

# salads

## Seasonal local greens grab & go only

all our dressings are made in-house from scratch

### Field Fritters 11.49

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

### Vermont Cobb 11.99

all-natural chicken, naturally-cured Cajun rubbed bacon, avocado, hardboiled egg, Vermont goat cheese, tomato, 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



# smoothies



## fresh, handmade smoothies

with Stonyfield® organic yogurt and real fruits & veggies

12 oz. 5.79    24 oz. 7.99

### 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

### 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



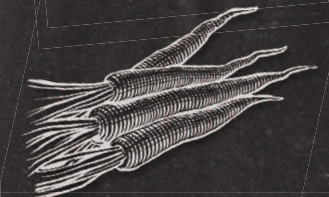
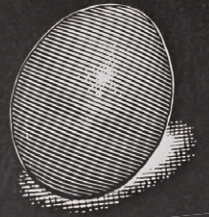
Our eggs come from Nellies chicks at Pete & Gerry's family farms in Monroe, New Hampshire and are Certified Free Range by the non-profit organization Humane Farm Animal Care.

### 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





# breakfast all day

# sandwiches, bowls, soups

## 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 on a GMO-free wrap 7.99**

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

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

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

**Sunrise 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 4.49**

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

## ancient grain power bowls



**Smoked Salmon** organic quinoa with avocado, hadboiled egg, spinach, seasoned tomato, pesto, lemon vinaigrette **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

**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, maple raisin walnut + seasonal flavors

**Schmear o' Tofutti® on a Traditional Bagel 4.49**

dairy-free plain or veggie

## estate-grown coffee, sachet tea

	12 oz	16 oz	20 oz
<b>La Minita's Hacienda Rio Negro</b>	<b>2.99</b>	<b>3.29</b>	<b>3.49</b>
single estate, rainforest alliance certified coffee			
	single	double	triple
<b>Espresso</b>	<b>2.49</b>	<b>2.99</b>	<b>3.99</b>
<b>Cappuccino or Latté</b>	<b>4.19</b>	<b>4.79</b>	<b>5.29</b>
<b>Mocha Latté</b>	<b>4.49</b>	<b>4.99</b>	<b>5.69</b>
<b>24-hour Cold Brew</b>			<b>4.79</b> 24 oz
<b>Iced Rio Negro Coffee or Iced Brewed Tea</b>			<b>3.79</b> 24 oz
<b>Brain Freeze Frozen Coffee Shake (seasonal)</b>			<b>5.99</b> 24 oz
<b>Whole Leaf Sachet Tea</b>	<b>2.99</b>		
<b>Oregon Chai® (iced Chai 24 oz only)</b>	<b>3.79</b>	<b>4.29</b>	<b>4.79</b>
<b>Hot Chocolate</b>	<b>3.29</b>	<b>3.79</b>	<b>4.29</b>

## house-made mac & cheese

**Mac & Vermont Cheddar 5.49**

## artisan sandwiches

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

**Turkey Avocado Bacon 9.99**

roast turkey, Cajun rubbed 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 10.49 Double Dag 13.49** twice the meat

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

**Hearty Hummus (VEGAN) 9.49**

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

**BLT 9.79**

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

**Cape Cod Chicken Salad 9.79**

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

**Farmer's Veggie & Cheese 9.49**

Vermont cheddar, tomato, onion, carrot, cuke, mayo, honey mustard, mayo on multigrain

**Field Fritters 9.79**

organic pea fritters, carrots, red onion, tomatoes, cucumbers, spinach, feta, sriracha sweet chili cream sauce, red pepper mayo on a GMO-free wrap

**2X THE MEAT! on any sandwich +2.99**

## melts

**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, Cajun rubbed bacon, house-made barbecue sauce, Vermont cheddar, baby spinach, pico de gallo on sourdough

**Ham Cheddar Apple 9.99**

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

**Roasted Artichoke 9.79**

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

**Albacore Tuna Melt 9.79**

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

**Fresh Mozzarella 9.79 + All-Natural Chicken 2.99**

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

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



## organic-quinoa bowls

gluten-free blend of four organic ancient grains

**Bacon Avocado 10.99**

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

**Smoked Salmon 12.99**

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

**Autumn Harvest (VEGAN) 10.99**

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 11.99** sliced smoked salmon not included

- half sandwich or melt on fresh artisan bread
- bowl of soup, chili or chowder
- small mac & cheese