoked Salmon: organic quinoa with avocado, toasted egg, seasoned tomato, spinach, sweet milk cream sauce - 10.99
- Bacon Avocado: organic quinoa with spinach, seasoned tomato, spinach, sweet milk cream sauce - 10.99

**ancient grain power bowls**
- traditional NY bagels
  - boiled and baked with unbleached, unbranched flour
  - Smoked Salmon: organic quinoa with avocado, toasted egg, seasoned tomato, spinach, sweet milk cream sauce - 10.99

**fruit & yogurt**
- Fresh Fruit Cup: 4.99
- Greek Yogurt Parfait: 4.99
- orgn Necklace: 3.99
- House-Made Granola: 3.99

**sandwiches, bowls, soups**

**sandwiches**
- House-Made Mac & Cheese
  - Turkey Avocado Balsamic 9.99
  - Roasted Turkey, Caramelized Bacon, Kale, Tomato, Mayo on Sourdough
- Sliced Smoked Salmon 9.99
  - Iniutak, Fresh Smoked Salmon, Tomato, Red Onion, Capers, Cream Cheese on a Traditional Bagel
- Bagel Wood 9.99
  - Double Dine 12.99
  - Twice the Meat Turkey, Ham and Bacon, Pickles, Tomato, Mayo on Sourdough
- Reavy Hummus (VEGAN) 4.99
  - House-Made Hummus, Tomato, Baby Spinach, Roasted Red Pepper, Olives, Carrots, Spinach on a Plain Bagel Wrap
- REI 9.99
  - Naturally Cured Apple, Bacon, Tomato, Mayo on Sourdough
- Fresh Mozzarella 6.75 + Chicken 2.99
  - Mozzarella, Roasted Red Pepper, Spinach, Pesto on a French Baguette
- Calamari 9.99
  - House-Made Chicken Salad, Sweet Potato, Coleslaw, Carrots, Almonds
- Farmer's Veggie 4.99
  - Vermont Cheddar, Tomato, Spinach, Cucumber, Mayo, Honey Mustard, Mayo on Multigrain

**grilled paninis**
- Super Chicken 9.99
  - Grilled All Natural Chicken, Vermont Cheddar, Tomato, Roasted Onion, Baby Spinach, Red Pepper, Side on Sourdough
- Bacon Chicken 9.99
  - Grilled All Natural Chicken, Caramelized Bacon, House-Made Barbecue Sauce, Vermont Cheddar, Baby Spinach, Pickle碟 on Sourdough
- Roasted Apple 9.99
  - Naturally Cured Ham, Vermont Cheddar, Granny Smith Apple, Roasted Almonds, Honey Mustard on Multigrain
- All Beef Turkey 6.99
  - House-Made Deli-Style Turkey, Pesto, Almonds, Mayo on Sourdough

**hearty soups**
- Choice Soup: 4.99
  - Half Sandwich or Grilled Panini on Fresh Artisan Bread
  - Greek Yogurt Parfait: 4.99
  - Chains Smoked Salmon 9.99
  - Half Sandwich or Grilled Panini on Fresh Artisan Bread
  - Half Sandwich or Grilled Panini on Fresh Artisan Bread
  - Half Sandwich or Grilled Panini on Fresh Artisan Bread
  - Half Sandwich or Grilled Panini on Fresh Artisan Bread

**two's a meal**
- Gluten-free whole grain bread + 99c + Avocado 1.50

**organic-quinoa bowls**
- Gluten-free bowl of our favorite ancient grains
  - Smoked Salmon 12.50
  - Smoked Cold Smoked Salmon, Avocado, Toasted Egg, Tomato, Pesto, Lemon Vinaigrette
  - Turkey Avocado 14.99
  - Grilled Chicken, Sweet Potato, Sweet Chili Sauce, Sourdough
salads
seasonal local greens
all our dressings are made in-house from scratch
add chicken to any salad +2.49
Kate Chesa Chicken Caesar 10.99
all-natural chicken, Parmesan cheese, house-made
sourdough croutons, on baby kale with Caesar dressing
Thai Chicken 10.99
sweet-chili glazed all-natural chicken, braised red cabbage,
red onion, roasted red pepper, sprouts, toasted
almonds on mesclun with sesame ginger dressing.
Vermont Cobb 10.99
all-natural chicken, naturally-cured bacon, egg,
avocado, tomato, red onion, on mesclun with avocado/ranch dressing.
Mango Pineapple Chicken 9.99
spiced, grilled all-natural chicken, mango/pineapple salsa,
tomato, pineapple on mesclun with avocado ranch dressing.
The Feta Greek 9.49
feta cheese, garbanzo beans, kalamata olives, tomato,
roasted red onion on mesclun with Greek dressing.
+ all-natural grilled chicken 2.49
Field Green 6.99 / 7.99
grape tomatoes, cucumber, red onion, sprouts, carrots,
broccoli, basil vinaigrette dressing.
+ chicken salad or tuna salad 2.49

smoothies
fresh, handmade smoothies
with Stonyfield® organic yogurt and real fruits & veggies
12 oz. 6.99 20 oz. 9.99
The Classic
strawberry, banana, orange juice
Honey Bear
bananas, non-fat vanilla organic yogurt, honey, wheat germ
Berry-Licious
wild Maine blueberry, raspberry, non-fat vanilla organic yogurt,
apple juice
Tropical Sunrise
mango, pineapple, banana, orange juice
Carrot Mango
 carrot, mango, banana, orange juice
Kate Krusk
baby kale, pineapple, banana, apple juice
Green Machine
spinach, almonds, banana, honey, wheat germ, almond milk
Chocolate Peanut Butter
peanut butter, banana, chocolate syrup, almond milk
Smoothie Boosters -1.99
add-ins for protein (organiche), energy (organiche), wheat germ,
or immunity.

our promise to you

the eat well menu
Four generations of Harrisons have farmed in Westoverton, Vermont, so
that we can bring you the freshest in local, organic produce in season.
we promise to:
• serve delicious, healthy foods, locally sourced
• offer humanely-raised meats from family farms—
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 using only unbleached,
unbranmed flour.

the works cafe
eat well feel good
workscafe.com