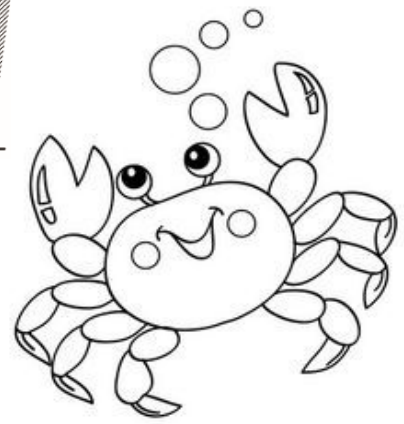


# CAST & PLOW

COMMUNITY MADE

## Children's Menu



### BREAKFAST

6:30am – 11:00am

*beverage included*

#### healthy choices | 12

egg whites | scrambled, chicken sausage

cereal | local organic milk

steel cut oatmeal | local berries, organic milk

greek yogurt | granola parfait

seasonal fruit | bowl

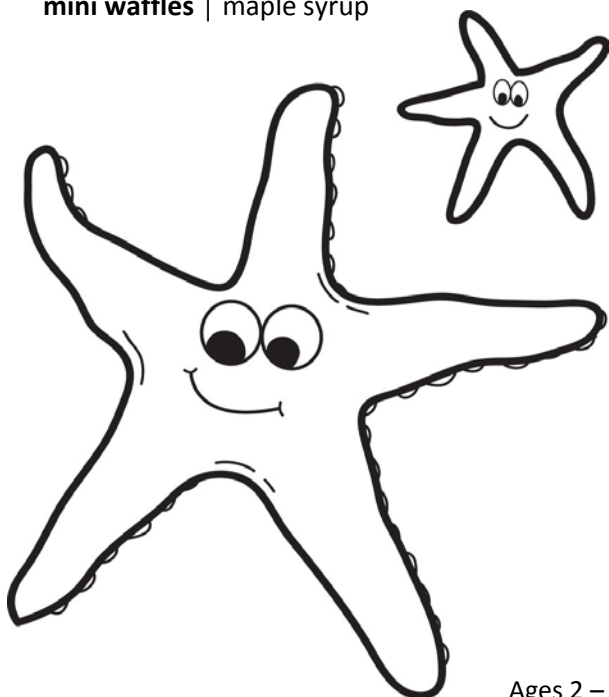
#### traditional | 12

french toast sticks | maple syrup

organic scrambled eggs | bacon

silver dollar pancakes | maple syrup

mini waffles | maple syrup



### LUNCH & DINNER

11:00am – 10:00pm

*beverage included*

#### healthy choices | 16

mini turkey sandwich | seasonal fruit

organic salmon | mashed potatoes, broccolini

natural local strip steak | steamed carrots

gluten-free pasta | bolognese

grilled chicken | steamed carrots, celery sticks, ranch

#### traditional | 12

*choice of fries or fruit*

mac n' cheese

chicken fingers

all-beef hot dog

all-natural sliders

no-crust peanut butter n' jelly

#### dessert | 8

assorted cookies | chocolate chip, oatmeal, peanut butter

whoopie pie ice cream sandwich

warm brownie | ice cream

house made ice cream and sorbet | flavors change daily, whipped cream, berries

Ages 2 – 12 (under 2 eat free)

If you have any concerns regarding food allergies, please alert your server prior to ordering

