

# breakfast all day

# sandwiches, bowls, soups

## egg sandwiches



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

### Local Cage-free Eggs

**Eggs + Sharp Cheddar or Provolone**

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

**Eggs, Spinach & Cheese**

**Western** grilled on a GMO-free wrap  
eggs + naturally-cured, ham, sharp cheddar, tomato, roasted red pepper, roasted onion

**Veggie Grilled Burrito** on a GMO-free wrap  
eggs + baby spinach, roasted artichoke, feta, red onion, tomato, pesto

**Sunrise Grilled Burrito** on a GMO-free wrap  
eggs + bacon, quinoa, avocado, sweet potato, Vt cheddar, pico de gallo

**Southwest Chicken Burrito** on a GMO-free wrap  
eggs + all natural roast chicken, herb cream cheese, sweet potato, avocado, sriracha

more veggies, housemade pico de gallo

**GF** gluten-free options available for sandwiches and muffins

## fruit & yogurt

### Fresh Fruit Cup

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

### Stonyfield® Yogurt Parfait

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

### House-made Granola

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

## ancient grain power bowls



**Smoked Salmon** organic quinoa with avocado, hard-boiled egg, spinach, seasoned tomato, pesto, lemon vinaigrette

**Bacon Avocado** organic quinoa with spinach, seasoned tomato, hard-boiled egg, sriracha sweet chili cream sauce

## traditional NY bagels

**boiled and baked with unbleached, unbromated flour**

### Sliced Cold-Smoked Canadian Salmon on a Traditional Bagel

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

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

plain cream cheese, hand-blended with smoked salmon

### Schmear o' Tofutti® on a Traditional Bagel

dairy-free plain or veggie

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

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

## estate-grown coffee, organic tea

### La Minita's Hacienda Rio Negro

single estate, rainforest alliance certified coffee

### Espresso

### Cappuccino or Latté

### Salted Maple Latté

### Mocha Latté

### 24-hour Cold Brew

### Iced Rio Negro Coffee or Iced Brewed Tea

### Brain Freeze Frozen Coffee Shake (seasonal)

### Two Leaves & a Bud Organic Sachet Tea

### Chai Latté (iced Chai 24 oz only)

### Hot Chocolate

## house-made mac & cheese

### Mac & Sharp Cheddar

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

+ Cajun-rubbed bacon, roasted onion, tomato, scallion

+ bbq chicken, hickory-bourbon bbq sauce, scallion, sriracha

+ baby spinach & mozzarella, tomato, roasted red pepper, pesto, balsamic drizzle

## artisan sandwiches

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

### Turkey Avocado Bacon

roast turkey, Cajun-rubbed bacon, kale, tomato, mayo on sourdough

### Sliced Smoked Salmon

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

### Dagwood Double Dag

twice the meat  
roast turkey, ham and bacon, provolone, tomato, roasted onion, field greens, mayo on sourdough

### Hearty Hummus (VEGAN)

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

### BLT

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

### Cape Cod Chicken Salad

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

### Farmer's Veggie & Cheese

sharp cheddar, tomato, onion, carrot, cucumber, field greens, mayo, honey mustard, on multigrain

### Field Fritters

organic pea fritters, carrots, red onion, tomato, cucumber, spinach, feta, sriracha sweet chili cream sauce, red pepper mayo on a wrap

## melts

### Super Chicken

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

### Barbecue Chicken

grilled all-natural chicken, Cajun-rubbed bacon, hickory-bourbon bbq sauce, sharp cheddar, baby spinach, pico de gallo on sourdough

### Ham Cheddar Apple

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

### Roasted Artichoke

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

### Albacore Tuna Melt

house-made dolphin-free albacore tuna salad, sharp cheddar, granny smith apple, tomato on sourdough

### Fresh Mozzarella

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

**GF** gluten-free whole grain bread available

## organic-quinoa bowls



**gluten-free blend of four organic ancient grains**

### Smoked Salmon

thinly-sliced, fresh cold-smoked Canadian salmon, avocado, spinach, hard-boiled egg, tomato, pesto, lemon vinaigrette

### Bacon Avocado

hard-boiled egg, Cajun-rubbed bacon, baby spinach, seasoned tomato, sriracha sweet chili cream sauce

### Sesame Ginger Chicken

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

### Chicken Pesto

roasted red pepper, spinach, tomato, parmesan, pesto

### Mediterranean

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

### Autumn Harvest (VEGAN)

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

## hearty soups

**made from scratch, no MSG**

### Soups du Jour

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

### Chilis & Chowders

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

## two's a meal

**Choose Two** *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

Price, weight and availability subject to change. Before placing your order, please inform us of any food allergies. Consuming raw or undercooked meats, seafood, or eggs may increase your risk of foodborne illness.

# salads

## seasonal local greens

all our dressings are made in-house from scratch

### Field Fritters

organic pea fritters, baby spinach, hummus, cucumber, tomato, carrots, kalamata olives, chickpeas, lemon vinaigrette, Cajun sesame seasoning

### Thai Chicken

sweet-chili glazed all-natural chicken, braised red cabbage, edamame, carrot, roasted red pepper, sprouts, toasted almonds, field greens, sesame ginger dressing.

### Vermont Cobb

all-natural chicken, naturally-cured Cajun-rubbed bacon, avocado, hard-boiled egg, Vermont goat cheese, tomato, field greens avocado ranch dressing

### Mango Pineapple Chicken

Cajun sesame seasoned grilled all-natural chicken, mango-pineapple salsa, tomato, pineapple, field greens, avocado ranch dressing

### The Feta Greek

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

### Field Greens

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



# smoothies



## fresh, handmade smoothies

with Stonyfield® organic yogurt and real fruits & veggies

### 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

### Available Smoothie Boosters

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

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# our promise to you



Our eggs come from Nellies chicks at Pete & Gerry's family farms in Monroe, New Hampshire and are Certified Free Range by the non-profit organization Humane Farm Animal Care.

### 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

