



Serving 'till 3

COWBOY BOWL* \$18

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* \$17

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

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* \$17

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 Robie Farm 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.

VEGAN TOFU PESTO SCRAMBLE* \$15

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

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

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

Two or Three slices of GF French Toast

BELGIAN WAFFLES \$11

CLASSIC WAFFLE \$11

With whipped butter and powdered sugar

STRAWBERRY NUTELLA WAFFLE \$15

Strawberries, banana, nutella, toasted almonds

STRAWBERRY WHIPPED CREAM WAFFLE \$14

Fresh sliced strawberries and whipped cream

CHURRO WAFFLE \$14

Cinnamon Sugar, berries, sweet glaze

BUTTERMILK PANCAKES

Giant pancakes with whipped butter and syrup.

One \$8 | Two \$14 | Three \$16

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 blueberry coulis

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* \$18

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: Bacon infused home fries, baked beans (v), black beans (v), 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* \$15

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

EARLY RISER* \$8

Two free-range eggs and toast or a bakery muffin. Add a side for \$2, or a protein for \$5.

BUILD YOUR OWN OMELET* \$17

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, Local Cheddar, Swiss, Goat Cheese, Feta

GOAT CHEESE EGG WHITE OMELET* .. \$17

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

DOC'S OMELET* \$18

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

PESTO SCRAMBLE* \$15

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

SMOKEY GARDEN SCRAMBLE* \$15

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.

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, Poweraide

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

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 \$15
Kale, warm quinoa, roasted butternut, 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.

CLASSIC BREAKFAST SANDWICH* ... \$10
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.

CALIFORNIA BREAKFAST SANDWICH* . \$12
Brioche bun, two fried eggs, bacon, arugula, avocado, cheddar cheese, Sriracha, choice of side.

MAPLE BISCUIT SANDWICH* \$14
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.

BAGEL AND LOX \$17
A local Baker's Studio bagel with smoked salmon, cream cheese, red onion, lettuce, tomato, capers, and lemon.

YUMA BREAKFAST BURRITO \$12
Two eggs scrambled with pico de Gallo, home fries, Monterey Jack cheese, 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* \$17
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, cheddar, lettuce, tomato, and garlic mayo on a Portuguese bun with chips.

CHICKEN TENDERS \$14
Served with fries and choice of BBQ, Ranch, chipotle honey sauce.

BLT \$12
Cob-smoked bacon, lettuce, tomato and mayo with chips and a pickle.

CLASSIC CLUB SANDWICH \$15
House-roasted turkey, cob-smoked bacon, lettuce, tomato, and mayo on three slices of toasted bread of your choice with chips.

CALIFORNIA CLUB \$17
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.

CHILI CRISP HUMMUS WRAP (GF/V)..... \$12
Hummus, cucumber, arugula, cherry tomatoes, and carrots with a drizzle of chili crisp on a GF/Vegan wrap.

LOU'S LUNCH DUO

CHOOSE TWO Soup, Salad, 1/2 Sandwich \$13

SOUP Homemade Chicken Soup

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

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

SOUP..... Cup \$6, Bowl \$8

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

COBB SALAD \$16

Mixed greens topped with grilled chicken breast, Swiss cheese, cob smoked bacon, hard-boiled free-range egg, fresh vegetables with choice of dressing.

HARISSA BUTTERNUT SALAD \$12

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

CHICKEN CRANBERRY SALAD..... \$14

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 \$14

Mixed greens, quinoa, pesto chicken, roasted red peppers, fresh mozzarella, and sourdough croutons with pesto vinaigrette.

Gluten Friendly (cross contamination possible)

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Vegan

Gluten Friendly bread available for all sandwiches!

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