

# Baked Sandwiches

	Whole	Half
<b>Blue Plate Sandwich</b> on Red Hen Cyrus Pringle Housemade Meatloaf or Veggie Burger, Shelburne Farms Cheddar, Red Onions and Roasted Garlic Mayo	<b>\$9.49</b>	<b>\$5.99</b>
<b>Chicken Parmesan</b> on Stewart's Italian Sub Roll Fried Breaded Chicken Breast, Marinara Sauce, Fresh Mozzarella and Grated Parmesan	<b>\$9.49</b>	<b>\$5.99</b>
<b>The Firehouse</b> on Stewart's Italian Sub Roll Buffalo Chicken Breast, Black Olives, Jalapeños, Pepper Jack Cheese and Spicy Chili Garlic Mayo	<b>\$8.49</b>	<b>\$4.99</b>
<b>North Country Melt</b> on Red Hen Cyrus Pringle Turkey, Bacon, Shelburne Farms Cheddar, Greens, Tomatoes, Banana Peppers, Red Onions and Honey Mustard	<b>\$9.49</b>	<b>\$5.99</b>
<b>Reuben</b> on O'Bread Rye Your choice of Corned Beef, Pastrami, Roasted Marinated Tempeh or Tofu, Swiss Cheese, Flack Family Farm Sauerkraut and Russian Dressing	<b>\$9.49</b>	<b>\$5.99</b>
<b>Cuban Reuben</b> on Stewart's Italian Sub Roll Shaved Pork Belly, Smoked Ham, Pickled Vegetables, Manchego Cheese, Brown Mustard	<b>\$9.49</b>	<b>\$5.99</b>



## Gluten-Free Bread

We offer sandwiches on West Meadow Farm Bakery Gluten-Free Bread!

This bread is smaller so we charge the 1/2 sandwich price.

Please note, our kitchen is not certified gluten-free.

# Vegetarian Sandwiches

Whole

Half

**Antipasto Ecstasy** on Red Hen Mad River Grain **\$8.49** **\$4.99**  
 Olive Tapenade (Vegetarian), Fresh Mozzarella, Greens, Tomatoes and Roasted Red Peppers

**Caprese** on Red Hen Baguette **\$8.49** **\$4.99**  
 Basil Pesto, Fresh Mozzarella, Greens and Tomatoes

**Falafel** in a Pita **\$8.49** Whole Sandwich Only  
 VT Bean Crafters Falafel, Tahini Sauce, Sprouts, Tomatoes and Onions  
*A portion of each falafel sale goes to the Burlington School Food Project!*

**Just Veggies** on Red Hen Mad River Grain **\$7.49** **\$3.99**  
 Choose your own Veggies, Cheese and Spread

**TLT** on Red Hen Cyrus Pringle **\$8.49** **\$4.99**  
 Roasted Marinated Tofu or Tempeh, Vegenaïse, Greens and Tomatoes

# Deli Sandwiches

Whole

Half

**BLT** on Red Hen Cyrus Pringle **\$8.49** **\$4.99**  
 Smoked Bacon, Mayo, Greens and Tomatoes

**Chicken Pesto** on Red Hen Baguette **\$9.49** **\$5.99**  
 Roasted Marinated Chicken, Basil Pesto, Fresh Mozzarella, Greens and Tomatoes

**City Market Club** on Red Hen Cyrus Pringle **\$9.49** **\$5.99**  
 Your choice of Turkey, Ham or Roast Beef, Bacon, Shelburne Farms Cheddar, Greens, Tomatoes and Roasted Garlic Mayo

**Jersey Sub** on Stewart's Italian Sub Roll **\$9.49** **\$5.99**  
 Salami, Ham, Capicola, Provolone, Jalapeños, Greens, Tomatoes, Onions and Oil & Vinegar

**Smoked Salmon** on O Bread Rye **\$9.99** **\$6.99**  
 Smoked Salmon, Scallion Cream Cheese, Tomatoes, Onions, Sprouts and Capers

