

# breakfast all day

# sandwiches, bowls, soups

## egg sandwiches



on a bagel, artisan bread or wrap from Nellie's cage-free chicks at Pete & Gerry's family farms, Monroe, NH

**Scrambled Local Eggs 3.99**

**Scrambled Eggs + Vermont Cheddar or Provolone 4.49**

**Eggs + Naturally-cured Bacon, Ham or Sausage + Cheese 5.49**

**Eggs, Spinach & Cheese 4.99**

**Western** grilled on a GMO-free wrap **6.49**

eggs + naturally-cured, ham, Vermont cheddar, tomato, roast red pepper, roast onion

**Huevos Hamcheros** grilled on a GMO-free wrap **5.99**

eggs + naturally-cured, no nitrate/nitrite ham, cheese, salsa

**Sunrise Grilled Burrito** GMO-free **8.49**

eggs, bacon, quinoa, avocado, sweet potato, Vt cheddar, pico de gallo

**Sausage Kale Grilled Burrito** GMO-free **8.49**

eggs, quinoa, baby kale, sweet potato, roast red pepper, Vermont goat cheese, Vermont maple dijonaise

**lettuce, tomato, red onion or sprouts + 50¢ each**

**GF** gluten-free options available for sandwiches and muffins

## fruit & yogurt

**Fresh Fruit Cup 3.69**

hand-cut and made daily with cantaloupe, honeydew melon, pineapple, grapes

**Stonyfield® Yogurt Parfait 3.69**

organic Stonyfield yogurt, raspberries, wild Maine blueberries, house-made granola

**Stonyfield® Yogurt cups 1.49**

blueberry or strawberry organic Stonyfield yogurt

## ancient grain power bowls



**Smoked Salmon** organic quinoa with avocado, hadboiled egg, seasoned tomato, pesto **10.99**

**Bacon Avocado** organic quinoa with spinach, seasoned tomato, sriracha sweet chili sauce **8.99**

## traditional NY bagels

boiled and baked with unbleached, unbromated flour

**One 1.39 Half Dozen 6.99 Baker's Dozen 11.99**

**Sliced Smoked Salmon on a Traditional Bagel 8.49**

thinly-sliced, fresh, cold-smoked kosher salmon, tomato, red onion, capers, veggie cream cheese

## Vermont cream cheese

hormone-free from Enosburg Falls family farms

**Schmear on a Traditional Bagel 2.99**

plain cream cheese or our daily hand-blended flavors: veggie, herb, scallion, bacon scallion, olive, maple raisin walnut + seasonal flavors

**Smoked Salmon Cream Cheese on a Traditional Bagel 3.49**

plain cream cheese, hand-blended with smoked kosher salmon

**Schmear o' Tofutti® on a Traditional Bagel 3.49**

dairy-free plain or veggie

**8 oz. Tub Plain or Hand-blended Flavored Vermont Cream Cheese 3.79**

**8 oz. Tub Hand-blended Smoked Salmon Cream Cheese 4.29**

## estate-grown coffee

	12 oz	16 oz	20 oz
<b>La Minita's Hacienda Rio Negro</b>	<b>1.99</b>	<b>2.29</b>	<b>2.49</b>
single estate, rainforest alliance certified coffee			

	single	double
<b>Cappuccino or Latté</b>	<b>3.69</b>	<b>4.69</b>
<b>Mocha Latté</b>	<b>3.99</b>	<b>4.99</b>

**24-hour Cold Brew 3.79** 24 oz

**Iced Rio Negro Coffee or Iced Brewed Tea 2.79** 24 oz

**Brain Freeze Frozen Coffee Shake (seasonal) 4.49** 24 oz

**Harney & Sons Whole Leaf Sachet Tea 2.29**

**Oregon Chai® (iced Chai 24 oz only) 2.99 3.49 3.99**

**Hot Chocolate 1.99 2.49 2.99**

## house-made mac & cheese

**Mac & Vermont Cheddar** little mac **4.49** big mac **6.99**

+ all-natural roast chicken, broccoli, pesto, tomato, Parmesan **10.99**

+ caramelized bacon, roasted onion, tomato, scallion **9.99**

+ naturally cured ham, roasted onion, granny smith apples **8.99**

+ baby kale, roasted red pepper & onion, VT goat cheese **9.49**

## artisan sandwiches

all-natural hand-formed hearth-baked breads, GMO-free wraps

**Turkey Avocado Bacon 8.69**

roast turkey, carmelized bacon, kale, tomato, mayo on sourdough

**Sliced Smoked Salmon 8.49**

thinly-sliced, fresh cold-smoked salmon, tomato, red onion, capers, veggie cream cheese on a traditional bagel

