

Appetizers

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| Chicken Wings | 15 |
| Jumbo Chicken Wings Tossed in your choice of: Buffalo, BBQ or Dry Cajun Rub. Served with Celery, Carrots and Ranch or Blue Cheese. | |
| 5 Layer Mexican Dip | 14 |
| Refried Beans, Ground Beef and Mexican Cheese Blend topped with diced Tomatoes and Scallions. Served with Tortilla Chips. | |
| Poutine | 14 |
| Duck Confit, Maple Brook Farms Cheese Curds, Fries and Poutine Gravy topped with Fried Rosemary and Sage. | |
| Seared Ahi Tuna | 16 |
| Seared Ahi Tuna served over Wakame Salad with a Soy Reduction, Wasabi Aioli and Pickled Ginger. | |
| Rotating VT Cheese and Charcuterie Board | 16 |
| Ask your server for details. | |
| Spiced Cauliflower | 14 |
| Cauliflower Sautéed with clarified Butter, Cumin, Garlic, Saffron, Ginger and Chili Peppers. Served with Fried Chic Peas, Arugula and Herb Salad and Green Goddess Yogurt. We can make it Vegan on request. | |

Salads

Add Tuna \$6 or Chicken \$4 to any Salad.

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| Kale Caesar Salad | Small 6/ Large 12 |
| Baby Kale tossed in our House Caesar Dressing. Topped with Blueberries, Sunflower Seeds and Shaved Asiago. | |
| Watermelon Salad | Small 7/ Large 14 |
| Baby Arugula, Cold Pressed Watermelon, Feta, Heirloom Tomatoes, Pickled Red Onions served with a Citrus Dressing. | |
| Vermont Country Salad | Small 6/ Large 12 |
| Mixed Greens, Cucumbers, Tomatoes, Red Onions, Carrots served with a Maple Balsamic Dressing. | |



Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.
A 9% meals tax will be added.

Flatbreads

Yes, we have Pepperoni if you would like to add it for \$1.
Gluten Free Dough Available.

Hawaiian 15

Hoisin BBQ Sauce, Shredded Chicken,
Pineapple, Red Onion, Cilantro.

Shrimp Pesto Pizza 15

Shrimp, Sun Dried Tomatoes, Kalamata
Olives, Mozzarella, Feta and Pesto

Haynes 13

Mozzarella, Provolone, shaved
Parmesan and Marinara.

Vermont 15

Granny Smith Apples, Maple Brook
Farms Cheese Curds, Duck Confit, Baby
Arugula, Maple Mustard, Garlic Oil.

Caprese 15

Roasted Heirloom Tomatoes, Garlic Oil,
Fresh Mozzarella, Fresh Micro Basil,
Balsamic Drizzle.

Sandwiches

PLT (Pig, Lettuce and Tomato)

15

Ham, Bacon, Pork Belly, Lettuce, Tomato and Sriracha Aioli on a Baguette.

Ahi Tuna Burger

15

Blackened Tuna, Avocado Mayo, Pickled Red Onion and Pea Shoots on a
Brioche Bun.

Farmer's Market Bowl

16

Rice Vermicelli, Red Onion, Watermelon Radishes, Scallions, Carrots, Pea Shoots,
Shitake Mushrooms and Heirloom Tomatoes with an Asian Dressing.

Add Pork Belly or Chicken.

4

Add Salmon or Shrimp.

8

Greek Chicken Pita

14

Grilled Chicken Breast, Lettuce, Tomato, Cucumber, Tapenade and
Tzatziki Sauce Wrapped in a toasted Pita.

Foundry Forge Steak Sandwich

16

Sliced Sirloin, Red Pepper Relish, Blue Cheese, Baby Arugula and
Fried Onions on a Baguette.

Jay Burger

16

8oz Ground Beef, Cabot Cheddar, Lettuce, Tomato, and Onion on a Brioche Bun.



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