

Tacos & Empanadas

Fish Tacos (3) - \$12

Catch of the day, avocado crema, red cabbage, pickled jalapeño slaw, radish, lime, corn tortillas

Steak Tacos (3) - \$12

Tender flat iron steak, avocado crema, red cabbage, pickled jalapeño slaw, radish, lime, corn tortillas

Empanada Trio - \$10

Choose from Beef, Pork, or Vegan Sweet Potato & Lentil. Served with sour cream, salsa verde, and salsa roja

Bowls & Salads

Thanksgiving Bowl - \$16

Turkey, mashed potatoes, apple sausage stuffing, roasted brussels sprouts, cranberry jam, turkey gravy

Winter Grain Bowl - \$14

Ancient grains, root vegetables, arugula, pumpkin seeds, apple vinaigrette

Autumn Salad - \$16

Tuscan kale, blue cheese, bacon, pecans, butternut squash, parsnip, maple sherry vinaigrette

Caesar Salad - \$16

Romaine, pine nuts, crouton, parm, sundried tomatoes

The Salmon Bowl - \$18

Soy glazed Wester Ross Salmon, brown rice, shiitake, roasted red peppers, cucumber, sweet potato, scallion, sesame seeds, soy gochujang dressing

Grilled Chicken Bowl - \$12

Grilled lemon herb chicken, cilantro lime rice, tomato salsa, avocado and shredded cheddar cheese

Spicy Chicken Salad - \$13

11 spice pan roasted chicken breast, roasted corn, Poblano peppers, crispy tortilla strips, romaine, cornbread croutons, creamy Southwest dressing

Build Your Own Sandwich

Whether you want a classic or a sammie with the works, we can make it!

Meats

Ham, Turkey, Roast Beef, Sliced Chicken, Corned Beef, Capicola, Bologna, Salami, Liverwurst, Pastrami

Cheeses

3 Pepper Colby Jack, American, Sharp Cheddar, Vermont Cheddar, Chipotle Gouda, Smoked Gouda, Havarti, Muenster, Pepper Jack, Provolone, Gold Swiss, Lacey Swiss

Condiments

Classic Mayo, Dijon Mustard, Spicy Brown Mustard, Caesar Dressing, Creamy Horseradish, Chipotle Lime Aioli

Toppings

Lettuce, Tomato, Onion, Cherry Peppers, Roasted Red Peppers, Pickles

Bread

Italian, Ciabatta, Sub Roll, Rye, White, Wheat, Tortilla Wraps

Sides

Morning Potatoes - \$4

Side Bacon - \$3.50

Griddled Muffin - \$3

- Blueberry, Corn, Pumpkin Chocolate Chip

Coleslaw, Potato or Macaroni Salad (8 oz.) - \$3

Deviled Eggs with Sriracha - \$7

Kale Power Salad (16 oz.) - \$5

Hot Soup (12 oz.) - \$5

- Chicken Noodle Soup, Beef Chili

House-made Potato Chips - \$3

Onion Rings - \$6

Sweet Potato Fries - \$5

Chips & Guacamole - \$7

Iced Fudge Brownie - \$3 BIG Chocolate Chip Cookie - \$3.50

Drinks

Fiji Water or Boylan Soda - \$2

Natalie's Orange Juice (8 oz.) - \$2

Chilled Apple Cider - \$8

Sickles Green Juice - \$8

Beef & Orange Juice - \$8



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Breakfast Sandwiches

Sickles Slammer - \$9

Fried egg, pork roll, Morning Potatoes, Vermont white cheddar, brioche roll

Croissant Eggwich - \$9

Scrambled eggs, Gouda, sweet basil, caramelized onions, toasted

Breakfast Burrito - \$10

Black beans, peppers, onions, cilantro, scrambled eggs, pepper jack cheese, flour tortilla & tomato salsa

Good Morning Grilled Cheese - \$8

Fried egg, Vermont white cheddar, house-smoked bacon, grilled marble rye

Egg White Sandwich - \$7

Egg whites, Muenster cheese, baby spinach, grainy mustard, multigrain bread

Vegan Breakfast Sandwich - \$10

White bean hummus, Sickles' Own Guacamole, spinach, caramelized onion, blistered tomatoes, English Muffin

