



## \* BREAKFAST \*

Served until approx. 11:00 am: Monday thru Friday  
Served until approx. 12:00 noon: Saturday & Sunday

## BREAKFAST SANDWICHES

\* Egg Whites available upon request \*

Sandwiches served on bagel, English muffin, roll or toast. (Add 50¢ for croissants)

- Egg Sandwich . . . . 2.95 with Cheese . . . . 3.95
- Egg and avocado with Cheese . . . . . 4.95
- Egg with cheese, plus bacon, sausage or ham . . . . 5.50
- Western sandwich with cheese . . . . . 5.50
- Garden Breakfast Sandwich with egg, spinach, tomato & cheddar . . . . . 4.95
- The Peak sandwich on grilled flatbread with egg, avocado, bacon, spinach & cheddar . . . . . 5.95

## CAFÉ SPECIALS



**The Green Mountain** - 2 eggs any style, served w/toast & home fries . . . . . 5.95



**The Vermonter** - 2 eggs over easy, on an English muffin served opened faced and topped with melted cheddar cheese, served with home fries . . . . . 7.50



**Canadian Bacon Vermonter** - as above with Canadian bacon . . . . . 9.50

**Rancheros Vermonter** - Vermonter topped with salsa, guacamole and sour cream . . . . 9.95



**The Café** - 2 eggs any style plus choice of meat served w/toast & home fries. . . . . 8.50



**Café Olé** - flour tortilla filled with eggs, peppers, onions, tomatoes, spinach, black beans and cheddar cheese. Topped with salsa, guacamole and sour cream . . . . . 8.95



**The Rochester** - 2 eggs any style, 2 pancakes (blueberry add \$1.00), choice of meat served with toast & home fries . . . . 10.95



**Champ** - 2 eggs any style served over hash, served w/toast & home fries . . . . . 8.50

We now offer gluten free bread \*Add \$1.00

## PANCAKES *PLUS* MORE

Served with local Vermont maple syrup (extra syrup .95)

- Buttermilk Pancakes - Short Stack (2) 5.50 (3) . . 7.50
- Blueberry Pancakes - Short Stack (2) 6.50 (3) . . 8.50
- Banana Pecan Pancakes - Short Stack (2) 6.95 (3) 8.95
- Long Trail Pancakes - short stack of buttermilk pancakes topped with fresh strawberries, bananas, walnuts and whipped cream. "Enjoy the Journey" . . . 8.95
- French Toast - choice of White or Multi-grain . . . . 6.95  
Topped with fresh sliced strawberries . . . . . 8.95

## OMELETS

\* Egg Whites available upon request \*

\*Individually pan made the old fashioned way with 3 fresh eggs.\* Served with toast (Add home fries \$1.50)

- Cheese Omelet (American/Swiss/cheddar) . . . . . 6.95
- Cheese & Bacon, Sausage or Ham Omelet . . . . . 7.95
- Western Omelet - ham, onion & green pepper . . . . 8.50  
add cheese . . . . . 8.95
- Farmer's Omelet - potatoes, onion, green pepper, and American cheese . . . . . 7.95
- C.B. Hash & Cheese Omelet . . . . . 8.50
- Fresh Spinach, Bacon & Cheddar Omelet . . . . . 8.50
- Fresh Avocado, Spinach, Tomato & Cheddar . . . . 8.95
- Vermont Goat Cheese & Veggie Omelet . . . . . 9.95

## FRESH START

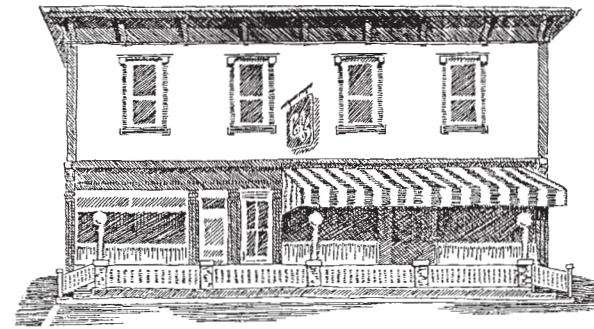
- Fresh Fruit Cup with strawberries . . . . . 3.95
- Sunrise - 2 eggs any style served with side of fresh fruit and Café multigrain toast. . . . . 7.50
- Oatmeal made with 1% milk and served with choice of brown sugar or VT Maple Syrup . . . . . 4.95  
add dried cranberries and walnuts . . . . . 6.95
- VT Harvest Oatmeal - our signature oatmeal with our own roasted maple pecans, VT apples, a touch of VT maple syrup & a dusting of cinnamon sugar . . . 7.50

