



# BREAKFAST (8am-11am)

## EGG SANDWICHES

offered solo -or- with side crispy hash browns

<b>THE STANDARD</b>	solo 3.99   6.99
fried egg on a bun	
add American cheese	.89
add Cabot cheddar	1.09
add bacon	.99
add sausage	1.09

<b>THE PATRIOT</b>	solo 6.99   9.99
egg, hash brown, bacon, grilled onions, mayo	

<b>MORNING RANCHER</b>	solo 6.99   9.99
egg, bacon, hash brown, crispy onions, ranch	

<b>KICKSTART</b>	solo 6.99   9.99
egg, bacon, pickled jalapeños, tomato, hot sauce	

<b>BREAKFAST B.L.T.</b>	solo 6.99   9.99
egg, bacon, lettuce, tomato, mayo	

<b>VERMONT</b>	solo 5.99   8.99
egg, bacon, maple mustard, shaved apple	

<b>'OL SCRAPPY</b>	solo 9.59   12.59
egg, sausage, hash brown, crispy onions, hot sauce, lettuce, ranch	

<b>BIG BEE</b>	solo 6.99   9.99
egg, sausage, shaved apple, hot honey	

<b>CHICKEN &amp; WAFFLES</b>	solo 10.99   13.99
crispy chicken, bacon, apple, maple mayo, on a waffle bun	

<b>THE KEVAN</b>	solo 9.59   12.59
egg, hash brown, sausage, maple mayo, crispy onions, Nashville sauce	

## KIDS & SIDES

<b>KIDS BREAKFAST SAMMIE</b>	3.99
fried egg on a bun	

<b>PANCAKE BITES</b>	5.99
dusted with cinnamon sugar, with a side of real maple syrup	

<b>SIDE HASH BROWNS</b>	3.29
-------------------------	------

<b>SIDE BACON</b>	1.99
-------------------	------

<b>ORANGE JUICE</b>	3.29
---------------------	------

## BREAKFAST BOWLS

GF grains & sweet potato blend

<b>RANCH HAND</b>	12.99
two fried eggs, cheddar cheese, crispy onions, ranch drizzle	

<b>RESOLUTION</b>	14.99
two fried eggs, roasted broccoli, sliced apple, sunflower seeds, hemp seeds, maple mustard drizzle	

<b>AMERICANO</b>	13.99
two fried eggs, American cheese, bacon, grilled onion, hot sauce drizzle	

<b>THE GENERAL</b>	13.99
two fried eggs, roasted carrots & broccoli, spicy scallion slaw, sesame seeds, General Tso sauce	

<b>TZATZIKI</b>	13.99
two fried eggs, cherry tomatoes, roasted peppers, tzatziki sauce	

<b>AMIGO</b>	14.99
two fried eggs, bacon, cheddar cheese, cherry tomatoes, chili-lime crema, taco seasonings	

\*eggs are cooked on a surface that also cooks meat products\*

## SMOOTHIES

nut free, dairy free, gluten free 7.99 (16oz)

<b>MOCHA</b>	
soy milk, banana, cold brew espresso, chocolate	

<b>BERRY BANANA</b>	
soy milk, strawberry, banana, honey	

<b>PIÑA COLADA</b>	
soy milk, banana, pineapple	

<b>PURPLE HAZE</b>	
soy milk, blueberry, banana	

<b>STRAWBERRY KISS</b>	
soy milk, pineapple, strawberry, honey	

<b>VERY BERRY</b>	
soy milk, strawberry, blueberry, honey	

<b>ADD PLANT PROTEIN TO ANY SMOOTHIE (13g)</b>	2.00
--	------

add a scoop of Sprout Living organic plant protein powder. no additives, vegan, gluten-free. made with chia seeds, pumpkin seeds, & yellow pea.

## HOT CLASSICS

<b>HOT COFFEE</b>	2.99
-------------------	------

<b>ESPRESSO</b>	2.49
-----------------	------

<b>CAPPUCCINO</b>	3.99
-------------------	------

<b>AMERICANO</b>	2.49
------------------	------

<b>HOT TEA</b>	1.99
----------------	------

<b>LATTE</b>	3.99   4.99
--------------	-------------

<b>MOCHA</b>	3.99   4.99
--------------	-------------

<b>CHAI LATTE</b>	3.99   4.99
-------------------	-------------

## ICED CLASSICS

<b>ICED COFFEE</b>	3.99
--------------------	------

<b>ICED LATTE</b>	4.99
-------------------	------

<b>ICED MOCHA</b>	4.99
-------------------	------

<b>ICED CHAI LATTE</b>	4.99
------------------------	------

## HOUSE DRINKS

hot -or- iced

<b>HONEY HAZE</b>	5.99   6.99
latte with honey & cinnamon	

<b>MAPLE DELIGHT</b>	5.99   6.99
latte with maple & vanilla	

<b>DIRTY CHAI</b>	5.99   6.99
chai latte with espresso & honey	

<b>LAVENDER HONEY LATTE</b>	5.99   6.99
latte with lavender & honey	

<b>MILK CHOICES</b>	
whole milk   soy milk   oat milk	

## ADDITIONS

<b>EXTRA ESPRESSO SHOT</b>	1.50
----------------------------	------

<b>VERMONT MAPLE SYRUP</b>	.75
----------------------------	-----

<b>VANILLA</b>	.75
----------------	-----

<b>CARAMEL</b>	.75
----------------	-----

<b>CHOCOLATE</b>	.75
------------------	-----

<b>HONEY</b>	.50
--------------	-----

Consuming raw and undercooked food may lead to foodborne illness.



