

BREAKFAST... Served All Day!

Make any Breakfast a Combo! Add Buttermilk Pancake, Very Berry Pancake, or Texas Style French Toast, Cruller French Toast **\$1.95**, 1/2 Belgium Waffle **\$3.95**, or **GF** French Toast **\$2.95**

Specialties

“Rachel’s Favorite” Country Breakfast*

Eggs cooked to order with choice of *local* Cob Smoked Bacon, sausage or *local* Vermont ham steak. Served with choice of homefries**, baked beans or black beans, and choice of toast, English muffin or a fresh muffin from our bakery, and homemade strawberry preserves.

One egg **\$9.25**, Two eggs **\$10.25** **GF** bread available, add \$1.79

NEW! Veggie! Pesto Scramble*

A delicious combination of scrambled eggs cooked with basil pesto, baby spinach, and roasted red peppers, topped with mozzarella cheese. Served with choice of homefries**, baked beans or black beans, and choice of toast, English muffin or a fresh muffin from our bakery, and homemade strawberry preserves. **\$11.95** **GF** bread available, add \$1.79

Create Your Own Omelette*

Fluffy skillet prepared omelette with **two** fillings.

Served with choice of homefries**, baked beans or black beans, and choice of toast, English muffin or fresh muffin from our bakery, and homemade strawberry preserves.

\$10.95, “Not Too Hungry” size: **\$9.95**, additional fillings: **95¢**

Substitute egg whites, add \$1.00

GF bread available, add \$1.79

Fillings: American, Monterey Jack, gouda, *local* Cabot Cheddar, Swiss, feta, bleu cheese crumbles, and pepperjack cheese, *local* Cob Smoked Bacon, *local* Vermont smokehouse ham, sausage, turkey sausage, chorizo, kale, arugula, edamame, mushrooms, tomatoes, onions, spinach, black beans, peppers, black olives, roasted red peppers, and jalapenos.

Premium fillings (*worth the splurge*):

Ducktrap smoked salmon **\$3.99**, grilled chicken breast **\$2.95**, house roasted turkey **\$1.95**, avocado **\$2.95**, Pesto **\$1.75**, mozzarella cheese **\$1.79**, and goat’s cheese **\$1.79**

Chef-Inspired Combinations:

Greek - Spinach, onion, feta cheese

Smoky Garden - Kale, gouda, bacon, tomatoes

Italian Pesto - Roasted red pepper, mozzarella, spinach, & pesto

“The Big Green”**

Two buttermilk pancakes or two slices of Texas style french toast, cruller french toast, two eggs, *local* Cob Smoked Bacon, sausage, home fries and choice of toast, muffin or English muffin. **\$11.95**

Add Belgium Waffle half: \$3.95

“The Little Green”**

Choice of buttermilk pancake, slice of Texas Style French Toast, Cruller French Toast, or Belgium Waffle half (+\$3.95), one egg, and choice of *local* Cob Smoked Bacon or sausage, homefries** and choice of toast, muffin or English muffin. **\$10.95**

Veggie! Goat’s Cheese Egg White Omelette*

A two egg white omelette filled with fresh spinach, tomatoes, and goat’s cheese, served with a side of fresh fruit and choice of toast, white or whole wheat English muffin or homemade muffin. **\$10.95**

Favorite Breakfast Sandwich*

Fried egg, grilled *local* Vermont ham, sausage or *local* Cob Smoked Bacon and cheese broiled on white or whole wheat English muffin. **\$6.95**

With homefries**: \$7.95

Breakfast Quesadilla*

Grilled flour tortilla filled with scrambled eggs, chorizo sausage, Monterey jack cheese, pico de gallo, and sour cream. **\$10.95**, Add guacamole \$3.95

Chorizo con Huevo y Papas Taco*

A delicious mixture of spicy Mexican Chorizo sausage, scrambled eggs, Monterey Jack cheese, and homefries** brought together in a soft flour tortilla. Served with salsa. **\$10.25**

Veggie! Substitute black beans for Mexican Chorizo Sausage.

Add guacamole \$3.95, Add sour cream \$1.25, Add pico de gallo .75

Egg’s Benedict* (*Available Saturday, Sunday & Select holidays.*)

Two poached eggs and *local* North Country Smokehouse Canadian bacon served on English muffins and topped with homemade hollandaise sauce.

