



Hours:

Thursday through Monday 8am-3pm

*Closing 1 PM on Sundays

Closed Tuesday & Wednesday

MENU

Please limit substitutions to zero— we like our combinations and so will you.

Help us keep tidy by recycling and disposing of items in proper places.

BREAKFAST til noon

Morning Glory Oatmeal

apple, raisins, carrots, spices, brown sugar & oat milk or cream \$7

Yogurt Parfait

Greek yogurt, berries, Maine honey almond granola \$7

Breakfast Panini

eggs & provolone, homemade bread \$7.50

ADD: ham, turkey or

greens & tomato +\$2

Burrito

eggs, breakfast potatoes, cheddar, wrap OR bowl \$8.50

ADD: chorizo +\$2

jalepeno relish or sour cream \$1.50

Quiche & side salad (all day)

Daily flavor & side greens salad \$10

SMOOTHIE

fresh flavor every day
yogurt or oat milk \$7

Specials featured daily.

Check out our seasonally inspired specials.
On the board— changing daily!

LUNCH all day

SANDWICHES

Roast Beef

Our own roast beef, provolone, pickles, lettuce, onion, tomato, pepper aioli, brioche \$13

Lobster Sammy

Maine lobster, North Country bacon butter, lettuce, tomato, lemon chive mayo, brioche \$MKT

Turkey & Blueberry

Turkey, lemon goat cheese, blueberry jam, spinach, red onion, ciabatta \$12

PANINIS

Caprese Panini

fresh mozz, tomato, pesto, spinach, balsamic, ciabatta \$11

Grilled Cheese

herb cheese spread, cheddar, asiago, white bread \$8

ADD: ham, turkey or greens & tomato +\$2

WRAPS OR BOWLS

Chicken Salad

Herbed chicken salad, cranberry, apple, celery, walnuts, greens, balsamic \$14

The House Bowl

Quinoa, tomatoes, cukes, olives, red onion, feta, greens, lemon vinaigrette \$12

Caesar Salad

greens, herbed croutons, parmesan, creamy Caesar dressing \$11

ADD: Chicken +\$5 Shrimp +\$5 White Anchovies +\$1

SOUPS & CHOWDERS

Roasted Tomato Soup

Cup: \$4

Bowl \$7.50

Shrimp Chowder

Cup: \$5

Bowl \$9

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

Please inform us if you or any person in your party has an allergy.