

MAIN STREET GRILL AND BAR LUNCH

SOUPS

✓ **New England Clam Chowder**
cup 2.95 bowl 4.95
new potatoes, fresh thyme, salt pork

✓ **White Bean Rosemary**
cup 2.95 bowl 3.95
cannellini bean, garlic chips, rosemary oil

SALADS & STARTERS

✓ **Mesclun Green Salad 5.95**
sherry vinaigrette, Vermont apple cider vinaigrette,
creamy blue cheese dressing

Caesar Salad 7.95
La Brioche toasted sourdough croutons, parmesan
cheese, salt-cured anchovy upon request

Add:
-grilled breast of chicken 3.25
-fried calamari 3.95
-smoked salmon 3.95

✓ **Quesadilla 7.95**
roasted corn & poblano peppers,
Vermont cheddar, pumpkin seed spread

Fried Calamari 7.95
spicy peppers, warm tomato jam,
garlic aioli

Corn Cakes 6.95
fire roasted salsa, lime sour cream

Roasted Chicken Waldorf 6.95
Misty Knoll chicken, Vermont apples,
bacon lardons, walnuts

Spinach Salad 7.95
Vermont apples, VT Butter & Cheese bijou,
warm bacon vinaigrette, crostini

SEASONAL FEATURES

SANDWICHES

Pulled Pork 7.95
maple barbecue sauce, coleslaw, soft roll

House Made Sausage Wrap 8.95
sautéed peppers & onions, fennel marmalade

✓ **Tempeh Reuben 7.95**
sauerkraut, Swiss cheese, Russian dressing, rye bread

✓ **Portobello Wrap 8.95**
baba ghanoush, crisp lettuce, lentil salad

Main Street Grill Burgers 10.95
red leaf lettuce, tomato, onion, Kaiser roll

Choice of:

-Beef Burger
"Back 40 Farms" grass fed beef

-Lamb Burger
fennel marmalade

-Turkey "Misty Knoll"
sage mayonnaise & cranberry chutney

Vermont Cheese selections:
-Cabot Cheddar
-VT Butter & Cheese Coupole
-Boucher Blue

**Vermont Smoke & Cure" Slab Bacon, add 1.95

ENTRÉES

✓ **Main Street Grill Omelet 8.95**
classic rolled omelet, root vegetable home fries, local
cheese, toasted semolina bread

Fish & Chips 11.95
Long Trail Ale batter, tartar sauce, coleslaw

Chicken Fried Steak 9.95
mashed potatoes, braised greens, peppered milk gravy

Smoked Salmon Quiche 8.95
chevre, fresh dill, mixed greens

Daily Flatbread 7.95
chef's daily selection

Daily Pasta 8.95
chef's daily selection with tortellini

Seared Salmon 9.95
roasted root vegetables, braised greens, hollandaise

Beef Bourguignonne 10.95
mushrooms, bacon, buttered noodles

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

19% gratuity will be added to parties of eight or more.

✓ Denotes vegetarian selection

☞ BEVERAGES ☞

SPECIAL HOUSE-MADE INFUSIONS

- VT. TREE-HUGGER PEAR-TINI** 8.95
Vt. Sunshine pear infused vodka, pineapple juice, lemon, simple syrup
- VT. WILD BLACKBERRY MARTINI** 8.95
blackberry infused vodka, lemon, simple syrup
- CHILI PASSION-FRUIT MARTINI** 7.95
jalapeño infused vodka, Malibu passion-fruit rum, mango & lime juice
- MAKERS INFUSED MANHATTAN** 8.95
Makers Mark bourbon infused with figs, vanilla bean, cinnamon, sweet and dry vermouth, bitters, cherry garnish
- MANGO MAI TAI** 7.95
mango-infused Bacardi, amaretto, mango, pineapple & orange juice
- THREE MELON MARTINI** 7.50
cantaloupe, watermelon and honey dew infused vodka, Triple Sec
- ORGANIC BLOOD ORANGE MARTINI** 8.95
organic blood orange infused Absolut vodka, Cointreau, lime juice

