



MON VERT CAFE

BREAKFAST

Farm fresh all natural eggs & sliced bread from Red Hen Organic Bakery

BREAKFAST AND LUNCH SERVED ALL DAY | KITCHEN CLOSSES AT 3PM

GF = GLUTEN FRIENDLY **V** = VEGETARIAN **V** = VEGAN **SF** = STAFF FAVORITE

BREAKFAST SANDWICHES:

THE CLASSIC

TWO EGGS*, CABOT CHEDDAR, AND YOUR CHOICE OF PORK SAUSAGE, VEGGIE SAUSAGE, OR BACON.....\$10

FLOREN-WOODY WRAP **V**

TWO SCRAMBLED EGGS, BABY SPINACH, MUSHROOMS, PARMESAN & GARLIC AIOLI ON A GARLIC HERB WRAP..... \$10.50

LOX & SCHMEAR

SMOKED SALMON, CAPERS, RED ONION, TOMATO, AND YOUR CHOICE OF PLAIN OR FRESH HERB CREAM CHEESE ON A PLAIN OR EVERYTHING BAGEL.....\$13

WEST COAST SANDO **V**

TWO EGGS*, AVOCADO, AND ROMA TOMATO, WITH BASIL AIOLI.....\$10.50

BREAKFAST BURRITO < Try it on the go!

SCRAMBLED EGGS, BLACKBEANS, PICE DE GALLO, CHIPOTLE AIOLI AND CABOT CHEDDAR ON A WHOLE WHEAT WRAP, WITH A SIDE OF SOUR CREAM.....\$11 (ADD GUACAMOLE +\$3) **SF** **V**

MONTE VERT CRISTO

HAM, CABOT SWISS ON CHALLAH FRENCH TOAST & A SIDE OF MAPLE SYRUP.....\$12

HOMIES IN A BLANKET

HOMEFRIES, SCRAMBLED EGGS, CABOT CHEDDAR, HAM & CHIPOTLE AIOLI ON A WHOLE WHEAT WRAP.....\$11

ADD YOUR CHOICE OF PORK SAUSAGE, BACON, OR VEGGIE SAUSAGE.....\$3.50

*In a hurry?
check our Grab 'n' Go*

SIDES:

- PORK SAUSAGE, VEGGIE SAUSAGE OR BACON.....\$4
- HOMEFRIES.....\$4.50
- TWO EGGS.....\$5
- BERRIES.....\$4
- YOGURT.....\$3.50
- GRANOLA (ORGANIC, GLUTEN FREE)..\$5
- STEAMED MILK (PITCHER).....\$3

TOAST OPTIONS:

- LOCAL PLAIN OR EVERYTHING BAGEL...\$3
- GLUTEN FREE BREAD...\$3.50
- WOLFERMAN ENGLISH MUFFIN...\$2.50
- RED HEN MULTIGRAIN OR WHITE...\$3

SPREADS:

- ORGANIC PEANUT BUTTER ...\$2
- PLAIN OR FRESH HERB CREAM CHEESE ...\$2.50 **SF**
- NUTELLA ...\$2
- SIDEHILL FARM JAM ...\$1



BREAKFAST ESSENTIALS:

SUNRISE AT MOONEY'S

TWO EGGS*, WITH HOMEFRIES, YOUR CHOICE OF PORK SAUSAGE, VEGGIE SAUSAGE, OR BACON, AND TOAST.....\$14

CHALLA FRENCH TOAST **V**

MADE WITH KLINGER'S BAKERY CHALLAH BREAD.....\$10 | KIDS.....\$7 (ADD YOUR CHOICE OF PORK SAUSAGE, VEGGIE SAUSAGE, BACON, OR FRESH BERRIES +\$4)

ORGANIC STEEL CUT OATMEAL\$5 **GF** **V**

ADD PURE VT MAPLE SYRUP +\$2
ADD WALNUTS +\$1
ADD BERRIES +\$2.50

YOGURT PARFAIT

ORGANIC YOGURT, BACK ROADS ORGANIC GRANOLA AND MIXED BERRIES.....\$10.50 **GF**

AVO GOOD MORNING **V**

HALF AN AVOCADO ON MULTIGRAIN TOAST WITH TOMATO, PICKLED RED ONION, AND GREENS.....\$9 (ADD TWO EGGS +\$5) (ADD VEGGIE SAUSAGE +\$3.50)