## SIDE ORDERS & DRINKS

- Toasted Bagel, English Muffin or Toast . . . . . 1.95
- Cream Cheese or Peanut Butter . . . . . 1.50
- One Egg - any style . . . . . .85
- Maple Link Sausage, Bacon, Sausage, Canadian Bacon (Ham) or Corned Beef Hash . . . . . 3.50
- Country Style Homefries . . . . . 2.75
- Local Vermont Maple Syrup . . . . . .95

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: See our Espresso Menu featuring Espresso, :  
: Cappuccino, Lattes, Teas, Hot Chocolate, and more :  
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- Fair Trade Org. Coffee - Reg., Dark Roast, Decaf. . . 1.95
- Milk - Reg. (12 oz) . . . . 1.75 Lg. (16 oz) . . . . 2.25
- Choc. Milk - Reg. (12 oz) . . . 1.95 Lg. (16 oz) . . . . 2.50
- Premium Squeezed Orange Juice
- Small (8 oz.) . . . . . 1.85 Lg. (12 oz.) . . . 2.85
- Juice - Grapefruit, Apple, Cranberry, Tomato
- Small (8 oz.) . . . . . 1.60 Lg. (12 oz.) . . . 2.60



## ♥ Somewhere in Time ♥

Somewhere around the mid 1800's, the building which the Café & Country Store now occupy was constructed. During those days, vehicles traveling down a dirt road, which we now know as Route 100, would come to pass what was known as the Trask Block, owned and operated by J.H. Trask.

It was not until after the Great Depression that the roots were established for the beginning of a quality gathering place for the people and visitors of Rochester, Vermont. Around 1930, Veron Lyon, a local pharmacist, opened Lyon's Pharmacy, currently the space occupied by the Country Store.

Around 1940, Veron, for about three thousand dollars, purchased a top of the line soda fountain from the Liquid Carbonic Company. As the years came to pass, Lyon's Pharmacy became known to many as Lyon's Drugstore. One individual in particular was Robert Frost, who on a hot summer day would frequent the soda fountain to cool off. Soon the soda fountain became the gathering place for locals and passers by.

During the 1970's, Esther Hunt owned and operated Hunt's Variety Store, continuing the great soda fountain tradition.

It was not until 1985 that the first Café occupied this space. Thru the years and two major moves, the soda fountain came to rest in its current location in 1991.

Today, the Rochester Café & Country Store is committed to continuing this great part of nostalgia. By visiting us here at the Café, the old fashioned soda fountain and the Country Store you will continue this great legacy of "Somewhere In Time". Thank you for visiting with us.

*The Domas Family*

Vermont Dept. of Health advises: "Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illnesses, especially if you have certain medical conditions."

# The Rochester Café & Country Store



## ROCHESTER VERMONT

*Featuring One of Vermont's  
Last Remaining, Old Fashioned  
♥ Soda Fountains ♥*

- \* Country Style Meals \*
- \* Daily Blackboard Specials \*
- \* Espresso \*

\* FREE Wi-Fi \*

## Take Out

Please call 767-4302  
www.rochcafe.com

Rte. 100 Main Street • Rochester, VT 05767



## SOUPS & SALADS



### Café's own Soup of the Day - made from scratch

(Choice of bread or crackers)

Cup ..... 3.95      Bowl ..... 6.50

*We now offer gluten free bread \*Add \$1.00*

**1/2 Sandwich & Cup of Soup** - with choice of grilled cheese or cold sandwich ..... 7.95

**1/2 Signature Sandwich & Cup of Soup** ..... 8.95

**Tuna Melt & Cup of Soup** - Toasted multi-grain bread topped with tomato, café tuna, and melted Cheddar, served with a cup of soup ..... 8.50

