

ESPRESSO DRINKS

Latte	\$5.50
Cappuccino	\$5.50
Americano	\$3.50
Hot Chocolate	\$3.70
Espresso	
Single	\$2.70
Double	\$3.10
Triple	\$3.40
Flavor Shots	\$0.90
Mocha	
Caramel	
Vanilla	
Honey Agave	
Hazelnut	
Sugar Free Vanilla	
Seasonal	
Non-Dairy Creamers	\$0.90
Almond	
Oat	
Soy	



Please note: Coffee club cards are only redeemable for drip coffee (no extras)

HOT TEA

12oz – \$2.10

Black Teas	English Breakfast
	Earl Grey
	Chai
	Decaf
Green Teas	Green Cloud
	Jasmine
Herbal Teas	Peppermint
	Chamomile

SIX SEASONS DRIP

Small – 12oz	\$3.00
Medium – 16oz	\$3.40
Large – 20oz	\$3.70
Iced – 16oz	\$3.20

SMOOTHIES

Strawberry Banana	\$5.40
Blueberry Banana	\$5.40
Mixed Berry	\$5.40
Mango	\$5.40

TEA LATTES

London Fog	\$3.90
Country Fog	\$3.90
Champlain Mist	\$3.90
Chai	\$5.40
Matcha Green Tea	\$5.40

BREAKFAST FLATS

Turkey Bacon (\$7.30)

(milk, eggs, wheat, soy, gluten)

Cage free eggs, turkey bacon, swiss cheese, and baby spinach on Naan

Cal
444

Bistro Riser (\$7.30)

(milk, eggs, wheat, soy, gluten)

Cage free eggs, sausage patty, American cheese, and hash brown patty on Naan

Cal
775

BAKED GOODS

Muffins

\$2.90

Cinnamon Rolls

\$2.80

Filled Croissants

\$3.90

SOME LIKE IT HOTTER!

Add a Medium (16oz) Drip coffee to any Breakfast Sandwich or Flat for only \$1.00



2000 calories a day is used for a general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BYO SANDWICHES

Egg & Cheese (\$5.30)

(milk, eggs, wheat, soy, gluten,)

Cage free eggs & American cheese

Cal
398-
484

Egg, Cheese & Meat (\$7.30)

(milk, eggs, wheat, soy, gluten)

Cage free eggs, American cheese, & choice of sausage, bacon, ham, turkey bacon, or veggie sausage

Cal
453-
655

All BYO Breakfast Sandwiches served on your choice of plain bagel, English muffin, or Naan

& MORE!

Toasted Bagel w/ Cream Cheese

\$4.00

Hash Brown

\$1.20

FLATS, WRAPS & MORE

Caprese Flatbread (\$9.40)

(milk, eggs, wheat, tree nuts, soy, gluten)

Fresh Maplebrook mozzarella, sliced tomato, pesto, and spinach on Naan

Cal
447

Chicken Salad Croissant (\$9.30)

(eggs, wheat, soy, gluten)

House made chicken salad with raisins, Champlain Orchards apples, scallions, fresh parsley and mayo with Little Leaf Farms spring mix in a wrap

Cal
578

VT Maple BBQ Chicken

Pizzetta (\$9.30)

(milk, eggs, wheat, soy, gluten)

VT maple infused BBQ Sauce, diced chicken, red onion, shredded mozzarella on a Naan Flatbread

Cal
478

Pulled Pork Sandwich (\$9.30)

(eggs, wheat, gluten)

Pulled pork, local Proctor maple syrup infused BBQ sauce, and coleslaw on a Kaiser roll

Cal
703



DUOZ

Create your own dynamic duo!

\$6.90

Choose any Half Core Sandwich &
The Soup of the Day

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CORE SANDWICHES

Turkey Club (\$9.30)

(milk, eggs, wheat, soy, gluten, mustard)

Sliced turkey, North Country Smokehouse bacon, Cabot cheddar, lettuce, tomato, and choice of bistro sauce on a baguette

Cal
590

Ham, Swiss & Onion (\$9.30)

(milk, eggs, wheat, soy, gluten, mustard)

Local Green Forest ham, Swiss caramelized onions, lettuce, tomato, and choice of bistro sauce on a baguette

Cal
665

Portobello Rustico (\$9.30)

(milk, eggs, wheat, soy, gluten, mustard)

Roasted balsamic marinated portobello mushrooms, roasted salsa, fresh Maplebrook mozzarella, spinach, and choice of bistro sauce on baguette

Cal
500

SOUP OF THE DAY

8oz ~ \$3.40

12oz ~ \$4.40