

# BREAKFAST

Served daily until **11:30 am**

## Breakfast Burritos

includes 2 **Scrambled** eggs in a sundried tomato wrap and grilled to perfection. Choose from one our delicious options:

Homemade salsa and cheddar.....	\$8.69
Pesto, mozzarella and baby spinach.....	\$8.89
Guacamole, sliced tomato, cheddar cheese and hot sauce.....	\$8.89
Portabella mushroom, feta and roasted red peppers.....	\$8.89
Black beans, homemade salsa, guacamole and cheese.....	\$9.39
Our veggie chili, cheese and sour cream.....	\$8.89
Just cheese.....	\$5.79

## Breakfast Sandwiches

includes 1 **Fried** egg on a bagel, toast or wheat kaiser

Egg and cheddar.....	\$3.99
Egg, cheddar, tomato and guacamole.....	\$5.79
Egg, homemade salsa and cheddar.....	\$5.79
Egg, pesto, mozzarella and baby spinach.....	\$5.79

## Other Goodies (all day!!!)

Locally Baked Muffins.....	price varies
Bagel with Vermont-made cream cheese.....	\$2.99
Bagel with butter or jelly.....	\$2.59
Bagel with natural peanut butter.....	\$2.99
Bagel with humus.....	\$2.99
Granola and Stonyfield yogurt.....	\$4.99
Granola and milk.....	\$3.99
Fruit & yogurt parfait topped w/ granola.....	\$5.99
Protein bars and vegan cookies.....	check availability
Extra egg...\$	.95
Egg whites.....	\$.75

Please note: Consuming raw or undercooked eggs may increase risk of foodborne illness

# LUNCH

Beginning at **11:45 am**

## Sandwiches and Wraps

**Falafel**-(chick peas, garlic, onion, parsley and spices deep fried to a golden brown) wrapped in a pita with lettuce, tomato and tahini sauce (V).....\$7.89

**Falafel Works**-falafel, humus, tabouli,tahini, lettuce, tomato(optional;feta,pickles,hot sauce & hot peppers wrapped in a pita (V).....\$8.89

•Falafels also available as a salad.....additional \$.95

**Veggie wrap** - humus, tabouli, cucumbers, sprouts, cheese, lettuce and tomato served in a sundried tomato wrap.....\$7.89

**Grilled marinated portabella mushroom cap** topped with feta cheese, baby spinach, roasted red peppers and balsamic vinaigrette served on rosemary foccacia.....\$7.89

**Grilled Cheese Works Panini** - filled with pesto, tomato, baby spinach and cheese served on rosemary foccacia.....\$7.29

**The Horizon** - guacamole, humus, sprouts, cheddar, tomato, and mixed greens on your choice of bread.....\$7.89

**The Grilled Pondsider** -(original favorite from the early days) Pesto, mozzarella, sundried tomatoes, sunflower seeds and baby spinach on your choice of bread.....\$7.29

**Veggie Chili Burrito** - loaded with chili, mozzarella cheese, lettuce, tomato and sour cream.....\$8.89  
.....add guacamole.....\$1.75

*Bread choices:* sundried tomato wrap, multigrain bread or rosemary foccacia.

## Veggie Burgers

served on a whole wheat bun

**Spicy black bean burger** topped with our homemade salsa, cucumber, lettuce and cheese.....\$8.89

**Lentil nut burger**- lentils mixed with cashews and sunflower seeds, zucchini and spices topped with dill mayonnaise, sprouts, lettuce and tomato (V).....\$8.89