**House Salad** - Fresh spring mix topped with grape tomatoes, cucumber, grated carrot, onion and sprouts  
Small ..... 4.95      Large ..... 6.95  
Add scoop of tuna or fresh avocado ..... 2.00  
Add grilled chicken ..... 2.95

**Vermont Harvest Salad** - spring mix topped with sliced apples, dried cranberries, walnuts, VT goat cheese, and drizzled with a balsamic reduction ..... 9.95

**Café Cobb Salad** - fresh spring mix topped with cucumber, grape tomato, grilled chicken, fresh avocado, cheddar cheese, bacon and diced hard boiled egg... 10.95

**Chef Salad** - Spring mix topped with cucumber, grape tomato, diced turkey & ham, jack & cheddar cheese, hard boiled egg & sprouts ..... 9.95

*Dressings* - Honey dijon, Bleu cheese, Ranch, and Balsamic Vinaigrette

## WRAPS & PANINIS

\*\* All wraps are served with choice of 1 - chips, cole slaw or cottage cheese

(Substitute fries or small spring mix salad for \$1.50)

**Oriental Shrimp Wrap** - Tortilla filled with crispy shrimp, wasabi plum sauce, grated carrot, cucumber, cabbage, spring mix, and onion ..... 9.50

**Santa-Fe Chicken Wrap** - Tortilla filled with grilled chicken, grilled red pepper, avocado, spring mix, tomato, and maple chipolte sauce ..... 9.50

**North Country Wrap** - tortilla stuffed with crunchy chicken, grated jack and cheddar cheese, spring mix, tomato, and Honey Dijon dressing ..... 8.95

**Barbecue Chicken Breast Wrap** - Tortilla stuffed with grilled boneless chicken, barbecue sauce, grated jack & cheddar cheese, spring mix & tomato ..... 8.95

**Green Mountain Panini** - Grilled flatbread Panini with grilled ham, grilled onion, melted cheddar, lettuce, tomato & honey mustard ..... 8.95

**Veggie Panini** - Grilled flatbread Panini with grilled onions, peppers and mushrooms, tomato, fresh spinach and melted cheddar ..... 8.95  
Substitute Vermont goat cheese ..... 9.95

## SIGNATURE SANDWICHES

\*\* All Sandwiches Served w/ Country Style French Fries \*\* or small Spring Mix salad

**Mount Cushman Grill** - Grilled multi-grain bread with roast turkey, bacon, melted cheddar, lettuce, tomato and our own pesto mayonnaise ... 9.95

**Avocado Melt** - Open faced sandwich with fresh sliced avocado, tomato and melted cheddar, topped with lettuce and sprouts ..... 9.50

**Guacomole Melt** - Just like above but with guacomole instead of avocado and finished with salsa ..... 9.95

**Tim's Turkey Avocado Swiss** - (T.T.A.S. for short) Grilled sandwich layered with roasted turkey breast, fresh avocado and Swiss cheese. Topped off with lettuce, sprouts and mayo. .... 9.95

*We now offer gluten free bread \*Add \$1.00*

## OUR CLASSIC SANDWICHES

\*\* All Sandwiches Served w/ Country Style French Fries \*\* or small Spring Mix salad

**Maple Chipotle Chicken Sandwich** - Grilled bulky roll topped with grilled chicken, grilled sweet red pepper, maple chipotle sauce & melted cheddar served w/lettuce & tomato ..... 9.95

**Philadelphia Cheese Steak** - The closest we can get it to "Pat and Jim's". Shaved sirloin steak & cheese grilled with your choice of onions, mushrooms, or green peppers ..... 9.95

**Café Club** - The classic triple layered sandwich with your choice of Roasted Turkey Breast, or Smoked Ham ..... 10.50

## FROM THE FRYER

**Shrimp Basket** - Beer batter dipped shrimp served with fries, slaw and cocktail sauce ..... 10.95

**Fish & Chips** - Batter dipped haddock served with fries, slaw and tartar sauce ..... 10.95

**Chicken Fingers** - Boneless chicken tenders served with fries and choice of barbeque, honey mustard, blue cheese, or ranch dressing ..... 8.95

**Homestyle Onion Rings** ..... 4.95

**Country Style Fries** ..... 2.50

**Sweet Potato Fries** ..... 3.95

Add your favorite dipping sauce ... .50

Ranch, honey mustard, BBQ, Oriental Sesame, Blue Cheese

## FROM THE GRILL

Sandwiches served with choice of lettuce, tomato, onion, pickles, mayo or our own pesto mayo.

