



Sandwich Bar

Turkey, ham, Cabot cheddar, Swiss and American

Egg, Chicken, Tuna and Ham salad

Salad Bar/Grab & Go

Available daily with a variety of fresh vegetables, legumes, cheese and other accoutrements sourced locally whenever possible

Local Products

Cheese: Cheddar & Cottage Cabot, Vermont

Eggs: Pete & Gerry's from Monroe New Hampshire

Chicken: Sustainably raised chicken breast (antibiotic free, veggie diet, cage free)

Turkey: Sustainably raised turkey breast (antibiotic free, veggie diet, cage free)

Beef: Local grown in Derby, VT, Spring Hill Farms (organic, grass fed)

Please ask a server if you have questions about our products or ingredients. Please let us know if you have food allergies or intolerances. We will be happy to assist you in any way we can.

Monday

Chop Suey \$4.25

Elbow macaroni, local ground beef and homemade sauce, topped with mozzarella cheese

Quiche Florentine \$3.85

Tomatoes, spinach, eggs and Swiss cheese baked into a flaky pie crust

Tuesday

Roasted Pork loin \$4.25

Duberton farms

GF

Lasagna

3 cheese medley, pasta and red sauce

Wednesday

Turkey Dinner \$4.25

Turkey breast, stuffing, gravy

GF

Vegetable Enchilada Casserole \$3.85

Cauliflower, yams, onion, peepers jack cheese, herbs and spices layered with flour tortillas

Thursday

Herb Crusted Sirloin \$4.25

Fresh herbs, Choice Sirloin slow roasted

GF

Black bean and Sweet Potato Chili \$3.85

Don't forget the hot sauce

GF

Friday

Oven Fried Haddock \$4.50

Northern Atlantic caught

Hummus Wrap \$3.85

Feta cheese, spinach, artichokes, roasted red peppers and green onions mixed with garlicky

Hummus and wrapped in a flour tortilla