add french fries to any sandwich.....\$1.99

add sweet potato fries to any sandwich.....\$2.99

## Salads

**Mesclun salad**- mixed field greens.....\$4.49

**Mesclun salad works**-mixed field greens, portabella mushrooms, feta cheese, tomatoes.....\$6.99

**House salad**-greenleaf lettuce, tomato, sprouts, cucumber, onion\* also available in a wrap.....\$6.99

•Dressing: homemade balsamic vinaigrette

## Starters

**Veggie chili**-black and kidney bean chili topped with mozzarella cheese.....\$5.29

**Sweet potato fries**.....\$5.29

**French fries**.....\$3.99

**Falafel balls** (3) with tahini sauce.....\$4.29

## Sides

Tabouli.....\$1.99

Guacamole..... \$2.50

Salsa.....\$1.50

Humus.....\$1.99

Tahini.....\$.95

Sour cream.....\$.95

## Kids

**Grilled cheese**.....\$3.99

with tomato.....\$4.79

**Natural peanut butter and jelly**.....\$3.99

(V)...Vegan

## Coffee

We are proud to offer Jim's Organic Coffee  
fair trade, shade grown

Hot.....Sm.\$1.99...Lrg.\$2.49  
Iced.....Sm..\$1.99....Med...\$2.49...Lrg.\$2.99  
Organic flavor shot.....add \$.79  
Froozies stainless steel mugs:  
\$15.00 (includes coffee).....refills...\$1.50

We carry bags of whole bean or ground coffee

## Mighty Leaf Tea

Organic flavors of black and green teas and herbal  
infusions

Hot.....\$2.49  
Fresh Brewed Iced Black Tea  
Sm \$1.99...Med \$2.49...Lrg \$2.99

## Big Train Frozen Drinks

Various flavors.....\$6.59

## Assorted Beverages

Hot Chocolate.....\$2.49  
Milk.....\$2.49  
Apple Juice .....Sm \$1.99 Med \$2.49 Lrg \$2.99  
Orange Juice.....Sm \$1.99 Med \$2.49 Lrg \$2.99  
Cranberry Juice.....Sm \$1.99 Med \$2.49 Lrg \$2.99  
Lemonade.....Sm \$1.99 Med \$2.49 Lrg \$2.99

## FROOZIES/ SMOOTHIES

try a smoothie for breakfast or lunch

**ALL** include 100% fruit juice and frozen banana

Sm \$5.29 Med \$5.99 Lrg \$6.89

- #1)Apple-Peach-Mixed Berry
- #2)Apple-Banana-Strawberry
- #3)Cranberry-Mango-Raspberry\*
- #4)Orange-Banana-Raspberry-Coconut\*
- #5)Orange-Mango-Peach
- #6)Pineapple-Peach-Strawberry
- #7)"Hangover cure"- everything except the  
blender.....One Size.....\$8.99

add a booster to your SMOOTHIE  
\$.79 each

### **Power Boosters:**

**Soy protein**-A good vegetable source of high quality  
complete protein that is very low in fat and carbohydrates

**Spirulina**-A blue-green microalgae "super food". An excel-  
lent source of many B vitamins, iron, other trace minerals  
and 19 out of the 20 amino acids.

**Energy Booster:** B Complex

**Immune Booster:** Vitamin C

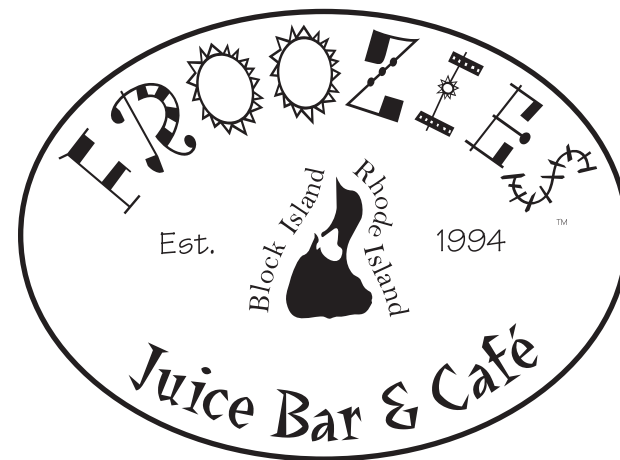
**Women's Nutrition:** all in one:

Calcium-magnesium-vitamin D

**Nutritional Support:** Stonyfield natural  
yogurt,soymilk, or natural peanut butter

Note: These products are not intended to treat, diagnose, cure or prevent  
disease, but rather are dietary supplements intended solely for nutritional  
support

Call ahead for your beach picnic  
Ask about Party Platters  
Prices Subject to Change



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