Egg & Cheese Sandwich - \$6

Your choice of cheese & bread

Breakfast Plates

Breakfast Hash - \$14

Maple sausage, sunny side egg, root veggies, sage

Johnny Cake - \$12

Cornbread pancake, Sickles' Own Seasonal Preserves, cultured butter

Avocado Toast - \$9

Avocado, arugula, radish, over-medium eggs, lemon juice, extra virgin olive oil, multigrain bread

Omelet - \$11

Three egg omelet with your choice of two veggies (peppers, onions, spinach, tomato, mushrooms) and cheese. Served with Morning Potatoes

Oatmeal Porridge - \$9

Steel cut and rolled oats, cinnamon and maple syrup cooked in almond milk, with dried fruit, bananas and berries

Small Oatmeal Porridge - \$4.50

Dark Chocolate Oatmeal - \$14

Steel cut oats, tart cherries, fall spices, almond milk, raw almonds, fresh fruit

Small Dark Chocolate Oatmeal - \$7

Add Bacon to any Breakfast Sandwich or Plate - \$3.50

All Breakfast Sandwiches & Plates are served with a fruit salad.

Seasonal Specials

Chilled Apple Cider - \$8

Local Apples, Fall Spices

Beet & Goat Cheese Hummus - \$16

Veggie crudo, toasted naan

Local Mushroom Toast - \$14

Sourdough, caramelized onion, truffle honey ricotta

Tuscan Kale & White Bean Soup (Vegan) - \$8

Root vegetable broth, white beans, Tuscan kale, chili flake, extra virgin olive oil

Butternut Squash Soup (Vegan) - \$8

Vegetable stock, coconut milk, turmeric, garlic, cilantro

Fingerling Potatoes - \$12

Roasted garlic aioli, chimichurri

Local Mushrooms & Leeks (Vegan) - \$14

Mixed mushrooms, extra virgin olive oil

Wester Ross Salmon - \$24

Red lentils, leeks, local mushrooms

Sickles' Own Classics

The Italian Sub - \$10

Genoa salami, cappy ham, picante provolone, red onions, romaine lettuce, tomato and Italian dressing on a sub roll

The Fair Haven - \$13

Warm honey maple turkey, bacon, Swiss cheese, coleslaw and Russian dressing on a ciabatta roll

The Parker House - \$13

Grass-fed roast beef, provolone, romaine, tomato, horseradish sauce, Kaiser roll

The Sweet Adelaide - \$13

Oven Gold turkey, bacon, avocado, spinach & honey mustard on a wrap

Turkey Club - \$14

Turkey, romaine, bacon, tomato and Hellmann's mayonnaise, white toast

Hot Sandwiches & Such

Butternut Squash Melt - \$14

Pecan mayo, bacon, roasted onion, bibb lettuce, sourdough

Berkshire Ham Sandwich - \$15

Smoked ham, fig jam, gruyere, baguette

Hot Chicken Sandwich - \$14

Fried chicken, Cayenne pepper sauce, hot honey, bread and butter pickles, brioche

Tuna Avocado Melt - \$11

Marble rye, sharp cheddar, green apple, beefsteak tomato

The Vermont - \$14

Sickles' Own Turkey, Vermont cheddar, maple mayo, sliced apples and lettuce on sourdough bread

Chicken Parma - \$14

Vodka sauce, Sickles' Own Mozzarella, shaved parmesan, basil pesto, semolina roll

The Sickles Burger - \$16

American cheese, caramelized onions, Sickles' Own Fire Roasted Tomato Jam

Ribeye Cheesesteak - \$15

Ribeye, peppers, onions and provolone cheese on an Italian roll

Pimento Chicken Panini - \$14

Lemon Herb Chicken, goat cheese, roasted red onion & red peppers, focaccia

Buttermilk Chicken Bites - \$12

Sickles' Own Ranch Dressing

Hot Honey Chicken Bites - \$12

Sickles' Own Ranch Dressing

Cold Sandwiches

Turkey Avo - \$13

Roasted turkey breast, avocado, black pepper aioli, green leaf lettuce, sliced pumpernickel

Grilled Chicken Breast - \$10.50

Grilled zucchini, sundried tomato spread, provolone, arugula, ciabatta

Green Goddess Shrimp Wrap - \$15

Herb grilled shrimp, baby lettuces, shaved carrot, cucumber, red onion, grape tomatoes, chickpeas, radish, feta

BLT - \$9

Classic Bacon, Lettuce & Tomato Sandwich with your choice of bread