

THE ROCHESTER CAFE

EAT IN • TAKE OUT • 802-767-4302



AT THE TRASK BLOCK

WWW.ROCHESTERCAFE.COM

BREAKFAST

Served until approx. 10:45AM: Monday thru Friday • Served until approx. 11:45AM: Saturday & Sunday

(Prices are subject to change)

SANDWICHES

Served on choice of bagel, english muffin, roll, or toast
(Add 50¢ for croissants or 1.00 for gluten free)

egg whites available upon request

Egg 2.95 Egg & cheese 3.95

Egg, avocado, & cheese 4.95

Egg, cheese, & bacon, sausage, or ham 5.50

Western & cheese 5.50

Garden 4.95
egg, spinach, tomato, & cheddar

The Peak 5.95
egg, avocado, bacon, spinach, & cheddar

GRIDDLE

Buttermilk Pancakes
short stack (2) 5.95 tall stack (3) 7.95

Blueberry Pancakes
short stack (2) 6.95 tall stack (3) 8.95

Banana Pecan Pancakes
short stack (2) 6.95 tall stack (3) 8.95

French Toast 7.95
choice of White or Multigrain

OMELETS

All omelets served with toast
(Add homefries on the side 1.50)

Cheese 7.50
add bacon, sausage, hash, or ham 8.95

Western 9.50
ham, onion, green pepper, & cheese

Farmer's 8.50
potatoes, onion, green pepper, & cheese

Catamount 8.95
spinach, bacon, & cheddar

Summit 9.50
avocado, tomato, spinach, & cheddar

Veggie 10.50
onions, green pepper, mushrooms, spinach,
tomato, & vermont goat cheese

CLASSICS

Gluten-free bread available (add 1.00)

The Green Mountain 5.95
2 eggs any style served with toast & homefries
add meat 8.95

The Vermonter 7.95
2 eggs over easy topped with melted cheddar and served
on an open faced english muffin with a side of homefries
add meat or avocado 10.50

Rancheros Vermonter 10.95
as above topped with pico de gallo, guacamole, & sour cream

Ole 9.95
flour tortilla filled with eggs, peppers, onions, tomatoes, spinach, black
beans, & cheddar. Topped with pico de gallo, guacamole, and sour cream

The Rochester 11.95
2 eggs any style, 2 pancakes, and a choice of meat
served with toast & homefries
add blueberry or banana pecan pancakes 12.95

Champ 8.95
2 eggs any style served over hash with toast & homefries

Sunrise 7.95
2 eggs any style served with fresh fruit & multigrain toast

Harvest Oatmeal 7.95
our signature oatmeal with housemade maple roasted pecans, apples,
maple syrup, & dusted with cinnamon sugar

SIDES

Fresh Avocado or Guacamole - 2.95 Pico de Gallo - 2.50

Cabot Vanilla Greek Yogurt - 2.50 Fresh Fruit Cup - 3.95

Oatmeal - 5.95 One Egg - 1.00

Side of Meat - 3.50 Homefries - 2.95

Toast - 1.95 Peanut Butter - 1.50 Cream Cheese - 1.50

DRINKS

Coffee - 2.25

Milk or Choc. Milk reg. - 1.95 lg. - 2.50

Premium Squeezed Orange Juice sm. - 1.95 lg. - 2.95

Juice (grapefruit/apple/cranberry/tomato) sm. - 1.75 lg. - 2.75

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SOUP OF THE DAY

Made from scratch daily

Served with a choice of bread or crackers

Cup 3.95 Bowl 6.95

1/2 Cafe Original Sandwich & Cup of Soup 8.95

SALADS

Dressings: Honey Dijon, Ranch, or Maple Balsamic Vinaigrette

House Salad 7.00

fresh spring mix, tomato, cucumber, grated carrot, & onion

add avocado, turkey, or ham 9.50

add grilled chicken 10.50

Harvest 9.95

spring mix, apples, dried cranberries, walnuts, vermont goat cheese, & maple balsamic vinaigrette

Cobb 11.95

spring mix, tomato, cucumber, grilled chicken, avocado, cheddar, & bacon

WRAPS

North Country 7.95

flour tortilla, crispy chicken, spring mix, cheddar, tomato, & honey dijon dressing

Mexican Chicken 9.95

flour tortilla, grilled chicken, spring mix, cheddar, guacamole, & pico de gallo

Long Trail 8.95

flour tortilla, spring mix, avocado, tomato, cucumber, carrot, onion, vermont goat cheese & maple balsamic vinaigrette

BBQ Chicken 8.95

flour tortilla, grilled chicken, spring mix, cheddar, lettuce, tomato, onion, & BBQ sauce

CLASSICS

Trask Burger or Chicken Sandwich 9.95

burger cooked to order or chicken with cheddar on a grilled brioche bun. Choice of lettuce, tomato, onion, or mayo.

add grilled onions and mushrooms 10.95 add bacon 11.95

Garden Burger 9.50

grilled veggie pattie topped with grilled onions, mushrooms, melted cheddar, lettuce, & tomato

Grilled Cheese 5.95

add tomato 6.95

add bacon, ham, or avocado 7.95

Philadelphia Cheese Steak 9.95

grilled sirloin steak & cheese with choice of onions, mushrooms, or peppers

Cafe Club 9.95

the classic triple layered sandwich with your choice of roast turkey or smoked ham

LUNCH

(Prices are subject to change)

Gluten-free bread available (add 1.00)

CAFE ORIGINALS

Cushman 9.50

grilled multigrain bread with roast turkey, bacon, melted cheddar, lettuce, tomato, & pesto mayo

Avocado Melt 8.95

open faced sandwich with avocado tomato, melted cheddar, & topped with spring mix

Guacamole Melt 8.95

just like above with guacamole instead of avocado and topped with lettuce & pico de gallo

Tim's Turkey Avocado Swiss 9.50

grilled multigrain bread with roast turkey, avocado, melted swiss, spring mix, & mayo

Mansfield 8.95

grilled multigrain bread with grilled ham, grilled onions, melted cheddar, lettuce, tomato, & honey dijon dressing

BLT 6.95

toasted bread of choice with bacon, lettuce, tomato, & mayo

add avocado 8.95

Fresh Turkey, Ham, or Avocado Sandwich 7.95

cold sandwich on choice of bread with choice of lettuce, tomato, onion, pickles, pesto mayo, or mayo

BASKETS

Fish & Chips Half-7.95 Whole-12.95

tender crisp pollock served with french fries, coleslaw, & tartar sauce

Chicken Fingers Half- 6.95 Whole-9.95

crispy boneless chicken tenders served with french fries & dipping sauce of choice

HOT SIDES

Onion Rings Small - 3.95 Large - 4.95

French Fries Small - 1.95 Large - 2.95

Sweet Potato Fries Small - 2.95 Large - 3.95

COLD SIDES

Potato Chips - 1.50 Coleslaw - 1.95

Fresh Avocado or Guacomole - 2.95 Pico de Gallo - 2.50

Fruit Cup - 3.95 Small Salad - 3.95

DRINKS

Natural Bottled Sodas (see selection) 2.95

Fountain Drinks 1.95

(pepsi/diet pepsi/ginger ale/sierra mist/mountain dew)

Ice Tea or Lemonade 1.95

Coffee 2.25

Milk or Choc. Milk sm. - 1.95 lg. - 2.50

Premium Squeezed Orange Juice sm. - 1.95 lg. - 2.95

Juice (grapefruit/apple/cranberry/tomato) sm. - 1.75 lg. - 2.75