

## Breakfast All Day

### **\*Breakfast Sandwich** \$6<sup>50</sup>

Egg, cheese and a choice of bacon or sausage on a bagel or English muffin. - Egg & Cheese Only \$4<sup>75</sup>  
*Gluten free English muffin: \$2<sup>00</sup>*

### **\*Kathy Breakfast Sandwich** \$6<sup>75</sup>

Egg, cheddar cheese, bacon, spinach on a bagel or English muffin.

### **\*Egg & Avocado Sandwich** \$6<sup>25</sup>

Egg, cheddar cheese, tomato, avocado spread on a bagel or English muffin.

### **\*Veggie Wrap** \$9<sup>25</sup>

2 eggs, sautéed onion, mushrooms, peppers, tomatoes, spinach, and cheddar cheese in a grilled wrap.

### **\*Classic Wrap** \$8<sup>25</sup>

2 eggs, bacon, American cheese in a grilled wrap.

### **\*Loaded Wrap** \$9<sup>50</sup>

2 eggs, bacon, American cheese, and home fries in a grilled wrap.

### **\*The Greenhouse Bowl** \$9<sup>00</sup>

2 eggs your way on a bed of crispy home fries with sautéed onion, mushrooms, peppers, and spinach topped with avocado.

### **\*The Porky Pig Bowl** \$9<sup>00</sup>

2 eggs your way, on a bed of crispy home fries with bacon, and sausage, and cheddar cheese.

### **\*Breakfast Bowl** \$9<sup>00</sup>

2 eggs your way on a bed of crispy home fries, cheddar jack cheese, and up to 4 additional ingredients.

\$2 charge for more than one meat as additional ingredient.

50¢ for each additional veggie.

Steak: \$5

### **\*Cafe Omelette** \$9<sup>00</sup>

Two eggs or egg whites with cheese and up to

4 additional ingredients. Served with toast or as a wrap.

\$2 charge for more than one meat as additional ingredient.

Steak: \$5 / Turkey: \$1<sup>00</sup>

No toast: \$8<sup>00</sup>

### **\*Avocado Toast** \$5<sup>00</sup>

Mashed avocado, over easy egg, sriracha drizzle.

### **Bagel** \$3<sup>00</sup>

Toasted with cream cheese or peanut butter.  
plain - everything - cinnamon raisin

## Sides & Snacks

**Toast** \$2<sup>00</sup>  
wheat - white - multi-grain - rye - sourdough

**English Muffin** \$2<sup>00</sup>

**Muffins** \$3<sup>50</sup>

**Yoplait Yogurt** \$1<sup>75</sup>

**Bacon or Sausage** \$2<sup>00</sup>

**Home Fries** Sm \$4<sup>50</sup> / Lg \$5<sup>50</sup>

**Soup** Cup \$5<sup>00</sup> / Bowl \$6<sup>00</sup>

**Scoop of Chicken/Tuna Salad** \$5<sup>00</sup>

**Fries** \$4<sup>75</sup> / \$5<sup>75</sup>

**Sweet Potato Fries** \$5<sup>25</sup> / \$6<sup>25</sup>

**Apple, Grapes, Carrots/Banana** \$1<sup>75</sup>

**Apple Sauce** \$1<sup>75</sup>

**Cookie** \$2<sup>00</sup>

**Brownie/Rice Krispie Treat** \$2<sup>00</sup>

**Scone** \$3<sup>00</sup>

**Cream Cheese** 50¢

**Peanut Butter** 50¢

**Extra Dressing** 50¢

## Beverages

**Coffee** \$3<sup>00</sup>

**Tea** \$2<sup>00</sup>

**Iced Coffee/Tea** \$3<sup>00</sup>

**Hot Chocolate** \$2<sup>75</sup>

**Fountain Soda** \$2<sup>75</sup>

**Additional  
Drinks In Cooler**

**Smoothies** \$6<sup>50</sup>

Made With Fruit Juice

or Almond Milk

Add Yogurt \$1<sup>75</sup>

Add Protein Powder \$1<sup>50</sup>

**Banana**

**Strawberry Banana**

**Green Apple**

**Triple Berry**

**Peaches & Cream**

**Strawberry Mango**

**Banana Mango**

breakfast all day



# THE CAFE

at Hampshire Hills

**Monday**

**9:00-6:00**

**Tuesday -Friday**

**9:00-4:00**

**Saturday**

**9:00-2:00**

**Sunday**

**11:00-2:00**

good food fast not fast food

50 Emerson Rd-Milford, NH | 603.673.7123, x224

## Wraps

Choice of flour, wheat or spinach wrap. Gluten free wrap: \$2<sup>00</sup>  
Add avocado spread: \$2<sup>00</sup> | Add bacon: \$2<sup>00</sup>

### **Caesar Salad** \$7<sup>50</sup>

Romaine lettuce, Parmesan cheese and Caesar dressing.  
Add croutons: 50¢ Add grilled chicken: \$3<sup>00</sup>

### **Turkey Club** \$9<sup>75</sup>

Turkey, bacon, American cheese, lettuce, tomato and mayo.

### **Cranberry Chicken** \$9<sup>00</sup>

Grilled chicken, fresh spinach, maple glazed walnuts, dried cranberries, goat cheese, and balsamic glaze.

### **Avocado Veggie** \$8<sup>50</sup>

Lettuce, tomato, red peppers, cucumber, carrots, avocado spread, drizzle of ranch dressing.

