

breakfast all day  
weekly specials

# THE CAFE

at Hampshire Hills

**Monday**  
**9:00-6:00**

**Tuesday-Friday**  
**9:00-4:00**

**Saturday**  
**9:00-2:00**

**Sunday**  
**11:00-4:00**



good food fast not fast food

## Breakfast All Day

### **\*Breakfast Sandwich** \$6<sup>75</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** \$7<sup>00</sup>

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

### **\*Egg & Avocado Sandwich** \$6<sup>50</sup>

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

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

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

### **\*Classic Wrap** \$8<sup>50</sup>

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

### **\*Loaded Wrap** \$9<sup>75</sup>

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

### **\*The Greenhouse Bowl** \$9<sup>50</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>50</sup>

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

### **\*Breakfast Bowl** \$9<sup>50</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>50</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>50</sup>

### **\*Cafe Breakfast** \$8<sup>00</sup>

Two eggs your way, bacon or sausage, served with choice of toast, English muffin or bagel.

### **\*Avocado Toast** \$5<sup>50</sup>

Mashed avocado, over easy egg, sriracha drizzle.

## Sides & Snacks

### **Toast** \$2<sup>00</sup>

wheat - white - multi-grain - rye - sourdough

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

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

### **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 \$5<sup>00</sup> / Lg \$6<sup>00</sup>

### **Soup** Cup \$5<sup>50</sup> / Bowl \$6<sup>50</sup>

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

### **Fries** \$5<sup>00</sup> / \$6<sup>00</sup>

### **Sweet Potato Fries** \$5<sup>50</sup> / \$6<sup>50</sup>

### **Apple, Grapes, 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>75</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**

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 \$8<sup>75</sup>

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

Turkey Club \$10<sup>00</sup>

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

Cranberry Chicken \$9<sup>50</sup>

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

Avocado Veggie \$9<sup>00</sup>

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

Ranch Chicken \$10<sup>00</sup>

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

California Turkey \$10<sup>00</sup>

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

Chicken Tender \$9<sup>50</sup>

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

Steak & Cheese \$8<sup>75</sup>

Tender shaved beef and American cheese.

Steak Bomb \$10<sup>00</sup>

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

Veggie Bomb \$9<sup>25</sup>

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

Buffalo Chicken Salad \$9<sup>75</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 \$9<sup>00</sup>

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

Chicken Salad / Tuna Salad \$9<sup>00</sup>

Homemade with lettuce and tomato.

BLT \$7<sup>75</sup>

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

Grilled Cheese \$4<sup>75</sup>

American cheese and your choice of bread.

Peanut Butter & Jelly \$4<sup>75</sup>

\*Cafe Burger \$9<sup>50</sup>

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

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

Grilled. Add onions: 50<sup>c</sup>

Cheese Quesadilla \$4<sup>75</sup>

Flour tortilla with cheddar cheese.  
Add grilled chicken: \$3<sup>50</sup>

Alejandro Quesadilla \$10<sup>00</sup>

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

Sweet Potato Quesadilla \$9<sup>00</sup>

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

Veggie Quesadilla \$9<sup>00</sup>

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

Cheeseburger\* Quesadilla \$9<sup>75</sup>

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

Chicken Tenders \$7<sup>50</sup>

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

Salads

Add *crispy chicken, grilled chicken, chicken salad, tuna salad, buffalo chicken salad, turkey: \$3<sup>50</sup>*  
Add *steak: \$5<sup>00</sup>*

Garden Small/ \$5<sup>75</sup> Large/ \$8<sup>50</sup>

Crisp romaine, tomato, carrots, cucumber, choice of dressing.  
Add Cheddar Cheese: 50<sup>c</sup>

Craisin Walnut Small/ \$6<sup>75</sup> Large/ \$9<sup>50</sup>

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

Caesar Small/ \$5<sup>75</sup> Large/ \$8<sup>00</sup>

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

Chicken Salad Sundae Small/ \$7<sup>75</sup> Large/ \$10<sup>00</sup>

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

Cafe Kids’ Meals \$8<sup>75</sup>

Hot Dog

Grilled Cheese

Chicken Fingers

Peanut Butter & Jelly

Kraft Mac & Cheese

Mini Cheese Quesadilla

Add Chicken: \$3<sup>50</sup>

Includes juice box, or milk.  
Choice of apple sauce, grapes,  
fries, or chips.

Substitute Fountain Soda \$1<sup>25</sup>  
Substitute Dasani Water 75<sup>c</sup>



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.