

* 🎵 **SUN'S
COMING UP
WE GOT**

MOONCAKES

**ON THE
GRIDDLE**

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FOLDED Thin Stuffed PANCAKES

MoonLight in Vermont ~ Cakes VtCheddar RumbledEgg Bacon MorningSpuds VT MapleSyrupSwirl 9.75
MonteCristo ~ Cakes CountryHam Swiss RumbledEgg RedOnion MorningSpuds MapleDijon 9.75
ChocoFlufferNutter ~ Cakes PeanutButter ChocolateChips MarshmallowFluff CaramelDrizzle WhippedCream 9.25
SugarHouse ~ Cakes VtCheddar RumbledEgg MorningSpuds MapleSyrupSoakedWalnuts 9.25
MoonGoddess ~ Cakes seasonedLambStrips Tzatziki TomatoRedOnion OlivesArtichoke RedBellsSpinach 9.75
ApplePieMoon ~ Cakes BrownSugar&SpicedCinnamonApples PecanStreusel WhippedCream 9.50

OATMEAL CAKES ~ small batch prepared	GRIDDLE ~ CAKES	GLUTEN FREE ~ GRIDDLE CAKES
3 Oatmeal 9.50 w\Blue or Nana 11.00	3 Cakes 9.00 w\Blue or Nana 10.50	3 Cakes 9.50 w\Blue or Nana 11.00
2 Oatmeal 6.50 w\Blue or Nana 7.50	2 Cakes 6.00 w\Blue or Nana 7.00	2 Cakes 6.50 w\Blue or Nana 7.50
1 Oatmeal 3.25 w\Blue or Nana 3.75	1 Cake 3.00 w\Blue or Nana 3.25	1 Cake 3.25 w\Blue or Nana 3.75
VERMONT Dark MapleSyrup	VERMONT Dark MapleSyrup	<u>VT KingArthur ~ Flour</u> VT DarkSyrup



Local Honey ~ NOMAD APIARIES Rutland

Apple & HONEY Nut Oatmeal ~ Cakes
 Spiced WarmApples Pecan Streusel
 WhippedCream HONEY ~ drizzle
 1 Cake 4.50 2 Cakes 8.50 3 Cakes 11.50

Steak-n-Egg

Petit Filets of TENDERLOIN 6 oz

2 EGGS ANY WAY YOU LIKE EM'

paired with Morning Spuds Wheat or Italian HorseRadish 14.00

SOAKED TOAST 'in the Spirit of FRENCH TOAST' 10.00

Prepared with OldWorld Italian or Moon ~ MeadowWheat
 Drowned in an Egg & MilkBath Grilled to GoldenPerfection
 Paired with MorningSpuds VERMONT Dark Syrup SweetButter



Long Hill Maple Syrup
 Just Across the Road Fresh
 Extra Syrup Shots .50

Omelets paired with Morning SPUDS & BakeHouse TOAST

Greek Marriage spicedLamb OlivesFeta TomOnionsSpinach Tzatziki Sauce 10.00
TexMex AndouilleSausage PeppersOnion PepperJack TomatilloSalsa CowboySauce SourCream TortillaChips 10.00
SicilianArrangement freshMozzarella TomatoOlives BellPeppers RedOnions BasilDrizzle 10.00
Farmer'sGlean MushroomSpinachOnion TomatoBasil VtCheddar 9.75

Craft your own OMELET

Paired with MorningSpuds & Toast

Cheese ~ Provolone Muenster Blue Cheddar Feta FreshMozz
 Meats ~ Bacon Ham Andouille
 Veggies ~ Spinach Tomato Onion Bell Shrooms
 Sauces ~ Tomatillo salsa SourCream CowboyDressing .25

<u>Omelets w Spud & Toast</u>	
Cheese Veggie Meat	10.00
Cheese & Veggie	9.75
just Cheese	9.50
just Veggie	9.50

<u>Omelets 'ALONE' NO SIDES</u>	
Cheese Veggie Meat	9.00
Cheese & Veggie	8.25
just Cheese	7.75
just Veggie	7.50

All ~ Cracked Up "anyWayYou Like Em"

over EasyDoesIt - Sun'sUp -
 BrokenYolk - Rumbled - Poached - ALL WHITES
 1 Egg 7.50 2 Egg 8.50 3 Egg 9.00 4 Eggs 10.50
 Paired with MorningSpuds & Toast

Sides

MorningSpuds HandCutSpuds
 Sizzling on the Griddle 3.75 BleuCheeseSpuds 4.50

MEATS

ThickCut HoneySmokedBacon 3.25
 Petit Filets of Tenderloin 6 oz 8.00
 SouthWestern Andouille Sausage ~ MapleMustard 4.50

EGGS

1 Egg 1.75 2 Egg 3.50 3 Egg 5.50

SOAKED TOAST 1 slice 3.25 2 slice 5.50

Toast 1 Slice 1.50 2 slices 3.00 3 slice 4.00
 in house bakery MoonWheat Old World Italian

WAKE UP

& EmbraceThe Morn
 Sparkling Prosecco
 187 ml bottle 9.00



Mimosa 10.25

JUICES Orange Mango Orange
 Cranberry
 Coffee Beans Roasted by
 Capitol Grounds ~ Montpilier
Espresso Cappuccino American Style
 Small Batch Soda
 Local Draft Beer
 Wine - List Available