MOCKTAILS

- ALMOST A MOJITO** 3.95
fresh mint, lime juice, raspberry, soda water
- CRANDAZZLER** 3.25
cranberry juice, raspberry, touch of fizz
- VIRGIN ESPRESSO MARTINI** 4.25
espresso, cream, chocolate
- STRAWBERRY FREEZE** 4.95
strawberries, coconut, lime juice, grenadine, whipped cream
- CINDERELLA** 4.25
mango, pineapple, OJ, lemon juices, ginger ale

WATER & SODAS

- PANNA WATER (STILL) (1 LITER)** 3.95
- SAN PELLEGRINO (SPARKLING) (250ML)** 3.25 (1 LITER) 4.95
- SARAGTOGA WATER (825 ML)** 3.95
- VIRGIL'S ROOT BEER** 3.25 (WORLD'S BEST ROOT BEER)
- REED'S GINGER BEER** 3.25
- ITALIAN SODA** 2.50 **FRENCH SODA** 2.75
- FOUNTAIN SODA (COCA-COLA PRODUCTS)** 2.25

☞ WINES BY THE GLASS ☞

		Glass	Bottle
White			
Vinho Verde	Agrela, Portugal Pavao, , NV	5.25	20
Pinot Grigio	Alto-Adige, Italy Altanuta, , 2007	8.75	34
Riesling	Mosel-Saar-Ruwer, Germany Dr. Loosen, 2007	7.25	28
Gewurtztraminer	Columbia, WA, USA Chateau Ste Michelle, 2007	6.00	23
Sauvignon Blanc	Touraine, France Domaine Baron, 2006	7.00	27
Chardonnay	Marlborough, New Zealand Kono, Unoaked 2006	5.25	20
Chardonnay	Santa Maria, CA, USA Cambria Katherine's Vineyard, 2006	8.25	32
Red			
Pinot Noir	Jargon, California, USA, 2006	6.50	25
Pinot Noir	Adelsheim, Willamette Valley, OR, USA, 2006	12.00	47
Merlot	Red Diamond, Columbia Valley, WA, USA, 2006	6.50	25
Tempranillo	Campo Reales, La Mancha, Spain, 2007	6.50	25
Sangiovese	Spalletti, Chianti, Italy, 2007	7.00	27
Shiraz	2 Up, South Australia, Australia, 2006	7.00	27
Bordeaux Blend	Chateau Laronde Descormes, Bordeaux, France, 2006	9.50	37
Cabernet Sauvignon	Avalon, Napa, CA, USA ,2006	9.50	37

☞ DRAUGHT BEER ☞

BEER FLIGHTS

four 3oz draft beers of your choice 5.00

	GLASS	PINT		GLASS	PINT
HARPOON CIDER Windsor, VT., <i>Local apples, light, dry & refreshing</i>	4.50	5.50	ARROGANT BASTARD ALE Escondido, CA <i>American strong red ale, rich, creamy & tons of hops.</i>	4.95	5.95
BROOKLYN LAGER Brooklyn, N.Y. <i>"Vienna" style dry hopped brew, light & smooth</i>	3.85	4.85	SHED MOUNTAIN ALE Stowe, VT. <i>American strong ale, full bodied, dark & malty</i>	3.85	4.85
MCNEIL'S IPA Brattleboro, VT. <i>English style bitter ale, crisp, light & hoppy</i>	3.25	4.25	ROCK ART RIDGE RUNNER Morrisville, VT. <i>English Barleywine style ale, hoppy, strong & balanced</i>	4.95	5.95
WOLAVER'S IPA Middlebury, Vt. <i>certified organic, crisp, clean, medium bodied</i>	3.50	4.50	GUINNESS STOUT Ireland <i>rich, dense, creamy stout made from dark roasted barley</i>	4.95	5.95
LONG TRAIL ALE Bridgewater, VT. <i>German-style Altbier, full bodied, clean & complex</i>	3.00	4.00	STOVEPIPE PORTER Middlebury, VT <i>rich, dry porter, notes of coffee, malt, chocolate and nuts</i>	3.50	4.50
SWITCHBACK ALE Burlington, VT. <i>unfiltered, medium bodied, American pale ale, light citrus notes</i>	3.25	4.25			

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NEW ENGLAND
CULINARY INSTITUTE
A taste of what we teach



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