

# CHL BREAKFAST

## Mains

### Breakfast Sandwich:

*Available on English Muffin, Croissant, or Bagel*

- **Egg & Cheese / \$6**  
*Fluffy egg and cheese*
- **Bacon, Egg & Cheese / \$8**  
*Savory bacon with egg and cheese*
- **Sausage, Egg & Cheese / \$8**  
*Savory sausage with egg and cheese*
- **Ham, Egg & Cheese / \$8**  
*Savory ham with egg and cheese*
- **Veggie Patty, Egg & Cheese / \$8**  
*Savory plant-based patty with egg and cheese*

*Add Lettuce & Tomato +\$2  
Add Hashbrown in sandwich +\$2*

### Avocado Toast / \$10

*Avocado spread on a slice of Wheat toast topped with fresh sliced tomato & onion*

### Belgian Waffle / \$10

*Served with local maple syrup,  
Add berries & VT whipped cream +\$1*

### Bagel w/ Cream Cheese / \$6

*Everything or Plain bagel, toasted or untoasted with whipped cream cheese*

### Oatmeal Cup / \$7

*Variety Flavors, GF*

### Cabot Greek Yogurt / \$6

*Vanilla greek yogurt, offered w/ local maple syrup*

## Pastries

### Apple Maple Donuts / \$6.5

*Four (4) delicious muffin-donut holes*

### Butter Croissant / \$5.5

*A delicate, buttery pastry*

### Cinnamon Roll / \$6

*A large roll covered with icing*

### Mountain Berry Muffin / \$5

*Sweet mix of berries: straw, blue, & cran*

### Strawberry Donut / \$4

*Square donut frosted with sprinkles*

## Sides

### Fruit Cup / \$5

*Rotating mix of cut fruit*

### Hard Boiled Eggs / \$4

*Two whole eggs de-shelled*

### Hash Brown Sticks / \$4

*Crispy, golden hash browns*

### Toast / \$3.5

*White, Wheat, English muffin, or GF bread*

*Spreads: Butter, PB, Grape Jelly*

### Bacon or Sausage Side / \$2.75

*3 strips or 1 patty or 2 veggie patties*

# CHL SMOOTHIES

## Build Your Own / Starting at \$9.99

### Pick a Base:

Oat Milk  
Whole Milk  
Orange Juice  
Apple Juice  
Cranberry Juice  
Water

### \$1 Add Ins

Super Greens  
Greek Yogurt  
Vanilla Whey Protein  
Green Tea Extract  
Coffee Concentrate  
Goji Berry Powder  
Bee Pollen

### Choose Your Flavors

Banana	Carrot	Maple Syrup
Mixed Berry	Honey	Chocolate Syrup
Blueberry	Apple	Toasted Coconut
Strawberry	Orange	Lemon Juice
Cucumber	Spinach	Lime Juice
Peanut/Sun Butter		

## Signature Smoothies / Starting at \$9.99

### Bluebird Blast

*Mixed Berries & Maple Syrup*

### Java 'Nana

*Banana, Coffee, & Maple Syrup*

### The Forager

*Spinach, Blueberries, & Honey*

### Vermont Harvest

*Banana, Peanut Butter, & Coconut Flakes*

### Berries and Cream

*Strawberries, Bananas & Whey Protein*