



Light & Sweet

Ancient & Whole Grain Pancakes // 11

Whole-grain pancakes with flaxseed, quinoa, amaranth, and blueberries. Served with butter, real Vermont maple syrup, and fresh fruit.

Pancake Special // 11

A weekly pancake special with ingredients and accompaniments selected by our chefs. Served with fresh fruit.

Buttermilk Pancakes // 10 *

Served with butter, real Vermont maple syrup and fresh fruit.

French Toast // 10

Sliced egg bread dipped in cinnamon-vanilla batter and grilled, dusted with powdered sugar and served with whipped butter, real Vermont maple syrup, and fresh fruit.

(All pancakes are served as short stacks.)

Lunch

The Original Bar & Grill Burger // 12 **

1/2 pound hand-made grilled patty with your choice of white cheddar, Swiss, or pepper jack cheese. Served with butter lettuce, sliced tomato, red onion, and pickle slices on a Kaiser roll.

Mac & Cheese // 13

White cheddar, Parmigiana, Gouda, and Fontina cheeses, fresh cream, and shell pasta.

Cobb Salad // 14 // 9

Mixed greens, grilled chicken, heirloom tomatoes, avocado, Applewood smoked bacon, Gorgonzola cheese, hard-cooked egg, scallions, and Kalamata olives, tossed with a creamy red wine vinaigrette.

All sandwiches are served with shoestring fries. Sub sweet potato or truffle fries for \$1, or house salad for \$3.

Baby Spinach Salad // 8

Fresh spinach leaves, hard-cooked eggs, Applewood smoked bacon, tossed with honey-infused mustard dressing.

Fish & Chips // 12

Battered and deep-fried cod, shoestring fries, house made coleslaw and tarter sauce.

Cubano Sandwich // 15

A traditional Cuban sandwich with Metro-deli ham, roasted pork, sliced pickles, mustard, and Swiss cheese. Served warm.

Ahi Tuna Poké Bowl // 12 **

Sashimi grade Ahi tuna marinated in a soy-sesame oil blend, topped with scallions, roasted peanuts, and wasabi aioli, served with wonton chips and finished with sesame seeds.

Beverages

Soft Drinks // 2.5

Coca-Cola, Diet Coke, Sprite, Root Beer, Dr. Pepper, Ginger Ale, Lemonade

Coffee Service // 2.5

Iced Tea // 2.5

Hot Tea // 2.5

San Pellegrino // 3.5

Lemonade // 2.5

Grapefruit Juice // 3

Orange juice // 3

Milk // 3

*** New Menu Item**

****** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.





Breakfast

Dr. Frackelton's Breakfast // 11 **

Two eggs cooked to order, Applewood smoked bacon, link sausage, or turkey sausage patties and house made potatoes, buttermilk biscuit, and fresh fruit.

Eggs Benedict // 12 * **

A traditional benedict with two poached eggs over Canadian bacon and a toasted English muffin. Served with Hollandaise, house made potatoes, and fresh fruit.

Omelette Special // 12 *

Three egg omelette filled with fresh seasonal ingredients selected by our Chefs. Served with house made potatoes, a buttermilk biscuit, and fresh fruit.

Biscuits & Gravy // 11 **

Fresh baked biscuits, two eggs cooked to order, smothered in house made sausage gravy.

Steak and Eggs // 15 **

6 oz. flatiron steak, two eggs cooked to order, served with house made potatoes, a buttermilk biscuit, and fresh fruit.

Chorizo Breakfast Burrito // 14 * **

Scrambled eggs, chorizo, and breakfast potatoes, wrapped in a flour tortilla, smothered in our Chef's pork green chili and topped with a Monterey Jack and cheddar cheese blend and house made crema.

Vegetarian Burrito // 12 * **

Scrambled eggs, black beans, pepper relish, breakfast potatoes, wrapped in a flour tortilla, smothered in verde sauce and topped with a Monterey Jack and Cheddar cheese blend, and house made crema.

Original Huevos // 14 **

Stewed black beans, crisp corn tortillas, melted cheddar-jack cheese, two eggs cooked to order, chile Colorado sauce, fresh guacamole and pico de gallo, topped with house made crema.

Breakfast Burger // 12 * **

6 oz. burger topped with white cheddar cheese and fried egg aioli, served on a toasted brioche, with avocado purée, bacon, and a fried egg.

Breakfast Salad // 9 *

Granola alongside strawberry Greek yogurt sweetened with honey, topped with toasted almonds and chocolate chips. Served with fresh fruit.

Sides

1 Slice Toast // 1.50

2 Slices Toast // 3

House Potatoes // 3

One Egg // 2

Hollandaise // 2

Sausage Gravy // 3

Applewood Smoked Bacon // 3

Link Sausage // 3

Turkey Sausage // 3

Guacamole // 2

Pico de Gallo // 2

Sour Cream // 2

Biscuit // 2

Fresh Fruit // 3

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