Served with homefries**. **\$11.95**

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

** Our homefries are seasoned with bacon drippings, please let us know if you would prefer them without.

GF **Gluten-Free**, for customers with serious reactions to gluten, it is important to note that we use many wheat based products which gluten-free products may come in contact with.

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Pancakes, Waffles & French Toast

Served with syrup and whipped butter upon request. **100% pure local maple syrup in take home bottle \$1.95**

Buttermilk Pancakes

Giant pancakes made from scratch!

One \$7.45, Stack of two \$8.95, Stack of three \$10.45

Try them with blueberries, cranberries, chocolate chips, bananas or shredded coconut 75¢. Or add berries, priced seasonally.



NEW! Carrot Cake Pancakes

Two of our delicious buttermilk pancakes filled with walnuts, raisins, carrots and spices, topped with house made cream cheese frosting. **\$11.95**

Hash & Poached Eggs

All served with choice of homefries**, baked beans or black beans, and choice of toast, English muffin or a fresh muffin from our bakery, and homemade strawberry preserves. **GF** bread available, add 1.79

NEW! **GF** Poached Eggs on Salmon Hash*

Delicious grilled hash filled with Atlantic Ducktrap smoked salmon, red onion, red potatoes, arugula, fresh dill & spices. **One egg \$12.95, Two eggs \$13.95**

Malted Belgian Waffle

A giant, light and fluffy waffle. **\$8.95**. "Dessert for Breakfast" style a la mode \$1.59. Top it off with berries, priced seasonally

Favorite! Lou's Cruller French Toast

Our glazed crullers dipped in seasoned egg batter, grilled to a golden brown and lightly dusted with powdered sugar. **\$9.95**
Delicious with fresh berries, priced seasonally

Texas Style French Toast

Thick slices of bread dunked in seasoned egg batter, grilled to a golden brown and lightly dusted with powdered sugar.

Two slices \$8.95, Three slices \$10.95

Try it with fresh berries, priced seasonally

NEW! **GF** Gluten-Free Egg White French Toast

Slices of Udi's gluten-free bread dipped in seasoned egg white batter, grilled to a golden brown and lightly dusted with powdered sugar.

Two slices \$9.95, Three slices \$11.95

Try it with berries, priced seasonally

Sides

- Vermont Maple Grilled Ham Steak **\$4.95**
- Cob Smoked Bacon or Sausage Patty **\$3.25**
- Turkey Sausage Patties **\$3.25**
- Homemade Corned Beef Hash **\$6.95**
- Smoked Salmon Hash **\$8.95**
- **Veggie GF** Sweet Potato Black Bean Hash **\$6.95**

NEW! **GF Veggie!** Poached Eggs on Sweet Potato Black Bean Hash*

Made with roasted sweet potatoes, black beans, spinach, peppers, onions and spices topped with 2 poached eggs. **One egg \$9.95, Two eggs \$10.95**

Favorite! Poached Eggs on Corned Beef Hash "The Doc's Favorite"*

Not the typical canned variety. Made from fresh corned beef brisket, potatoes, onions, and spices. **One egg \$9.45, Two eggs \$10.45**

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Healthy Starts

NEW! Smoked Salmon Bagel & Cream Cheese

Enjoy a local Goose & Willie's bagel with Ducktrap smoked salmon, cream cheese, red onion, and capers. **\$11.95**

Homemade Oatmeal

Scotch type, steel cut. Served with choice of milk, brown sugar, raisins, honey or syrup. **Small \$4.95, Large \$5.95**

Premium Toppings (\$1): coconut milk, pecans, dried cranberries, and sliced banana. *Fresh berries priced seasonally.*

Favorite! Homemade Granola

Made fresh in our bakery, loaded with oats, nuts, honey, spices and raisins. Served with milk. **\$7.95**



Fresh Fruit, Yogurt & Homemade Granola

A hearty large bowl of fresh fruit salad, topped with Greek yogurt and homemade granola. **\$8.95**

Porridge "Lou, Goldi & the Bears"

Lou's own combination of delicious organic grain cereal. Made with whole oat groats, rye berries, spring wheat berries, and red winter berries. Tasty as is, or with choice of milk, cream, brown sugar, raisins, honey or syrup.