♪ LEAFIN & CHOMPIN
ON A
* ♪
MOON SALAD

Pocahontas Roasted Turkey Apple Cuke Onion Walnuts Carrots Cran Raisins Lettuce Creamy Maple Dressing 9.50

New England CRAB ~ CAKES 2 Lump Crab Cakes nestled on a Tossed Salad Lemon Herb Sauce 15.00

Apple Orchard grilled Chicken Apples Pecans Red Onion Bleu Cheese Lettuce Apple Cider Vinaigrette 9.50

LuLu Lemon Salad fresh Salmon Cucumbers Carrots Onions Lettuce Pink Lemon & Olive Vinaigrette 17

WRAP IT ~ Enjoy any of the above Salads in a Herb Wrap (substitute for Garlic Toast)

Cafe Specialties ~ Sandwiches

Coastal Crab Cakes 6 oz Lump Crab Lemon Herb Mayo Lettuce Red Bells Toasted Bun 14 with Avocado 14.25

The Brit cafe Roasted Beef Cheddar Red Onion Lettuce Tom Horseradish Mayo Ciabatta 9.50

Hercules ~ Gyro spiced Lamb Tzatziki Sauce Let Tom Cuke Red Onion Greek Flat Bread 9.75

Good Ole Turkey cafe Roasted Turkey Thick Cut Bacon Let Tom Mayo Italian Bread 9.50

PANINI STYLE ~ Lightly Toasted on fresh baked Ciabatta

California grilled Chicken Smashed Avocado Tom Muenster Lemon Herb Mayo 9.00

Tuscan fresh Mozzarella Tomato Olives Red Peppers Red Onions Basil Drizzle 9.75

Roast Beef Bacon Melt cafe Roasted Beef Bacon Tom Muenster Roasted Garlic Mayo

Sweet Potato Panini Griddled SWEET POTATO Influence with an Orange Maple Ginger - Asian Glaze - wilted Spinach Red Onion & Bells a drizzle of Garlic Apple Dressing pressed in cafe Ciabatta until Crispy 9.25 add pineapple 9.75

CRISPY hot WRAPS

Space Cowboy grilled Chicken Thick Cut Honey Cured Bacon Tom Pepper Jack Chipotle Sauce Flour Tortilla 9.50

Peanut Thai grilled Chicken Pineapple Onions Red Bells spicy Peanut Sauce toasted Coconut Garlic Wrap 9.00

Honey Moon grilled Chicken Pineapple Onions Thick Cut Bacon Swiss Almonds Honey Mustard Garlic Wrap 9.50

Spicy Rancher Roast Beef Thick Cut ~ Bacon Yukon Potato Tom Pepper Jack Chipotle Sauce Flour Tortilla 9.50

STUFFED chilling WRAPS 9.50

Rappin With a Chick grilled Chicken Blue Cheese Cran Raisins Red Onion Lettuce Garlic Wrap 9.00

Blue Bird cafe Roasted Turkey Bleu Cheese Thick Cut Bacon Let Tom Mayo Garlic Wrap 9.50

Roast Beef Wrap cafe Roasted Beef Bacon Lettuce Tom Cheddar Red Peppers Red Onion Roasted Garlic Mayo 9.50

GARDEN SALADS

BLEU ~ MOON

Starring Chunks of Danish Blue Cheese over seasonal greens lightly

Drizzled with Bleu Moon ~ Vinaigrette

featuring Sherry Vinegar & Maille Mustard

Bits of Apple Red Onion & Thick Cut Honey Cured Bacon
Toasted Hazelnuts 6.25

GREEK

Starring FETA CHEESE

Artichokes ~ Calamata Olives ~ Red Bells & Onions ~ Tomato ~ Cuc
drizzled with a cafe ~ created Greek Oregano Vinaigrette 6.25

CAESAR

Chef created Caesar Dressing

with a Tang of Fresh Lemon & the Saltiness of Mashed Anchovy Crisp
Romaine ~ Grated Pecorino Cheese 5.00 add Anchovy Filets 1.25

TOSSED

SIMPLE GARDEN VEGGIES over seasonal greens 5.00

DRESSINGS

Maple Garlic Vinaigrette CHIPOTLE RANCH Cafe Caesar
Creamy Maple Greek Vinaigrette APPLE CIDER VINAIGRETTE
PINK ~ LEMON & OLIVE OIL VINAIGRETTE Ranch

Blue Moon Vinaigrette featuring Sherry Vinegar ~ Maille Mustard
& Chunks of Danish Bleu Cheese add 1.25

Moon Burgers Fresh Beef Angus ~ 6.25 ounce

Hand Formed by Us

Bayou Burger Certified Black Angus

Tangled with grilled Southern Andouille Sausage
Pepper Jack Tom Let grilled Onions Chipotle Sauce 9.50

Sugar House Burger Certified Angus Beef

Thick Cut Bacon VT Cabot Cheddar Let Tom
Grilled Onion 9.50

Enjoy you burger on a Petit Salad - Substitute for Roll

GRIDDLE FRIES ~ Hand Cut Spuds

SIZZLING on the GRIDDLE

Idaho ~ Spuds 3.50

MAPLE Sweet Potato 3.50

Soups ~ cafe created

Seasonal Availability

Cups & Bowls served in House Pints & Quarts to Go