DELI MENU

AVAILABLE TUESDAY - SATURDAY

CALL TO ORDER

802-485-4551

SALAD

Health

spinach, sliced apple, roasted walnut, dried cranberry, local goat cheese with side of house balsamic vinaigrette

House

greens, tomato, carrot, red onion with choice of dressing

KIDS

Grilled Cheese

cheddar and American Cheese on house white or wheat bread

PB & J

strawberry jam, peanut butter on house white or wheat bread.

Smoothie

strawberries, banana, milk

SANDWICH

gluten free bread available

BLT - Classic or Club

bacon, tomato, greens, mayo on our toasted white bread. add sliced turkey for club

Grilled Cheese Your Way

Our classic grilled cheese on your choice of bread.

Make it special by adding any of the following:

Apple slices, Bacon, Ham, Tomatoes, Honey Mustard,

HOT PANINI

Caprese

fresh mozzarella, tomato, pesto, balsamic drizzle pressed on our focaccia bread

Northfielder

house roast beef, caramelized onions, cheddar, tomato, horseradish mayo pressed on our focaccia bread

Three Bridge

sliced turkey, bacon, cheddar, tomato, chipotle aioli pressed on our focaccia bread

Turkey Bacon & Apple Butter

sliced turkey, bacon, cheddar, apple butter pressed on our focaccia bread

Vinny's Favorite

grilled chicken, fresh mozzarella, roasted red peppers, pesto mayo pressed on our focaccia bread.

KITCHEN MENU

FRIDAY 10 AM - 6 PM CALL TO ORDER 802-485-4551

FRIDAY MENU HOT SANDWICHES

Chipotle Chicken

with grilled or fried chicken, VT pepper jack, greens and chipotle aioli on toasted white bread

Chicken Bacon Ranch

with grilled or fried chicken, VT cheddar, bacon, lettuce, tomato, onion and ranch dressing in a wras

FRIDAY MENU PIZZAS

all pizzas are 18" N.Y. style thin crust, hand-tossed

Classic Cheese

with house red sauce, shredded Italian mozzarella

Pepperoni

with house red sauce, shredded Italian mozzarella, pepperoni

Chicken Parmesan

with house red sauce, breaded fried chicken and Italian mozzarella

Meat Lovers

with our fennel sausage, meatball, pepperoni, Italian mozzarella, and house red sauce

Pesto Veggie

with spinach, sun-dried tomatoes, onions, roasted garlic, black olives, house basil pesto, and Italian mozzarella

Supreme Veggie

with mushrooms, onions, green peppers, broccoli, house red sauce and Italian mozzarella

The Great White

with roasted garlic, fresh mozzarella and olive oil take home our pizza crust or a pizza kit!

FRIDAY MENU BURGERS

burgers are served with a side of house cut fries. sweet potato fries available for an upcharge

Beef Burger

with Vermont ground beef, greens, tomato, onion and pickles on a brioche bun. Add cheese +\$1

FGS Bacon Cheese Burger

with Vermont ground beef, bacon, VT cheddar, greens, tomato, onion, pickles and garlic aioli on a brioche bun

Yogi Burger

with a blend of organic/natural legumes and vegetables served with caramelized onions, garlic aioli and greens on a brioche bun

BREAKFAST MENU

SATURDAY 9:00 AM - 2:00 PM

CALL TO ORDER 802-485-4551

SANDWICHES

gluten free bread available

Classic

with two eggs cooked your way, VT cheddar cheese on house English muffin or baguette. Add bacon or house maple sausage +\$3

Burrito

with scrambled eggs, home fries, VT cheddar cheese in a wrap. Add bacon or house maple sausage +\$3

The Usual

with two eggs your way, VT cheddar, spinach, tomato, onion, bacon or house maple sausage and chipotle aioli on a baguette.

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ESPRESSO & MORE

Americano (12 oz)

Cappuccino (8/12/16 oz)

Chai Latte (12/16 oz)*

Latte (8/12/16 oz)*

Maple | Mocha | Vanilla | Almond

Iced Frappe (24 oz)

Espresso | Maple | Mocha

Golden Milk (12 oz)

a blend of turmeric, black pepper, ginger and Ashwaghandha with almond milk

CBD-Infused Lattes (12 oz)

Chai | Honey Matcha | Peppermint Mocha

Rich Hot Chocolate (12 oz)

Cold Brew (16/24 oz)

SMOOTHIES

24 oz - \$9.50

Bahamas Breeze

protein powder, strawberries, mango, peach, coconut oil, agave and coconut milk

Banana Mocha Latte

espresso, banana, cocoa mojo, cinnamon and milk

King of the Jungle

spinach, mango, pineapple. banana and almond milk

Acai Immunity Booster

acai, kale, spinach, banana, blueberry, pineapple, orange juice

Kickstarter

acai, banana, strawberry, blueberry, granola, agave, coconut milk

Monkey Business

banana, blueberries, strawberry, yogurt, shredded coconut and orange juice

Strawberry Fields

strawberries, pineapple, banana, vanilla, coconut oil and coconut water

The Dragon

dragonfruit, pineapple, mango and orange juice

Tropical Bliss

coconut puree, pineapple, mango, shredded coconut, vanilla, coconut water

Kids Smoothie (12 oz)

banana, strawberries and milk

ICE CREAM

Milkshake (24 oz)

chocolate, vanilla, strawberry, mint chocolate chip, sea salt caramel, maple walnut, black raspberry

Scooped Ice cream & Creemees

maple creemees from May - Oct scooped ice cream all year round