Small \$6.45, Large \$6.95

Premium Toppings (\$1): coconut milk, pecans, dried cranberries, and sliced banana. *Fresh berries priced seasonally.*

(Breakfast at home with our pre-bagged porridge, oats, and granola, available at the register, or online: lousrestaurant.net)

Fresh Fruit Selections

- Fresh Fruit Salad **Small \$5.95, Large \$7.95**
- Fresh Fruit & Greek Yogurt **\$7.95**
- Greek Yogurt **\$3.95**
- Grapefruit Half **\$1.95**
- Banana **\$1.75**
- Fresh Berries, *priced seasonally*
- Whole Fruit, *selection varies*

Extra Yummies

- Bananas & Greek Yogurt **\$4.25**
- Side of Granola **\$5.95**
- Egg any style* **\$3.25**
- Hand-Cut Homefries** **\$3.45**
- Assorted Cold Cereal **\$3.25**
- Homemade Black or Baked Beans **\$2.95**
- Wheat or White English Muffin or Toast **\$1.95**
- Goose & Willie's Local Bagel **\$2.75**, with cream cheese **\$3.45**
- Side of Teddie's Organic Peanut Butter **95¢**
- Side of Cream Cheese **95¢**
- Side of Sour Cream **\$1.25**
- Guacamole **\$3.95**

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LUNCH

Burgers

Burger Smorgasbord*

Create your Ultimate Burger!

Served with hand-cut all-natural fries



STEP 1

BEEF: One Burger (\$9.95), or Two Burgers (\$10.95). Cooked to order with choice of toppings. *Local Lyme Farm Burger* +\$1.25

Veggie! **Burger:** Lunberg Family Farm's all-natural, GMO free \$9.95

GF Gluten-Free Buns \$1

STEP 2

FREE Toppings: Baby Spinach, Lettuce, Tomato, Jalapenos, Dill Pickles, Homemade, Sauerkraut, Pepperoncini, Sautéed Onions, Red Onion, Sautéed Mushrooms, **Hot!** Homemade Chipotle Mayo, Mayo, BBQ Sauce

Premium Toppings: *Local* Cob Smoked Bacon \$1, Avocado \$1.50, Portobello Mushroom \$1, Roasted Red Peppers \$1, Over Easy Egg* 75¢, Spicy Kimchi \$1.50, Pesto \$1, Cheddar, American, or Swiss Cheese 50¢, Pepperjack, Gouda, Feta, or Goat's Cheese \$1, Bleu Cheese Crumbles \$1.50

Chef-Inspired Combinations:

Lou's Super Burger - Sautéed mushrooms, & melted cheddar

Smoky Texas Bacon Burger - *Local* Cob Smoked Bacon, grilled onions, & BBQ sauce

Hot! **Dragon Burger** - Pepperjack, jalapenos, salsa, & chipotle sauce

Fresh Garden Salads

NEW! Strawberry Spinach Salad

Fresh mixed greens, sliced strawberries, edamame, and goat's cheese. Topped with candied pecans and Raspberry Vinaigrette dressing. Served with bread du jour. **\$12.95**

Greek Salad

Fresh mixed greens topped with freshly prepared mixture of feta cheese, tomatoes, spices and dressing. Garnished with Greek olives, pepperoncini and garden veggies. Served with bread du jour. **\$11.95**
Add grilled chicken breast. \$2.95

Cobb Salad

Fresh mixed greens topped with grilled chicken breast, Swiss cheese, Cob Smoked Bacon, avocado, hard boiled eggs, and fresh vegetables. Served with choice of dressing and bread du jour. **\$12.95**

Grilled Chicken Cranberry Salad

Grilled chicken breast on a bed of mixed greens with dried cranberries, feta cheese, chopped pecans, and cucumber with choice of dressing. Served with bread du jour. **\$11.95**

House Salad

Fresh mixed greens, garden veggies, and tomatoes. Served with bread du jour. **\$8.95** Add grilled chicken: \$2.95, or scoop of albacore tuna or chicken salad: \$3.25

Dressings: Homemade Bleu Cheese Dill, Creamy Ranch, Italian, Russian, Homemade Raspberry Vinaigrette, Balsamic Vinaigrette, Honey Dijon