**Dagwood 8.69 Double Dag 10.69** twice the meat

roast turkey, ham and bacon, provolone, tomato, mayo on sourdough

**Hearty Hummus (vegan) 7.49**

house-made hummus, tomato, baby spinach, roast red pepper, cukes, sprouts on ancient grain wrap

**California Salmon Roll 8.99**

thinly-sliced, fresh cold-smoked salmon, avocado, cucumber, red onion, spinach, quinoa, sweet chili cream cheese on a spinach wrap

**BLT 7.69**

naturally-cured crisp bacon, lettuce, tomato, mayo on sourdough

**Fresh Mozzarella 7.69**

mozzarella, roasted red pepper, spinach, pesto on French batard

**Cape Cod Chicken Salad 7.99**

house-made chicken salad, sweet potato, carrot, craisins, almonds

**Farmer's Veggie & Cheese 7.49**

Vermont cheddar, tomato, onion, carrot, cuke, mayo, Vt maple Dijon

## grilled paninis

**Super Chicken Panini 8.49**

grilled all-natural chicken, Vermont cheddar, tomato, roasted onion, baby spinach, red pepper aioli on sourdough

**Thai-marinated Chicken Panini Wrap 7.99**

marinated all-natural chicken, peanut sauce, braised cabbage, roasted red pepper, carrot, mesclun, sesame ginger dressing

**Ham Cheddar Apple Panini 7.99**

naturally-cured ham, Vermont cheddar, granny smith apple, toasted almonds, Vermont maple Dijonnaise on multigrain

**Roasted Artichoke Panini 7.99**

roasted artichoke hearts, provolone, baby spinach, tomato, pesto

**Tuna Melt Panini 7.49**

house-made dolphin-free albacore tuna salad, VT cheddar, tomato

**GF** gluten-free whole grain bread + 50¢

## organic-quinoa bowls



gluten-free blend of four organic ancient grains

**Smoked Salmon 10.99**

thinly-sliced, fresh cold-smoked kosher salmon, avocado, hardboiled egg, tomato, pesto, lemon vinaigrette

**Bacon Avocado 8.99**

hardboiled egg, carmelized bacon, baby spinach, seasoned tomato, sriracha sweet chili sauce

**Sesame Ginger Chicken 9.69**

roasted broccoli, braised cabbage, pineapple mango salsa, scallions, sweet chili sauce

**Chicken Pesto 9.69**

roasted red pepper, spinach, tomato, parmesan, pesto

**Mediterranean 8.69**

roasted artichoke hearts, tomato, baby spinach, kalamata olives, feta, lemon vinaigrette

**Indian Summer (vegan) 8.69**

roasted sweet potato, garbanzo beans & red onion, baby spinach, toasted almonds, balsamic vinaigrette

## hearty soups

made from scratch, no MSG

**Soups du Jour 3.99**

could be lentil, tomato basil, broccoli cheddar, chicken rice, roasted vegetable, beefy barley & more

**Chilis & Chowders 4.69**

buttery clam chowder or warm-you-from-the-inside veggie chili

## two's a meal

**Choose Two 9.69** sliced smoked salmon not included

- half sandwich or grilled panini on fresh artisan bread
- small garden salad, house-made dressing
- bowl of soup, chili or chowder
- small mac & cheese

price, weight and availability subject to change

# salads

# smoothies

our promise  
to you

## seasonal local greens

all our dressings are made in-house from scratch  
add chicken to any salad +1.99

### Kale Quinoa Chicken Caesar 9.49

all-natural chicken, Parmesan cheese, house-made  
sourdough croutons on baby kale with Caesar dressing

### Thai Chicken 9.69

sweet-chili glazed all-natural chicken, braised red cabbage,  
edamame, carrot, roasted red pepper, sprouts, toasted  
almonds on mesclun and with sesame ginger dressing.

