

BREAKFAST *Served 'till 3*

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**, Vegetarian Home fries, baked beans, black beans, fruit salad 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.

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.

LAS MIGAS* \$13

Fresh corn tortilla chips, free-range scrambled eggs, black beans, salsa, and Monterey Jack cheese served with choice of side.

BISCUITS & GRAVY* \$13

Homemade buttermilk biscuit, from scratch Robe Farm sausage gravy, two free-range eggs, choice of side.

HASH AND FREE-RANGE EGG* \$13

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

Sweet Potato: Roasted sweet potatoes, black beans, spinach, peppers, onions and spices.

Corned Beef: Legendary homemade corned beef brisket, potatoes, onions and spices (+\$2)

Quinoa Cheddar: Red and white quinoa, local cheddar, spinach and spices.

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. Add guacamole for \$1.50.

CLASSIC BREAKFAST SANDWICH* ... \$9

One free-range fried egg, ham, sausage or cob-smoked bacon, and American cheese on a white or whole wheat Thomas's English muffin. Served with your 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, Homefries, and choice of bacon, chorizo, or black beans wrapped in a grilled tortilla with choice of side.

LOU'S BENEDICT* \$16

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

Classic: Canadian Bacon, Hollandaise, olives, paprika

Steak: Shaved Steak, Peppers, onions, Hollandaise (+\$3)

Maple: Maple Biscuit, Sausage, Maple Syrup, Hollandaise

Salmon: Spinach, Tomato, Smoked Salmon, Hollandaise (+\$2)

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. \$0.50 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

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. (Classic pesto scramble with eggs, mozzarella, and parmasean pesto also available)

LOU'S CRULLER FRENCH TOAST \$12

Our glazed crullers dipped in a cinnamon free-range egg batter, grilled to a golden brown and lightly dusted with powdered sugar.

BUTTERMILK PANCAKES

Giant pancakes with whipped butter and syrup.
One \$8 | Two \$12 | Three \$14

CHUNKY MONKEY (Add \$2) Bananas and chocolate chunks with whipped cream on top.

VERY BERRY (Add \$2) Blueberries and strawberries.

TRADITIONAL FRENCH TOAST \$9

Two slices of thick bread dipped in a cinnamon free-range egg batter, grilled to a golden brown and lightly dusted with powdered sugar. Extra slice add \$2. GF Egg-white +\$2

BELGIAN WAFFLE \$10

A giant, light and fluffy waffle, topped with whipped cream. Delicious with fresh berries (priced seasonally).

CHUNKY MONKEY OVERNIGHT OATS \$10

Rolled oats, chia seeds, VT Greek yogurt, cocoa, peanut butter, chocolate chunks, and oat milk.


ACAI SMOOTHIE BOWL \$14

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

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

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

**Our home fries are seasoned with bacon drippings. Please let your server know if you prefer home fries without bacon drippings.

 Gluten-friendly (the ingredients do not contain gluten, but we cannot ensure that it has not come in contact with gluten.)

LUNCH *Served 'till 3*

GRILLED REUBEN \$16

Lou's homemade corned-beef piled high with homemade sauerkraut, Swiss cheese, and Russian dressing, grilled on VT rye bread. Served with coleslaw and fries.

GRILLED RACHEL \$15

Lou's homemade Roasted Turkey Breast piled high with homemade sauerkraut, Swiss cheese, and Russian dressing, grilled on VT rye bread. Served with coleslaw and fries.

CHICKEN PESTO \$14

Grilled chicken breast on VT sourdough served with homemade pesto, melted mozzarella, spinach and tomato, with fries.

EGGPLANT PESTO \$13

Lightly battered and fried eggplant on VT sourdough served with homemade pesto, melted mozzarella, spinach and tomato, with fries.

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 fries.

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.

CRUNCHY GREEN \$15

Sliced North Country Smokehouse ham, cheddar cheese, baby spinach, sliced green apple, and honey mustard.

FALAFEL on PITA \$15

Grilled pita, house falafel, shredded lettuce, Israeli salad, harissa sauce and tehina. Served with hand cut fries 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 \$12

House-roasted turkey, topped with lettuce, tomato, & mayo on your choice of bread with chips.

HAM & SWISS \$15

On seeded rye bread with lettuce, tomato, and russian dressing, served with chips and a pickle.

BLT \$11

Cob-smoked bacon, lettuce, tomato and mayo with chips and a pickle.

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, or Grilled Cheese

SALAD Mixed Green Garden Salad (grilled chicken add \$3)

SIGNATURE SMASH BURGER* \$15

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 fries.

BUILD YOUR OWN BURGER* \$12

Choose how many 3 oz patties, bun type, cheese type, and toppings. Veggie Burgers available.

BURGER TOPPINGS


FREE TOPPINGS

Lettuce
Tomato
Baby spinach
Jalapeños
Dill pickles
Homemade sauerkraut
Red onion
Smash Sauce
Mayo
House BBQ sauce

PREMIUM FILLINGS

Cheddar \$0.50
American \$0.50
Swiss \$0.50
Pepperjack \$0.50
Gouda \$0.50
Blue Cheese Crumbles \$1
Sautéed Onions \$0.50
Sautéed Mushrooms \$0.50
Cob-Smoked Bacon \$1.50
Avocado \$1.50
Free-Range Egg* \$2
Extra Pattie \$2

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!

KALE CAESAR \$9

Romaine, kale, shaved Parmesan, roasted tomatoes, cucumber, 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 BUTTERNUT SALAD \$10

Mesclun, warm quinoa, harissa roasted butternut squash, marinated chickpeas, fresh mozzarella, and avocado with extra virgin olive oil and fresh squeezed lemon.

PESTO CHICKEN SALAD \$13

Mixed greens, quinoa, broiled pesto chicken, roasted tomatoes, fresh mozzarella, and sourdough croutons with pesto vinaigrette.

HARVEST BOWL \$13

Kale, warm quinoa, roasted herbed butternuts, VT goat cheese, radishes, honey mustard grilled chicken, roasted pepitas, candied garlic maple balsamic.

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.

CHEF'S SALAD \$16

Mixed greens, hard-boiled egg, ham, grilled chicken breast, cheddar, crutons, choice of dressing.

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, V8

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

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

**Our home fries are seasoned with bacon drippings. Please let your server know if you prefer home fries without bacon drippings.

 Gluten-friendly (the ingredients do not contain gluten, but we cannot ensure that it has not come in contact with gluten.)