



Serving 'till 3

**COWBOY BOWL\*** ..... \$16

A base of red and white quinoa and cheddar hash browns topped with spinach, diced bacon, sautéed green peppers, avocado, two free-range poached eggs\*, cheddar cheese and Sriracha hot sauce.

**HASH AND FREE-RANGE EGGS\*** ..... \$16

Legendary homemade corned beef brisket, potatoes, onions and spices, two poached eggs with choice of side and toast.

**EGGS BENEDICT\*** ..... \$16

Two poached eggs with choice of side. Choose your style:

**Classic:** Canadian bacon, hollandaise, paprika

**Salmon:** Spinach, tomato, smoked salmon, hollandaise (+\$2)

**BREAKFAST QUESADILLA\*** ..... \$15

Grilled flour tortilla filled with free-range scrambled eggs, chorizo sausage, Monterey Jack cheese, pico de gallo, and sour cream. Served with your choice of side (see right).

**ACAI SMOOTHIE BOWL** ..... \$14

A nutritious bowl of Green Mountain Creamery Greek yogurt blended with oat milk, organic cacao powder, blueberries, raspberries, bananas and Açai berries. Topped with homemade granola, fresh strawberries, banana slices, shredded coconut, chia seeds and clover honey.

**BISCUITS & GRAVY\*** ..... \$13

Homemade buttermilk biscuit, from scratch sausage gravy, two free-range eggs, choice of side (see right).

**CHICKEN AND WAFFLES** ..... \$16

Buffalo buttermilk marinated fried chicken breast tossed in our chipotle honey sauce, free-range sunny side egg, waffle, scallions, citrus syrup, orange slice.

**CALIFORNIA BREAKFAST SANDWICH\*** . \$12

Brioche bun, two fried eggs, bacon, arugula, avocado, cheddar cheese, Sriracha, choice of side.

**FRENCH TOASTS**

**CRULLER FRENCH TOAST** \$12

Three homemade glazed crullers battered and grilled

**TRADITIONAL FRENCH TOAST** Two slices \$9 | Three \$11

Two or Three slices of Texas sized slices

**STRAWBERRY SHORTCAKE** \$12

Battered biscuit with strawberries and whipped cream

**GLUTEN-FREE EGG WHITE** Two slices \$10 | Three \$12

Two or Three slices of GF French Toast

**BELGIAN WAFFLES** ..... \$10

**CLASSIC WAFFLE** \$10

With whipped butter and powdered sugar

**STRAW-NANA WAFFLE** \$14

Strawberries, banana, nutella, toasted almonds

**CHOCO-NUT WAFFLE** \$14

Blueberries, chocolate chips, whipped cream, toasted coconut

**COOKIES & CREAM WAFFLE** \$14

Oreo crumbles, chocolate ganache, vanilla frozen custard

**BUTTERMILK PANCAKES**

Giant pancakes with whipped butter and syrup.

One \$8 | Two \$12 | Three \$14

**CHUNKY MONKEY PANCAKES**(Add \$2)

Bananas and chocolate chunks with whipped cream on top.

**CHOCOLATE CHIP** (Add \$1)

**BLUEBERRY LEMON POPPY** (Add \$2)

With Greek yogurt and fresh blueberries

**VERY BERRY** (Add \$2)

Blueberries and strawberries.

**Make any meal a combo!** Add a pancake, slice of French Toast, or Cruller French Toast for \$4!

**THE BIG GREEN\*** ..... \$17

Two free-range eggs, a side of your choice, a full serving of your choice of protein, a full serving of your choice of griddle options, and toast or a bakery muffin. See options below.

**Side:** Home fries, baked beans, black beans, fruit salad (+\$2) or lightly dressed mixed greens (+\$2)

**Protein:** Bacon, Sausage, Turkey Sausage, or Ham

**Griddle:** Buttermilk Pancake, Traditional French Toast or Cruller French Toast

**Toast:** White, Wheat, Rye, Sourdough, Cinnamon Raisin, Gluten-Free Toast, English Muffin, Bakery Muffin (go peek at what we have!)

**THE LITTLE GREEN\*** ..... \$15

One free-range egg, a side of your choice (see above), a half serving of your choice of protein, a half serving of your choice of griddle options, and toast or a fresh bakery muffin.

