

JUICES

FRESHLY PRESSED ORANGE OR
GRAPEFRUIT | 11

CRANBERRY, APPLE, TOMATO, V-8 | 6

HOT BEVERAGES

DECAFFEINATED, HERBAL TEAS | 6

ILLY DECAFFEINATED,

REGULAR COFFEE | 7

ILLY CAPPUCCINO, ESPRESSO | 8

BAKERIES & BREADS

BAGEL WITH CREAM CHEESE | 7

PASTRY BASKET | 12

ORGANIC VERMONT TOAST, WHEAT, WHOLE

GRAIN, RYE, WHITE | 4

THE CONTINENTAL | 29

THREE BREAKFAST PASTRIES OR TOAST

MIXED FRUITS AND BERRIES

COFFEE OR TEA AND JUICE

GOOD MORNING DETOX SHOT 11

BEET & POMEGRANATE

CARROT & TURMERIC

FRUIT SMOOTHIES 10

APPLES, KALE, CUCUMBERS, SPINACH, GINGER, AVOCADO

STRAWBERRIES, BANANAS, YOGURT

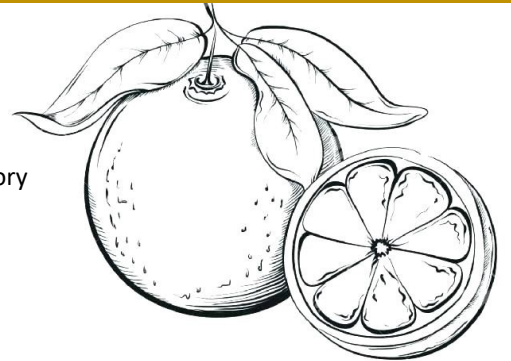
FRESH BEGINNINGS

SEASONAL FRUIT 18 | banana bread, vermont yogurt

BERRIES OF THE DAY 17 | bloody mary sauce, horseradish crème, radish, chicory

VERMONT GREEK YOGURT 15 | berries, honey, house granola

STEELCUT OATMEAL 16 | brown sugar, raisins, cinnamon



FROM THE GRIDDLE

BELGIUM WAFFLE 18 | cinnamon butter, macerated berries

BUTTERMILK PANCAKE 18 | plain, blueberries, chocolate chips or bananas, local maple syrup

NUTELLA CREPES 18 | banana cream, hazelnuts, macerated berries

ARTISAN FRENCH TOAST 18 | banana cream, hazelnuts, macerated berries

EGGS & OMELETS

THREE EGG OMELET 25 |

mushrooms, spinach, peppers, asparagus, tomato, onion | ham, bacon | swiss, cheddar, goat cheese | toast

HEALTHY START 24 |

egg white omelet, tomatoes, asparagus, spinach, herbs, fruit

EGGS BENEDICT 23 |

english muffin, hollandaise, jumbo asparagus, canadian bacon | crab cake, lobster, smoked salmon 8 | avocado 5 |

SUNRISE SANDWICH 19 |

fried egg, pecan wood smoked bacon, cheddar, avocado, brioche bun, fruit

SIGNATURES

TRUFFLE DUCK TOAST 25 | foraged mushrooms, aged provolone, duck eggs, green salad sourdough

THE TREMONT 34 | two eggs any style, pork or chicken sausage, bacon, breakfast potatoes, toast, juice or coffee

SMOKED SALMON 24 | tomato preserve, whipped cream cheese, pickled onion, caper, bagel

ORGANIC HASS AVOCADO TOAST 30 | butternut caponata, chive crème, crisp kale

SIDES 7EA

CHICKEN OR PORK SAUSAGE

PECAN SMOKED BACON

ASPARAGUS & HOLLANDAISE

SLICED FRUITS

MIXED BERRIES



We support local farmers and highlight many of their offerings on our menu.

Some of our partners include, Back Yard Farms, Russell Orchard, Maplebrook Farms, Foley Fish and The Chef's Garden

20% gratuity added for parties of (6) or more

**Before placing your order, please inform your server if a person in your party has a dietary restriction or allergy. *These items contain raw or undercooked and will be cooked to your specification. Please be informed that the consumption of raw or undercooked foods may pose certain health risks.*

These items are gluten free.