*IN-HOUSE EGGS COOKED YOUR WAY, TO-GO EGGS COOKED OVER HARD OR SCRAMBLED

PLEASE BE AWARE THAT WHILE WE ARE HAPPY TO OFFER NUT, DAIRY & GLUTEN FREE OPTIONS, WE DO NOT HAVE DEDICATED SPACE WITHIN OUR KITCHEN TO PREPARE ITEMS WITHOUT THE RISK OF CROSS CONTAMINATION. * THANK YOU *
VERMONT DEPARTMENT OF HEALTH - CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS



MONVERT CAFE

LUNCH

- GF =GLUTEN FRIENDLY
- V =VEGETARIAN
- V =VEGAN
- SF =STAFF FAVORITE

SIDES

- SESAME GINGER COLESLAW.....\$3
- BERRIES.....\$3
- GUACAMOLE.....\$3

SANDWICHES

Our Breads Are Always Organic

ASK ABOUT GLUTEN FREE...\$1.50

SMOKED SALMON CLUB **SF**

SMOKED SALMON, BACON, GARLIC AIOLI, ARUGULA, ROMA TOMATO & RED ONION ON A BAGUETTE.....\$12.50

NORTH COUNTRY BLT

APPLEWOOD SMOKED BACON, ARUGULA & ROMA TOMATO ON A BAGUETTE.....\$10 (ADD OVER EASY EGG +\$3)
(YOUR CHOICE OF CHIPOTLE, GARLIC, OR BASIL AIOLI)

MAPLEBROOK MOZZARELLA **V**

MOZZARELLA, CUCUMBER, TOMATO & BASIL AIOLI ON A BAGUETTE.....\$10.50

HAIL CAESAR WRAP

CHOPPED ROMAINE, CHICKEN BREAST, PARMESAN & CROUTONS ON A WHOLE WHEAT WRAP.....\$10 (ADD BACON +\$3)

SAGE

HOUSE CHICKEN SALAD WITH FRESH SAGE, GRAPES & PECANS ON MULTIGRAIN TOAST.....\$11.50

I GOT THE BEET **V** **SF**

HOUSEMADE BEET HUMMUS, GOAT CHEESE, SHREDDED CARROTS & ARUGULA ON A WHOLE WHEAT WRAP.....\$10
(ASK FOR AVOCADO INSTEAD OF GOAT CHEESE FOR A VEGAN OPTION) < **V**

QUITE A CATCH

TUNA SALAD, CABOT SWISS CHEESE, TOMATO, RED ONION, CAPERS & ROMAINE ON MULTIGRAIN TOAST.....\$11 (ADD SLICED HARD-BOILED EGG +\$2)

THE 1 WITH TURKEY

TURKEY BREAST, ROMA TOMATO, ARUGULA, & BASIL AIOLI ON MULTIGRAIN.....\$9.50 (ADD CHEDDAR +\$1 | ADD BACON +\$3.50)

STRAWBERRY FIELDS 4EVA **V**

FRESH STRAWBERRIES, GOAT CHEESE, APPLE SLICES, WALNUTS, CUCUMBER & BABY SPINACH WITH LEMON CHAMPAGNE VINAIGRETTE ON A WHOLE WHEAT WRAP.....\$10

PARISIAN

BLACK FOREST HAM, CABOT SWISS CHEESE & LOCAL BLACKWATER MUSTARD ON A BAGUETTE.....\$9.50

for the kids

CHEESIN' IT **V**

GRILLED CHEESE WITH CABOT CHEDDAR ON MULTIGRAIN OR WHITE CYRUS BREAD OR A SIMPLY CHEESE QUESADILLA.....\$7.50
(ADD BACON OR HAM +\$3)