**COUNTRY BREAKFAST\*** ..... \$14

Two free-range eggs, a side of your choice (see above), protein of your choice, toast or a bakery muffin.

**BUILD YOUR OWN OMELET** ..... \$16

A fluffy, skillet-prepared three free-range egg omelet with your choice of ingredients. Served with your choice of side and toast or bakery muffin. Egg whites available add \$2.

**First three fillings included. \$0.75 each above three.**

**MEAT** Cob Smoked Bacon, North Country Smokehouse Ham, Sausage, Turkey Sausage, Chorizo

**VEGGIES** Kale, Mushrooms, Tomatoes, Onions, Spinach, Black Beans, Green Peppers, Roasted Red Peppers Jalapeños

**CHEESE** American, Local Monterey Jack, Gouda, Local Cheddar, Swiss, Feta, Goat Cheese, pepperjack

**GOAT CHEESE EGG WHITE OMELET** .. \$16

Two egg white omelet with Vermont goat cheese, spinach and tomatoes. Served with choice of side (see above) and toast.

**DOC's OMELET** ..... \$17

Three eggs, legendary corned beef hash, and cheddar cheese Served with choice of side (see above) and choice of toast.

**PESTO SCRAMBLE** ..... \$14

Two eggs, roasted red peppers, homemade pesto, spinach, and mozzarella cheese. Served with choice of side (see above) and toast.

**SMOKEY GARDEN SCRAMBLE** ..... \$14

Three free-range eggs, herbed roasted butternut, kale, smoked Gouda and a side of house hot sauce. Served with your choice of side and toast or bakery muffin.

**VEGAN TOFU PESTO SCRAMBLE** ..... \$14

Tofu crumbles, roasted red peppers, potatoes, kale, spinach, vegan basil pesto. Served with your choice of side and toast or bakery muffin.

Gluten Friendly (cross contamination possible)

Vegetarian

Vegan

**DRINKS**

**Coffee:** Classic diner drip coffee, decaf, hazelnut

**Tea:** English Breakfast, Earl Grey, green, chamomile, cinnamon spice, Paris, raspberry, chai, Iced Tea

**Soda:** Coke, Diet Coke, Sprite, Root Beer, Ginger Ale, Powerade

**Juice:** Orange, Apple, Tomato, Grapefruit, Cranberry, Lemonade

**Shakes:** Vanilla, chocolate, black & white, coffee, mocha, orange creamcicle, strawberry

\*Meat and eggs are cooked to order. Consuming raw or undercooked meat or eggs may increase the risk of food-borne illness.



Serving 'till 3

**SMOKEHOUSE BOWL\*** ..... \$17
Base of quinoa hash, hickory smoked pork shoulder, bacon ends, crispy kale, baked beans, smoked gouda, free-range poached eggs, fried onions, house BBQ and scallions.

**HARVEST BOWL** ..... \$14
Kale, warm quinoa, roasted herbed butternuts, VT goat cheese, radishes, honey mustard grilled chicken, and roasted pepitas.

**FRUIT, YOGURT, GRANOLA BOWL** .. \$14
A nutritious bowl of Green Mountain Creamery Greek yogurt blended with fresh fruit and home made granola. Add home made strawberry jam to the yogurt to sweeten!

**CHUNKY MONKEY OVERNIGHT OATS** ..... \$10
Rolled oats, chia seeds, VT Greek yogurt, cocoa, peanut butter, chocolate chunks, sliced almonds, and oat milk.

**PORT 'N PORK SANDWICH\*** ..... \$13
Portuguese bun, two fried eggs, Canadian bacon, pepperjack cheese, and Smash sauce with choice of side.

**CLASSIC BREAKFAST SANDWICH\*** ... \$9
One free-range fried egg, ham, sausage or cob-smoked bacon, and American cheese on a Thomas's English muffin. Served with your choice of side.

**MAPLE BISCUIT SANDWICH\*** ..... \$12
Home made battered and griddled biscuit with sausage, cheddar, and a free range egg drizzled with real VT Maple Syrup. Served with choice of side.

