

salads

seasonal local greens

all our dressings are made in-house from scratch
add all-natural chicken to any salad +2.49

Kale Quinoa Chicken Caesar 10.99

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

Thai Chicken 11.99

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 11.99

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

Mango Pineapple Chicken 10.99

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

The Feta Greek 9.99

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

+ all-natural grilled chicken 2.49

Field Greens 5.99 / 8.49

grape tomatoes, cucumber, red onion, sprouts, carrots,
croutons, balsamic vinaigrette dressing

+ chicken salad or tuna salad 2.49



smoothies



fresh, handmade smoothies

with Stonyfield® organic yogurt and real fruits & veggies

12 oz. 5.49 24 oz. 7.49

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

Tropical Sunrise

mango, pineapple, banana, orange juice

Carrot Mango

carrot, mango, banana, orange juice

Kale Krush

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 (organic), energy (organic), wheat germ,
or immunity

Price, weight and availability subject to change.
Before placing your order, please inform us of any food allergies.

our promise to you



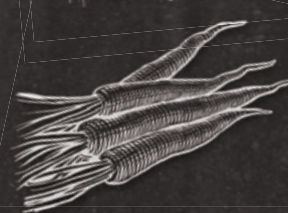
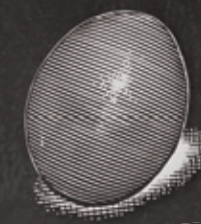
Four generations of Harlows have farmed in Westminster, Vermont, so
that we can bring you the freshest in local, organic produce in season.

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 using only unbleached,
unbromated flour.



the eat WELL menu



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 Cage-free Eggs 5.49

Scrambled Eggs + Vermont Cheddar or Provolone 5.99

Eggs + Naturally-cured Bacon, Ham or Sausage + Cheese 6.99

Eggs, Spinach & Cheese 6.49

Western grilled on a GMO-free wrap **7.99**

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

Veggie Grilled Burrito on a GMO-free wrap **8.99**

eggs + baby spincach, roast artichoke, feta, red onion, tomato, pesto

Sunrise Grilled Burrito on a GMO-free wrap **9.99**

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

Southwest Chicken Burrito on a GMO-free wrap **9.99**

eggs + all natural roast chicken, herb cream cheese, sweet potato, avocado, sriracha

more veggies + 79¢ each housemade pico de gallo + 79¢

GF gluten-free options available for sandwiches and muffins

fruit & yogurt

Fresh Fruit Cup 4.99

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

Stonyfield® Yogurt Parfait 4.99

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

House-made Granola 3.99

with milk, almond or oat milk or organic Stonyfield vanilla yogurt

ancient grain power bowls



Smoked Salmon organic quinoa with avocado, hadboiled egg, seasoned tomato, pesto **12.99**

Bacon Avocado organic quinoa with spinach, seasoned tomato, sriracha sweet chili cream sauce **10.99**

traditional NY bagels

boiled and baked with unbleached, unbromated flour

One 1.49 Half Dozen 8.99 Baker's Dozen 13.99

Sliced Cold-Smoked Salmon on a Traditional Bagel 9.99

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

Vermont cream cheese

hormone-free from Enosburg Falls family farms

Schmear on a Traditional Bagel 3.99

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 4.49

plain cream cheese, hand-blended with smoked salmon

Schmear o' Tofutti® on a Traditional Bagel 4.49

dairy-free plain or veggie

8 oz. Tub Plain or Hand-blended Flavored Vermont Cream Cheese 4.49

8 oz. Tub Hand-blended Smoked Salmon Cream Cheese 4.99

estate-grown coffee, sachet tea

	12 oz	16 oz	20 oz
La Minita's Hacienda Rio Negro	2.79	2.99	3.29
single estate, rainforest alliance certified coffee			
	single	double	triple
Espresso	2.49	2.99	3.99
Cappuccino or Latté	3.99	4.59	5.19
Mocha Latté	4.29	4.89	5.49
24-hour Cold Brew			4.49 24 oz
Iced Rio Negro Coffee or Iced Brewed Tea			3.49 24 oz
Brain Freeze Frozen Coffee Shake (seasonal)			5.99 24 oz
Whole Leaf Sachet Tea		2.99	
Oregon Chai® (iced Chai 24 oz only)	3.79	4.29	4.79
Hot Chocolate	3.29	3.79	4.29

sandwiches, bowls, soups

house-made mac & cheese

Mac & Vermont Cheddar little mac **5.49** big mac **8.99**

+ all-natural roast chicken, broccoli, pesto, tomato, Parmesan **12.99**

+ caramelized bacon, roasted onion, tomato, scallion **11.99**

+ barbecue chicken, housemade bbq sauce, scallion, sriracha **12.99**

+ baby spinach & mozzarella, tomatoes, roast red pepper, pesto, balsamic drizzle **11.99** + All-Natural Chicken **2.49**

artisan sandwiches

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

Turkey Avocado Bacon 9.99

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

Sliced Smoked Salmon 9.99

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

Dagwood 9.99 Double Dag 12.99 twice the meat

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

Hearty Hummus (VEGAN) 8.99

house-made hummus, tomato, baby spinach, roast red pepper, cukes, carrots, sprouts on a GMO-free wrap

BLT 8.99

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

Fresh Mozzarella 8.99 + All-Natural Chicken **2.49**

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

Cape Cod Chicken Salad 9.29

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

Farmer's Veggie & Cheese 8.99

Vermont cheddar, tomato, onion, carrot, cuke, 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 aioli on sourdough

Barbecue Chicken 9.99

grilled all-natural chicken, caramelized bacon, house-made barbecue sauce, Vermont cheddar, baby spinach, pico de gallo on sourdough

Ham Cheddar Apple 9.79

naturally-cured ham, Vermont cheddar, granny smith apple, toasted almonds, honey mustard on multigrain

Roasted Artichoke 9.49

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

Albacore Tuna Melt 8.99

house-made dolphin-free albacore tuna salad, Vermont cheddar, tomatoes on sourdough

GF gluten-free whole grain bread +99¢ + avocado 1.50

organic-quinoa bowls



gluten-free blend of four organic ancient grains

Smoked Salmon 12.99

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

Bacon Avocado 10.99

hardboiled egg, caramelized bacon, baby spinach, seasoned tomato, sriracha sweet chili cream sauce

Sesame Ginger Chicken 11.99

roasted broccoli, braised cabbage, pineapple mango salsa, roast red pepper, scallions, sweet chili sauce

Chicken Pesto 11.99

roasted red pepper, spinach, tomato, parmesan, pesto

Mediterranean 9.99

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

Autumn Harvest (VEGAN) 9.99

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

hearty soups

made from scratch, no MSG

Soups du Jour 4.99

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

Chilis & Chowders 5.49

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

two's a meal

Choose Two 11.49 *sliced smoked salmon not included*

- half sandwich or grilled panini on fresh artisan bread
- field greens salad, balsamic vinaigrette dressing
- bowl of soup, chili or chowder
- small mac & cheese

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