Choice of 1 - cole slaw, cottage cheese or potato chips (Substitute fries or small spring mix salad for \$1.50)

\* Our burgers are handmade using fresh ground beef \*

**6 oz. Burger** cooked to order ..... 8.50  
with cheese ... 8.95      with bacon and cheese ... 9.95

**Café Burger** w/grilled onions, mushrooms & cheddar 9.50

**Garden Burger** - grilled veggie pattie topped with grilled onions, mushrooms and melted cheddar served on a grilled roll with lettuce, tomato and sprouts ..... 8.95

**Grilled 6 oz. Chicken Breast Sandwich** ..... 8.50  
with cheese ... 8.95      with bacon and cheese ... 9.95

**Hot Dog** ..... 6.50

**Grilled Cheese** .... 6.50      with bacon or ham ... 7.95

## COLD SANDWICHES

Sandwiches served on choice of bread, grilled roll croissant, or wrap with choice of mayo, our own pesto mayo, honey mustard, lettuce, tomato, pickles, or onion. Served with choice of 1 - cole slaw, cottage cheese or potato chips.

(Substitute fries or small spring salad for \$1.50)

**All Natural Roasted Turkey** or **Smoked Ham**.. 7.95

**Egg Salad** ..... 6.95

**Tuna Salad** ..... 6.95

**B.L.T.** ..... 7.50      **Avocado B.L.T.** ..... 8.95

**Fresh Avocado** ..... 7.50

## ON THE SIDE

**Cole Slaw** ..... 1.95

**Cottage Cheese** ..... 1.95

**Side of Fresh Avocado** or **Guacamole** ..... 2.50

## DRINKS

Soda - Pepsi, Diet Pepsi, Ginger Ale, Sierra Mist and Mountain Dew ..... 1.95

\* *Now featuring* \*

a selection of natural bottled sodas .... 2.50

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: **See our Espresso Menu featuring** :  
: **Espresso, Cappuccino, Lattes, Teas,** :  
: **Hot Chocolate, Hot Spiced Cider and more** :  
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### Fair Trade Organic Roasted Coffee

Regular, Dark Roast, and Decaf. .... 1.95

**Milk** - Reg. (12 oz) ..... 1.75      Lg. (16 oz) ... 2.25

**Choc. Milk** - Reg. (12 oz) ... 1.95      Lg. (16 oz) ... 2.50

### Premium Squeezed Orange Juice

Small (8 oz) ..... 1.85      Lg. (12 oz) ..... 2.85

**Juice** - Grapefruit, Apple, Cranberry or Tomato  
Small (8 oz) ..... 1.60      Lg. (12 oz) ..... 2.60

**Ice Tea or Lemonade** (with Refill) ..... 1.95



## DESSERTS SODA FOUNTAIN

Every item from the soda fountain is made to order. We will try to honor any special requests, our choices and combinations are endless.

**Milkshake** - any flavor or combination ..... 4.95

**Malted Milkshake** ..... 5.50

**Maple Milkshake - A Café original!**

Made with real Vermont maple syrup ..... 5.50

**Ice Cream Soda** ..... 3.95

**Sundae** - Hot Fudge, Caramel or Butterscotch .... 3.95

**Mini Sundae** ..... 3.50

**Fresh Banana Split** ..... 5.50

**Ice Cream Cone** - 1 scoop 2.95      2 scoops ... 3.95

**Dish of Ice Cream** - 1 scoop 2.95      2 scoops ... 3.95

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: **See Dessert Board for Daily Specials** :  
: **and Featured Ice Cream Flavors** :  
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