



GLUTEN-FREE LUNCH MENU

** All of these items are gluten-free, however, our kitchen is not a gluten-free environment.**

APPETIZERS

Prince Edward Island Mussels

steamed in a garlic butter and fresh herb broth | 11.95

Artisanal Charcuterie, Local Cheese Plate

local cheeses and meats served with homemade fig jam, Vermont maple mustard, roasted olives, gluten-free multi grain crackers | 15.95

Pan Fried Jumbo Lump Crab Cake

served over a sweet 'n sour cranberry sauce, petite salad of celery root and fennel | 13.95

SALADS

Caesar Salad

baby green and red romaine, "Caesar" vinaigrette, parmesan tuile | full 9.95 | half 6.95

Winter Salad

shredded Brussels sprouts, local heirloom apple, applewood smoked bacon, maple-cider vinaigrette, crumbled Cabot cheddar, poached cranberries | full 9.95 | half 6.95

Baby Lettuces

salad of baby lettuces tossed with nine herb vinaigrette, roasted grape tomatoes, pickled cucumber, shaved rainbow carrots, grilled red onions, maple roasted pumpkin seeds | full 9.95 | half 6.95

Baby Kale Salad

tri-colored quinoa, avocado, toasted pine nuts, lemon, asiago dressing, chick peas, green mountain aioli
full 9.95 | half 6.95

Salad additions: chicken 5, shrimp 8, salmon 8, six ounce New York strip 12

LUNCH

The Whip Burger

Vermont grass-fed beef with Cabot sharp cheddar cheese, lettuce, tomato, onion, mayonnaise and Major Grey's chutney on an Udi's roll with kettle chips | 14.95

Black Bean Veggie Burger

homemade bean and garden veggie burger with basil aioli on an Udi's roll with kettle chips | 12.95
add Cabot sharp cheddar cheese or swiss | .75

Basic Burger

Vermont grass-fed beef with lettuce, tomato and onion on an Udi's roll with kettle chips | 13.95
add Cabot sharp cheddar cheese or swiss | .75

BBQ Pulled Pork

cola braised pork with sharp cheddar and scallions served on an Udi's roll with kettle chips | 14.95

Classic Reuben

corned beef, Swiss cheese, sauerkraut and Russian dressing on Udi's bread with kettle chips | 13.95

"The Starr"

fresh roasted turkey breast, Swiss cheese, applewood smoked bacon, lettuce, tomato and mayonnaise on Udi's bread with kettle chips | 12.95

Green Mountain Club

fresh roasted turkey breast, Black Forest ham, Cabot sharp cheddar cheese, applewood smoked bacon, lettuce, tomato, mayonnaise on Udi's bread with kettle chips | 13.95

Tuna Salad Sandwich

all-white, dolphin-safe albacore tuna salad with celery, onions, lettuce and tomato on Udi's bread with kettle chips | 11.95

BLT and Cheddar

warm applewood smoked bacon, lettuce and tomato with melted Cabot sharp cheddar on toasted Udi's bread with kettle chips | 11.95

Steak Frites

grilled 6 oz Black Angus New York strip steak with arugula, oven dried tomato and kettle chips | 15.95

