

ESPRESSO DRINKS

Latte	\$5.29
Cappuccino	\$5.29
Americano	\$3.39
Hot Chocolate	\$3.59
Espresso	
Single	\$2.59
Double	\$2.99
Triple	\$3.29
Flavor Shots	\$0.89
Mocha	
Caramel	
Vanilla	
Honey Agave	
Hazelnut	
Sugar Free Vanilla	
Seasonal	
Non-Dairy Creamers	\$0.89
Almond	
Oat	
Soy	



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

HOT TEA

12oz – \$1.99

Black Teas

English Breakfast
Earl Grey
Chai
Decaf

Green Teas

Green Cloud
Jasmine

Herbal Teas

Peppermint
Chamomile

SIX SEASONS DRIP

Small – 12oz	\$2.89
Medium – 16oz	\$3.29
Large – 20oz	\$3.59
Iced – 16oz	\$3.09

SMOOTHIES

Strawberry Banana	\$5.19
Blueberry Banana	\$5.19
Mixed Berry	\$5.19
Mango	\$5.19

TEA LATTES

London Fog	\$3.79
Country Fog	\$3.79
Champlain Mist	\$3.79
Chai	\$5.29
Matcha Green Tea	\$5.29

BREAKFAST FLATS

Turkey Bacon (\$6.99)

(milk, eggs, wheat, soy, gluten)

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

Cal
444

Bistro Riser (\$6.99)

(milk, eggs, wheat, soy, gluten)

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

Cal
775

BAKED GOODS

Muffins

\$2.79

Cinnamon Rolls

\$2.69

Filled Croissants

\$3.79

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 (\$5.09)

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

Cage free eggs & American cheese

Cal
398-
484

Egg, Cheese & Meat (\$6.99)

(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

\$3.89

Hash Brown

\$1.19

FLATS, WRAPS & MORE

Caprese Flatbread (\$8.99)

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

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

Cal
447

Chicken Salad Wrap (8.99)

(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

Chipotle Chicken Pizzetta (\$8.99)

(milk, eggs, wheat, soy, gluten)

Roasted corn salsa, chipotle chicken and shredded mozzarella on a Naan flatbread

Cal
480

Pulled Pork Sandwich (8.99)

(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!

\$6.69

Choose any Half Core Sandwich & The Soup of the Day

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CORE SANDWICHES

Turkey Club (\$8.99)

(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 (\$8.99)

(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 (\$8.99)

(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/12oz/Petit Boule ~ \$3.39/\$4.39/\$6.69

Now serving Bread Bowls!