**Chicken Caesar Wrap** on your choice of wrap **\$9.49** Whole Sandwich Only  
 Grilled Chicken, Romaine Lettuce, Caesar Dressing, Croutons, Parmesan Cheese, Banana Peppers, Onions, Smashed Avocado

# Build Your Own! whole \$8<sup>49</sup>/Half \$4<sup>99</sup>

Choose Bread, Meat, Cheese, and all the Veggies you like

## Breads/Bagels

Assorted Bagel Café Bagels\*  
Assorted Meyer's Bagels\*  
Klinger's Farm White  
Klinger's Pumpnickel  
Klinger's Whole Wheat  
O Bread Rye  
Red Hen Baguette  
Red Hen Cyrus Pringle  
Red Hen Mad River Grain  
Stewart's Italian Sub Roll  
West Meadow Farm Bakery  
Gluten-Free Bread

\*Bagels are priced as ½ Sandwich

## Wraps (no half wraps)

Pita Bread  
Honey Wheat Wrap  
Spinach Wrap  
Tomato Basil Wrap  
White Flour Wrap

## Meats

Buffalo Chicken Breast  
Capicola  
Chicken  
Chicken Salad  
Corned Beef  
Curried Chicken Salad  
Genoa Salami  
Ham  
Pastrami  
Roast Beef  
Tuna Salad  
Turkey

## Other Proteins

Roasted Marinated Tempeh  
Roasted Marinated Tofu  
VT Bean Crafters Falafel\*\*

\*\*To benefit Burlington School Food Project

## Condiments

Dijon Mustard  
Honey Mustard  
Horseradish Mayo  
Hummus  
Mayonnaise  
Oil & Vinegar  
Roasted Garlic Mayo  
Brown Mustard  
Spicy Chili Garlic Mayo  
Tahini Sauce  
Thousand Island Dressing  
Vegenaise (Soy Mayo)  
Yellow Mustard

## Cheese

American  
Cheddar (Shelburne Farms)  
Fresh Mozzarella  
Manchego  
Muenster  
Pepper Jack  
Provolone  
Swiss

## Vegetables

Banana Peppers  
Black Olives  
Capers  
Carrots  
Cucumbers  
Green Peppers  
Hot Cherry Peppers  
Jalapeños  
Mesclun Greens  
Pickled Vegetables  
Pickles  
Red Onions  
Roasted Red Peppers  
Sprouts  
Tomatoes

## Add-ons \$1<sup>00</sup>

Bacon  
Basil Pesto  
Extra Cheese  
Meat or Other Protein  
Flack Family Farm Sauerkraut  
Fried Local Egg (*Breakfast Only*)  
Olive Tapenade  
Smashed Avocado

## Cream Cheese

Bacon Scallion  
Plain  
Scallion  
Tofutti  
Veggie

# Breakfast Bagels

Served until 11 am

## Egg & Cheese Bagelwich

Local Egg and Shelburne Farms Cheddar

**\$3.99**

## Breakfast Bagelwich

Local Egg, Shelburne Farms Cheddar and Choice of Housemade Sausage, Ham, Bacon or Veggie Patty

**\$4.99**

## Deluxe Bagelwich

Local Egg, Shelburne Farms Cheddar, Choice of Housemade Sausage, Ham, Bacon or Veggie Patty, and Choice of Veggies

**\$5.49**

# Bagel Sandwiches

## Bagel with Spread

Choice of Cream Cheese, Tofutti, PB & J or Butter

**\$1.99**

## Veggie Bagelwich

Choice of Veggies, Cheese, Cream Cheese or Spread

**\$3.99**

## Signature Bagelwich

Choose any sandwich from the menu or build your own

**\$4.99 - \$5.99**

Price based on half sandwich

## Smoked Salmon Bagelwich

Smoked Salmon, Scallion Cream Cheese, Tomatoes, Onions, Capers and Sprouts

**\$6.99**