

Tacos

Mahi Tacos (3) - \$12

Avocado crema, cabbage slaw, lime, radish, corn tortillas

Steak Tacos (3) - \$12

Flat iron steak, avocado crema, cabbage slaw, radish, lime, corn tortillas

Bowls & Salads

Sweet Italian Sausage with Polenta - \$16

Mascarpone, ricotta, broccoli rabe, garlic, grape tomatoes, parm

Garbanzo Curry - \$16

Chickpeas, winter vegetables, madras curry, cilantro rice

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 & Drinks

Morning Potatoes - \$4

Side Bacon - \$3.50

Griddled Muffin - \$3

Blueberry, Corn, Coffee Cake

Iced Fudge Brownie - \$3

BIG Chocolate Chip Cookie - \$3.50

Fiji Water - \$2

Boylan Soda - \$2

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

Chipperbec French Fries - \$6

Sweet Potato Fries - \$6

Chips, Salsa, & Guac - \$8

Beet Hummus - \$8

Beet & Goat Cheese Hummus, toasted naan, veggie crudo

Cold Salads (8 oz) - \$3

Coleslaw, Potato or Macaroni

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

Hot Soup (12 oz.) - \$5

Chicken Noodle Soup, Beef Chili

House-made Potato Chips - \$3

House-made Juices

Maradol Papaya Juice - \$8

Tart cherry, pineapple juice

Sickles Green Juice - \$8

Pear, cucumber, spinach, apple, lemon, mint

Beet & Orange Juice - \$8

Beet, orange, apple, carrot, ginger



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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

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, bacon, 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, sourdough 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

Seasonal Fruit & Berries - \$7

Add Greek Yogurt - \$2

Add Granola - \$1

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

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

Seasonal Specials

Persimmon Toast - \$12

Vermont Creamery mascarpone, cinnamon, tart cherries, sourdough

Japanese Eggplant - \$8

Gochujang, NY maple, soy

Honeynut Squash - \$8

Olive oil, chili, cinnamon

Chipperbec French Fries - \$6

Kosher salt, black pepper

Tuscan Kale & White Bean Soup - \$8

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

Butternut Squash Soup - \$8

Vegetable stock, coconut milk, turmeric, garlic, cilantro

Maradol Papaya Juice - \$8

Tart cherry, pineapple juice

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

Hanger Steak Sandwich - \$16

Guacamole, tomato bombs, chipotle aioli, arugula, seeded semolina

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 - \$13

Sickles' Own Tuna Salad, marble rye, sharp cheddar, green apple, beefsteak tomato

The Vermont - \$14

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

Chicken Parma - \$14

Vodka sauce, Sickles' Own Mozzarella, parmesan, basil pesto, seeded semolina

The Sickles Burger - \$16

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

Ribeye Cheesesteak - \$15

Ribeye, peppers, onions and provolone cheese, 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

Thai Shrimp Wrap - \$14

Wild shrimp, seasonal veggies, cilantro, peanut sauce

Turkey Avo - \$13

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

Grilled Chicken Breast - \$10.50

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

BLT - \$9

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