# BREAKFAST (8am-11am)

## EGG SANDWICHES

offered solo -or- with side crispy hash browns

<b>THE STANDARD</b>	solo 3.99   6.99
fried egg on a bun	
add American cheese	.89
add Cabot cheddar	1.09
add bacon	.99
add sausage	1.09

<b>THE PATRIOT</b>	solo 6.99   9.99
egg, hash brown, bacon, grilled onions, mayo	

<b>MORNING RANCHER</b>	solo 6.99   9.99
egg, bacon, hash brown, crispy onions, ranch	

<b>KICKSTART</b>	solo 6.99   9.99
egg, bacon, pickled jalapeños, tomato, hot sauce	

<b>BREAKFAST B.L.T.</b>	solo 6.99   9.99
egg, bacon, lettuce, tomato, mayo	

<b>VERMONTER</b>	solo 5.99   8.99
egg, bacon, maple mustard, shaved apple	

<b>'OL SCRAPPY</b>	solo 9.59   12.59
egg, sausage, hash brown, crispy onions, hot sauce, lettuce, ranch	

<b>BIG BEE</b>	solo 6.99   9.99
egg, sausage, shaved apple, hot honey	

<b>CHICKEN &amp; WAFFLES</b>	solo 10.99   13.99
crispy chicken, bacon, apple, maple mayo, on a waffle bun	

## KIDS & SIDES

<b>KIDS BREAKFAST SAMMIE</b>	3.99
fried egg on a bun	

<b>PANCAKE BITES</b>	5.99
dusted with cinnamon sugar, with a side of real maple syrup	

<b>SIDE HASH BROWNS</b>	3.29
-------------------------	------

<b>SIDE BACON</b>	1.99
-------------------	------

<b>ORANGE JUICE</b>	3.29
---------------------	------

Consuming raw and undercooked food may lead to foodborne illness.

## BREAKFAST BOWLS

*GF grains & sweet potato blend*

<b>RANCH HAND</b>	12.99
two fried eggs, cheddar cheese, crispy onions, ranch drizzle	

<b>RESOLUTION</b>	14.99
two fried eggs, roasted broccoli, sliced apple, sunflower seeds, hemp seeds, maple mustard drizzle	

<b>AMERICANO</b>	13.99
two fried eggs, American cheese, bacon, grilled onion, hot sauce drizzle	

<b>THE GENERAL</b>	13.99
two fried eggs, roasted carrots & broccoli, spicy scallion slaw, sesame seeds, General Tso sauce	

<b>TZATSIKI</b>	13.99
two fried eggs, cherry tomatoes, roasted peppers, tzatziki sauce	

<b>AMIGO</b>	14.99
two fried eggs, bacon, cheddar cheese, cherry tomatoes, chili-lime crema, taco seasonings	

*\*eggs are cooked on a surface that also cooks meat products\**

## SMOOTHIES

*nut free, dairy free, gluten free* 7.99 (16oz)

<b>MOCHA</b>	
soy milk, banana, cold brew espresso, chocolate	

<b>BERRY BANANA</b>	
soy milk, strawberry, banana, honey	

<b>PIÑA COLADA</b>	
soy milk, banana, pineapple	

<b>PURPLE HAZE</b>	
soy milk, blueberry, banana	

<b>STRAWBERRY KISS</b>	
soy milk, pineapple, strawberry, honey	

<b>VERY BERRY</b>	
soy milk, strawberry, blueberry, honey	

<b>ADD PLANT PROTEIN TO ANY SMOOTHIE (13g)</b>	2.00
--	------

add a scoop of Sprout Living organic plant protein powder. no additives, vegan, gluten -free. made with chia seeds, pumpkin seeds, & yellow pea.

## HOT CLASSICS

<b>HOT COFFEE</b>	2.99
-------------------	------

<b>ESPRESSO</b>	2.49
-----------------	------

<b>CAPPUCCINO</b>	3.99
-------------------	------

<b>AMERICANO</b>	2.49
------------------	------

<b>HOT TEA</b>	1.99
----------------	------

<b>LATTE</b>	3.99   4.99
--------------	-------------

<b>MOCHA</b>	3.99   4.99
--------------	-------------

<b>CHAI LATTE</b>	3.99   4.99
-------------------	-------------

## ICED CLASSICS

<b>ICED COFFEE</b>	3.99
--------------------	------

<b>ICED LATTE</b>	4.99
-------------------	------

<b>ICED MOCHA</b>	4.99
-------------------	------

<b>ICED CHAI LATTE</b>	4.99
------------------------	------

## HOUSE DRINKS

*hot -or- iced*

<b>HONEY HAZE</b>	5.99   6.99
latte with honey & cinnamon	

<b>MAPLE DELIGHT</b>	5.99   6.99
latte with maple & vanilla	

<b>DIRTY CHAI</b>	5.99-6.99
chai latte with espresso & honey	

<b>LAVENDER HONEY LATTE</b>	5.99-6.99
latte with lavender & honey	

<b>MILK CHOICES</b>	
whole milk   soy milk   oat milk	

## ADDITIONS

<b>EXTRA ESPRESSO SHOT</b>	1.50
----------------------------	------

<b>VERMONT MAPLE SYRUP</b>	.75
----------------------------	-----

<b>VANILLA</b>	.75
----------------	-----

<b>CARAMEL</b>	.75
----------------	-----

<b>CHOCOLATE</b>	.75
------------------	-----

<b>HONEY</b>	.50
--------------	-----