### Vermont Cobb 9.99

all-natural chicken, naturally-cured caramelized bacon,  
avocado, hardboiled egg, Vermont goat cheese, tomato, on  
mesclun with avocado ranch dressing

### Mango Pineapple Chicken 8.99

spiced, grilled all-natural chicken, mango-pineapple salsa,  
tomato, pineapple on mesclun with avocado ranch dressing

### The Feta Greek 8.49

feta cheese, garbanzo beans, kalamata olives, tomato,  
roasted red onion on mesclun with Greek dressing

### The Mediterranean 8.49

fresh mozzarella, tomato, roasted artichoke hearts,  
roasted red pepper, roasted red onion on baby spinach with  
lemon vinaigrette



## fresh, handmade smoothies

with Stonyfield® organic yogurt and real fruits & veggies

12 oz. 4.79    24 oz. 6.99

### The Classic

strawberry, banana, orange juice

### Honey Bear

banana, non-fat vanilla organic yogurt, honey, wheat germ

### Berry-Licious

wild Maine blueberry, raspberry, non-fat vanilla organic yogurt,  
apple juice

### Another Day in Paradise

mango, pineapple, pomegranate limeade, apple juice

### Tropical Sunrise

mango, pineapple, banana, orange juice

### Carrot Mango

carrot, mango, banana, orange juice

### Kale Krush

baby kale, pineapple, banana, apple juice

### Avocado Banana

avocado, banana, non-fat vanilla organic yogurt, honey,  
almond milk

### Green Machine

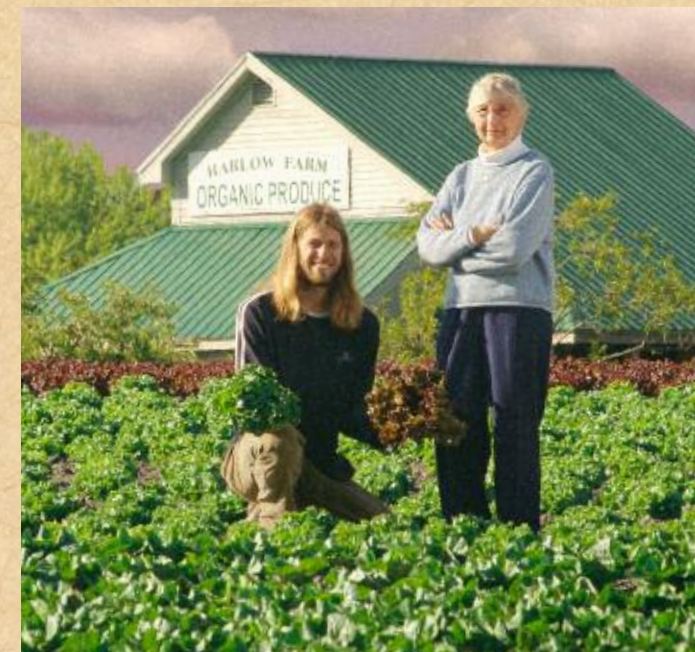
spinach, almonds, banana, honey, wheat germ, almond milk

### Chocolate Peanut Butter

peanut butter, banana, chocolate syrup, almond milk

### Smoothie Boosters +1.49

add-ins for protein (organic), energy (organic), wheat germ,  
or immunity



Four generations of Harlows have farmed in Westminster, Vermont, so  
that we can bring you the freshest in local, organic produce.

### we promise to:

- serve delicious, healthy foods, locally sourced  
whenever possible;
- source humanely-raised meats from family farmers—  
no antibiotics or added hormones;
- source naturally-cured bacon, ham and sausage with  
no added nitrates or nitrites;
- serve local eggs from cage-free chickens;
- make traditional bagels—boiled and baked in small  
batches throughout the day;
- hearth-bake artisan breads with only unbleached,  
unbromated flour.



eat well feel good  
workscafe.com