### **Ranch Chicken** \$9<sup>75</sup>

Grilled chicken, lettuce, tomato, cheddar cheese, bacon, and ranch dressing.

### **California Turkey** \$9<sup>75</sup>

Turkey, avocado spread, cheddar cheese, lettuce, tomato, and ranch dressing.

### **Chicken Tender** \$9<sup>00</sup>

Crispy chicken tenders, lettuce, tomato, cheddar cheese. Choose mayo, honey mustard, ranch, barbecue, buffalo sauce.

### **Steak & Cheese** \$8<sup>50</sup>

Tender shaved beef and American cheese.

### **Steak Bomb** \$9<sup>75</sup>

Tender shaved beef, sautéed onions, peppers, mushrooms, and American cheese.

### **Veggie Bomb** \$9<sup>00</sup>

Fresh spinach, tomato, grilled onions, peppers, mushrooms, goat cheese and balsamic glaze.

### **Big Maxx\*** \$9<sup>25</sup>

Ground beef, cheddar cheese, lettuce, onions, pickles, Thousand Island dressing.

### **Buffalo Chicken Salad** \$9<sup>50</sup>

Chicken salad, Frank's hot sauce, lettuce, carrots, bleu cheese crumbles, bleu cheese dressing. Choice of wrap.

## Sandwiches, Burgers & More

Choice of, white, wheat, rye, multi-grain bread, sourdough.  
Gluten free bread: \$2<sup>00</sup>  
Add avocado spread: \$2<sup>00</sup> | Add bacon: \$2<sup>00</sup>

### **Turkey & Cheese** \$8<sup>75</sup>

Deli style turkey, American, or Swiss cheese, lettuce, tomato.

### **Chicken Salad/Tuna Salad** \$8<sup>75</sup>

Homemade chicken salad or tuna salad with celery, garlic, mayo, lettuce and tomato.  
-Make It A Melt-

### **BLT** \$7<sup>50</sup>

Bacon, lettuce, tomato, and mayo.  
Add avocado spread \$2<sup>00</sup>

### **Grilled Cheese** \$4<sup>50</sup>

American cheese and your choice of bread.

### **Peanut Butter & Jelly** \$4<sup>50</sup>

### **\*Cafe Burger** \$9<sup>00</sup>

5 oz patty with American cheese, lettuce, tomato, onion.

### **Hot Dog** \$3<sup>00</sup>

Grilled. Add onions: 50¢

### **Cheese Quesadilla** \$4<sup>50</sup>

Flour tortilla with cheddar cheese.  
Add grilled chicken: \$3<sup>00</sup>

### **Alejandro Quesadilla** \$9<sup>25</sup>

Flour tortilla with grilled chicken, avocado, cheddar cheese, bacon, tomato, and ranch dressing.

### **Sweet Potato Quesadilla** \$8<sup>75</sup>

Flour tortilla with sweet potato fries, grilled spinach and onions, cheddar cheese, and ranch dressing.

### **Veggie Quesadilla** \$8<sup>75</sup>

Sauteed onions, mushrooms, peppers, and spinach, with cheddar cheese, ranch dressing, on a flour tortilla.

### **Cheeseburger\* Quesadilla** \$9<sup>25</sup>

Ground beef, cheddar cheese, tomatoes, and pickles, with Thousand Island dressing on a flour tortilla.

### **Chicken Tenders** \$7<sup>00</sup>

Choice of (1) honey mustard, ranch, bbq, or buffalo sauce.  
Add fries: \$3<sup>00</sup> | Extra dressing: 50¢

## Salads

**Add crispy chicken, grilled chicken, chicken salad, buffalo chicken salad, tuna salad, turkey or ham: \$3<sup>00</sup>.**  
**Add steak: \$5<sup>00</sup>**

### **Garden** Small/ \$5<sup>00</sup> Large/ \$8<sup>00</sup>

Crisp romaine, tomato, carrots, cucumber, choice of dressing.  
Add Cheddar Cheese: 50¢

### **Craisin Walnut** Small/ \$5<sup>50</sup> Large/ \$9<sup>00</sup>

Crisp romaine, tomato, carrots, cucumber, Craisins, maple glazed walnuts, and goat cheese. Served with your choice of dressing.

### **Caesar** Small/ \$5<sup>00</sup> Large/ \$7<sup>00</sup>

Romaine lettuce, Parmesan cheese, homemade croûtons, and Caesar dressing.

### **Waldorf Salad** Small/ \$5<sup>00</sup> Large/ \$8<sup>00</sup>

Crisp romaine, diced apples, grapes, celery, maple glazed walnuts. Served with your choice of dressing.

### **Chicken Salad Sundae** Small/ \$6<sup>75</sup> Large/ \$9<sup>75</sup>

Scoop of chicken salad on fresh spinach, maple glazed walnuts, grapes, Craisins, goat cheese, and balsamic glaze.

---

## Cafe Kids' Meals \$8<sup>50</sup>

### **Hot Dog**

### **Grilled Cheese**

### **Chicken Fingers**

### **Peanut Butter & Jelly**

### **Kraft Mac & Cheese**

### **Mini Cheese Quesadilla**

Includes juice box, or milk.

Choice of apple sauce, grapes, carrots, fries, or chips.

Substitute Fountain Soda \$1<sup>25</sup>

Substitute Dasani Water 75¢



---

Prices Do Not Include 9% Meals Tax

\*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase the risk of food borne illness.

\*\*Before placing your order please inform server if person in your party has a food allergy.