SANDY'S SIMPLE

TURKEY OR HAM & CABOT CHEDDAR CHEESE ON MULTIGRAIN OR WHITE CYRUS.....\$9.50

MY LITTLE PEANUT **V**

ORGANIC PEANUT BUTTER WITH YOUR LITTLE ONE'S CHOICE OF NUTELLA, VT HONEY, OR SIDEHILL FARM RASPBERRY JAM.....\$7

side

APPLE SLICES & PEANUT BUTTER OR NUTELLA.....\$4.50

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OFF THE GRILL

ZESTO

WALNUT PESTO, MOZZARELLA, SMOKED CHICKEN BREAST & SUNDRIED TOMATO ON MULTIGRAIN TOAST.....\$11

OINK & CLUCK

APPLEWOOD BACON, ROAST CHICKEN BREAST, CABOT CHEDDAR CHEESE, ARUGULA, & GARLIC AIOLI ON A BAGUETTE.....\$11.50

YANKEE QUESADILLA

HOUSE ROASTED CHICKEN BREAST SERVED ON A WHOLE WHEAT TORTILLA WITH PICO DE GALLO, CABOT CHEDDAR CHEESE & A SIDE OF SOUR CREAM.....\$11 (ADD GUACAMOLE +\$3)

BEAN ME UP, SCOTTY! **V**

VT BEAN CRAFTERS ORGANIC BLACK BEAN BURRITO W/ SESAME GINGER COLESLAW & GUACAMOLE ON A WHOLE WHEAT WRAP.....\$11.50

GOBBLE IT UP **SF**

ROAST TURKEY BREAST, AVOCADO, CHIPOTLE AIOLI, CABOT CHEDDAR, TOMATO & RED ONION ON A WHOLE WHEAT WRAP.....\$10.50 (ADD BACON +\$3)

THE COFFEEHOUSE BRISKET

FEATURING OUR OWN COFFEE MARINATED LOCAL BRISKET, WITH PICKLED RED ONIONS, BASIL AIOLI, SWISS CHEESE, SHREDDED CARROTS & ARUGULA ON A BAGUETTE.....\$12.50 (ADD OVER EASY EGG +\$3)

POPEYE THE FUNGI **V**

SAUTÉED MUSHROOMS, SWISS CHEESE, BABY SPINACH, PICKLED RED ONION & BASIL AIOLI ON A GARLIC HERB WRAP.....\$11 (ADD HAM OR TURKEY +\$3)

"GOT YOUR GOAT" BLT

PESTO, GOAT CHEESE, ROMA TOMATO, BABY SPINACH & BACON WITH BALSAMIC REDUCTION - PRESSED.....\$12

GREENS

SERVED WITH RED HEN BAKERY ORGANIC MULTIGRAIN TOAST.
ALL OUR DRESSINGS ARE MADE IN HOUSE. REJOICE!

COBB SALAD

ARUGULA, ROMAINE, ROMA TOMATO, CRUMBLD BLUE CHEESE, AVOCADO, HARD BOILED EGG, CHOPPED BACON, AND GREEN HERB DRESSING.....\$13.50

CAESAR SALAD

CHOPPED ROMAINE, PARMESAN, HOUSE MADE CROUTONS, AND CAESAR DRESSING.....\$10

SIMPLE SALAD **V**

ARUGULA, ROMAINE, CUCUMBER, SHREDDED CARROTS, ROMA TOMATO, RED ONION, FETA, AND MAPLE BALSAMIC VINAIGRETTE.....\$12 | SMALL.....\$8.50

MT. HUNGER SALAD **SF**

CHOPPED BACON, APPLE & YELLOW PEPPER SLICES, RED ONION & FETA CHEESE ON A BED OF BABY SPINACH, ARUGULA & ROMAINE WITH LEMON CHAMPAGNE VINAIGRETTE.....\$12.50 | SMALL.....\$9

salad additions:

- | | | | |
|----------------------------|-------------|-------------------|-------------|
| CHICKEN BREAST |\$4 | BLACK BEAN BURGER |\$4 |
| SAGE CHICKEN OR TUNA SALAD |\$4.50 | CHOPPED BACON |\$3.50 |
| SMOKEN SALMON |\$4 | BEET HUMMUS |\$3.50 |
| | | AVOCADO |\$3 |