Sides & Extras

- Side Salad **\$5.95**
- Quinoa Salad **\$3.95**
- Homemade Hand-Cut All-Natural Fries **\$2.95**
- Homemade Cole Slaw **\$1.95**
- Homemade Black or Baked Beans **\$2.95**
- Homemade Chipotle Sauce **75¢**
- Sautéed Spinach **\$2.95**
- Sautéed Kale **\$2.95**
- Homemade Pico de gallo **95¢**
- Goat's Cheese **\$1.50**
- Feta Cheese **\$1**
- Guacamole **\$3.95**
- Salsa **95¢**
- Sour Cream **\$1.00**
- Cheese - American, Cabot Cheddar Swiss, Monterey Jack, Pepperjack **50¢**

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LUNCH

Specialty Sandwiches

 *Gluten-Free Bread Available for all Sandwiches, add \$1.79*

Favorite! **Grilled Reuben**

Home-cooked corned beef piled high with homemade sauerkraut and Swiss cheese, grilled on rye bread with Russian dressing. Served with cole slaw, pickle and choice of hand cut fries, quinoa salad, black beans or baked beans. **\$10.25**

Falafel Sandwich

Homemade Spiced chickpea patties fried to a golden brown, in a pita with lettuce, tomato, cucumbers, and homemade tahini sauce. *Served with kettle chips & pickle.* **\$9.95**

Greek Gyros

Spiced beef served in a warm Greek pita with sliced red onion, tomato, lettuce, and homemade tzatziki sauce. *Served with kettle chips & pickle.* **\$9.95**

Chicken Gyros

Marinated grilled chicken served in a warm Greek pita with American cheese, Smoked Bacon, tzatziki sauce, lettuce, tomato, and red onion. *Served with kettle chips & pickle.* **\$9.95**

Roast Turkey Club

House Roasted turkey, Smoked Bacon, lettuce, tomato, and mayo piled high on toasted bread of your choice. *Served with chips & pickle.* **\$10.25.** *Spice it up with chipotle sauce 75¢*

Grilled Vermont Smoked Ham & Cheese

Grilled sourdough filled with Vermont sliced ham and melted Swiss, American or Cabot Cheddar cheese. *Served with kettle chips & pickle.* **\$9.95**

The Crunchy Green

Vermont smoked ham, sliced green apples, spinach, melted cheddar and house made honey dijon mustard on grilled bread of your choice. *Served with kettle chips & pickle.* **\$8.95**

All American Grilled Cheese

Loaded with melted cheese on grilled bread of your choice. *Served with kettle chips & pickle.* **\$8.95**

Roast Turkey Sandwich

Freshly roasted turkey topped with lettuce, tomato and mayo. *Served with kettle chips & pickle.* **\$9.95.** *Add chipotle sauce 75¢*

Chunky Chicken Salad

Fresh homemade on your choice of bread with lettuce. *Served with kettle chips & pickle.* **\$8.45**

Tuna Salad

Fresh homemade white albacore tuna salad, served with lettuce and tomato on your choice of bread. *Served with kettle chips & pickle.* **\$9.95**

BLT

Crisp slices of Cob Smoked Bacon topped with lettuce, tomato, and mayo. *Served with kettle chips & pickle.* **\$8.95.** *Add chipotle sauce 75¢*

Quiche & Soups

Quiche

A hearty portion of house made quiche made with seasonal veggies and local meats, baked in our delicious pastry crust. *Served with fresh fruit salad.* **\$8.95**

NEW! **Soup for the Soul**

Homemade chicken soup made with local Vermont Misty Knoll, free range, naturally raised chicken bones, fragrant herbs, and vegetables. Made with all natural ingredients. *Available with or without noodles.* **Cup \$4.95, Bowl \$5.95, Add bread du jour \$1.75**

Homemade Soups

Selections change daily. **Cup \$4.95, Bowl \$5.95**
Add bread du jour \$1.75

Lou's Lunch Duo

Choose 2 - Soup, Salad, 1/2 Sandwich \$9.95

Soup Choice - Soup du Jour selections

Sandwich Choices - Roasted Turkey, BLT, Tuna, or Chicken Salad

Salad Choices - Garden or Greek Salad (*add grilled chicken \$2.95*)



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