**PETER "MONTI" CHRISTIAN'S** ..... \$13
French toast style bread with a scramble egg, Canadian Bacon, cheddar cheese, and honey mustard. Served with choice of side.

**BAGEL AND LOX** ..... \$16
A local Goose & Willie's bagel with smoked salmon, cream cheese, red onion, lettuce, tomato, capers, and lemon.

**YUMA BREAKFAST BURRITO** ..... \$10
Two eggs scrambled with pico de Gallo, home fries, and choice of bacon, chorizo, or black beans wrapped in a grilled tortilla with choice of side.

Wifi: Lou's Restaurant Guest / Password: eggsandbacon

**SIGNATURE SMASH BURGER\*** ..... \$16
Two burgers patties aggressively smashed to maximize caramelization and flavor served on a brioche bun with lettuce, tomato, grilled sweet onions, melted American cheese, and our secret smash sauce, with chips.

**GRILLED REUBEN or RACHEL** ..... \$16
Lou's homemade corned-beef or turkey piled high with homemade sauerkraut, Swiss cheese, and Russian dressing, grilled on VT rye bread. Served with coleslaw and chips and a pickle.

**CHICKEN or EGGPLANT PESTO** ..... \$15
Grilled chicken breast or eggplant on VT sourdough served with homemade pesto, melted mozzarella, spinach and tomato, with chips and a pickle.

**E.B.A.'S CHICKEN SANDWICH** ..... \$16
A salute to an old friend! Fried chicken breast, cob-smoked bacon, provolone, lettuce, tomato, and garlic mayo on a Portuguese bun with chips.

**CHICKEN TENDERS** ..... \$14
Panko Parmesan tenders. Choose from plain, buffalo, or chipotle honey. Served with fries and BBQ or Ranch.

**BLT** ..... \$11
Cob-smoked bacon, lettuce, tomato and mayo with chips and a pickle.

**CLASSIC CLUB SANDWICH** ..... \$14
House-roasted turkey, cob-smoked bacon, lettuce, tomato, and mayo on three slices of toasted bread of your choice with chips.

**CALIFORNIA CLUB** ..... \$16
House-roasted turkey, bacon, avocado, honey sriracha aioli, arugula and tomato on sourdough with chips.

**ROAST TURKEY SANDWICH** ..... \$13
House-roasted turkey, topped with lettuce, tomato, & mayo on your choice of bread with chips.

**CHUNKY CHICKEN OR TUNA SALAD** ... \$12
Fresh homemade chicken or white albacore tuna salad, served with lettuce and tomato on your choice of bread.

LOU'S LUNCH DUO

CHOOSE TWO Soup, Salad, 1/2 Sandwich ..... \$12

SOUP Homemade Chicken Soup

SANDWICH Turkey, BLT, chicken / tuna salad or grilled cheese

SALAD Mixed Green Garden Salad (grilled chicken add \$4)

SOUP ..... Cup \$5, Bowl \$7

CHICKEN SOUP Fragrant herbs, and vegetables. Made with all natural ingredients. Available with or without noodles.

SOUP DU JOUR Ask your server!

Substitute Fries (+\$2) or Salad (+\$2) on any sandwich

**KALE CAESAR** ..... \$9
Romaine, kale, shaved Parmesan, roasted tomatoes, sourdough croutons with Caesar dressing.

**COBB SALAD** ..... \$15
Mixed greens topped with grilled chicken breast, Swiss cheese, cob smoked bacon, hard-boiled free-range egg, fresh vegetables with pink peppercorn ranch.

**HARISSA CARROT SALAD** ..... \$10
Mesclun, warm quinoa, harissa roasted carrots, marinated chickpeas, fresh mozzarella, and avocado with extra virgin olive oil and fresh squeezed lemon.

**CHICKEN CRANBERRY SALAD** ..... \$13
Grilled chicken breast on a bed of mixed greens with dried cranberries, Vermont goat cheese, chopped pecans, and cucumber with raspberry vinaigrette.

**PESTO CHICKEN SALAD** ..... \$13
Mixed greens, quinoa, pesto chicken, roasted red peppers, fresh mozzarella, and sourdough croutons with pesto vinaigrette.

Gluten Friendly (cross contamination possible)

Vegetarian

Gluten Friendly bread available for all sandwiches!

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