

Breakfast All Day

- *Breakfast Sandwich** \$6⁷⁵
Egg, cheese and a choice of bacon or sausage on a bagel or English muffin. - Egg & Cheese Only \$4⁷⁵
Gluten free English muffin: \$2⁰⁰
- *Kathy Breakfast Sandwich** \$7⁰⁰
Egg, cheddar cheese, bacon, spinach on a bagel or English muffin.
- *Egg & Avocado Sandwich** \$6⁵⁰
Egg, cheddar cheese, tomato, avocado spread on a bagel or English muffin.
- *Veggie Wrap** \$9⁵⁰
2 eggs, sautéed onion, mushrooms, peppers, tomatoes, spinach, and cheddar cheese in a grilled wrap.
- *Classic Wrap** \$8⁵⁰
2 eggs, bacon, American cheese in a grilled wrap.
- *Loaded Wrap** \$9⁷⁵
2 eggs, bacon, American cheese, and home fries in a grilled wrap.
- *The Greenhouse Bowl** \$9⁵⁰
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** \$9⁵⁰
2 eggs your way, on a bed of crispy home fries with bacon, and sausage, and cheddar cheese.
- *Breakfast Bowl** \$9⁵⁰
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** \$9⁵⁰
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: \$1⁰⁰ No toast: \$8⁵⁰
- *Cafe Breakfast** \$8⁰⁰
Two eggs your way, bacon or sausage, served with choice of toast, English muffin or bagel.
- *Avocado Toast** \$5⁵⁰
Mashed avocado, over easy egg, sriracha drizzle.

Sides & Snacks

- Toast** \$2⁰⁰
wheat - white - multi-grain - rye - sourdough
- Bagel** \$3⁰⁰
Toasted with cream cheese or peanut butter.
plain - everything - cinnamon raisin
- English Muffin** \$2⁰⁰
- Muffins** \$3⁵⁰
- Yoplait Yogurt** \$1⁷⁵
- Bacon or Sausage** \$2⁰⁰
- Home Fries** Sm \$5⁰⁰ / Lg \$6⁰⁰
- Soup** Cup \$5⁵⁰ / Bowl \$6⁵⁰
- Scoop of Chicken/Tuna Salad** \$5⁰⁰
- Fries** \$5⁰⁰ / \$6⁰⁰
- Sweet Potato Fries** \$5⁵⁰ / \$6⁵⁰
- Apple, Grapes, Banana** \$1⁷⁵
- Apple Sauce** \$1⁷⁵
- Cookie** \$2⁰⁰
- Brownie/Rice Krispie Treat** \$2⁰⁰
- Scone** \$3⁰⁰
- Cream Cheese** 50¢
- Peanut Butter** 50¢
- Extra Dressing** 50¢

Beverages

- Coffee** \$3⁰⁰
- Tea** \$2⁰⁰
- Iced Coffee/Tea** \$3⁰⁰
- Hot Chocolate** \$2⁷⁵
- Fountain Soda** \$2⁷⁵
- Smoothies** \$6⁷⁵
Made With Fruit Juice or Almond Milk
Add Yogurt \$1⁷⁵
Add Protein Powder \$1⁵⁰
- Banana Strawberry Banana**
- Green Apple Triple Berry**
- Peaches & Cream**
- Strawberry Mango**
- Banana Mango**
- Additional Drinks In Cooler**

breakfast all day

weekly specials

THE CAFE

at Hampshire Hills



good food fast not fast food

Monday-Friday

9:00-4:00

Saturday

9:00-3:00

Sunday

11:00-3:00

50 Emerson Rd-Milford, NH | 603.673.7123, x224

Wraps

Choice of flour, wheat or spinach wrap. Gluten free wrap: \$2⁰⁰
Add avocado spread: \$2⁰⁰ | Add bacon: \$2⁰⁰

Caesar Salad \$8⁷⁵

Romaine lettuce, Parmesan cheese and Caesar dressing.
Add croutons: 50^c Add grilled chicken: \$3⁵⁰

Turkey Club \$10⁰⁰

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

Cranberry Chicken \$9⁵⁰

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

Avocado Veggie \$9⁰⁰

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

Ranch Chicken \$10⁰⁰

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

California Turkey \$10⁰⁰

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

Chicken Tender \$9⁵⁰

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

Steak & Cheese \$8⁷⁵

Tender shaved beef and American cheese.

Steak Bomb \$10⁰⁰

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

Veggie Bomb \$9²⁵

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

Buffalo Chicken Salad \$9⁷⁵

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: \$2⁰⁰
Add avocado spread: \$2⁰⁰ | Add bacon: \$2⁰⁰

Turkey & Cheese \$9⁰⁰

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

Chicken Salad / Tuna Salad \$9⁰⁰

Homemade with lettuce and tomato.

BLT \$7⁷⁵

Bacon, lettuce, tomato, and mayo.
Add avocado spread \$2⁰⁰

Grilled Cheese \$4⁷⁵

American cheese and your choice of bread.

Peanut Butter & Jelly \$4⁷⁵

*Cafe Burger \$9⁵⁰

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

Hot Dog \$3⁰⁰

Grilled. Add onions: 50^c

Cheese Quesadilla \$4⁷⁵

Flour tortilla with cheddar cheese.
Add grilled chicken: \$3⁵⁰

Alejandro Quesadilla \$10⁰⁰

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

Sweet Potato Quesadilla \$9⁰⁰

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

Veggie Quesadilla \$9⁰⁰

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

Cheeseburger* Quesadilla \$9⁷⁵

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

Chicken Tenders \$7⁵⁰

Choice of (1) honey mustard, ranch, bbq, or buffalo sauce.
Add fries: \$3⁵⁰ | Extra dressing: 50^c

Salads

Add **crispy chicken, grilled chicken, chicken salad, tuna salad, buffalo chicken salad, turkey: \$3⁵⁰**
Add steak: \$5⁰⁰

Garden Small/ \$5⁷⁵ Large/ \$8⁵⁰

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

Craisin Walnut Small/ \$6⁷⁵ Large/ \$9⁵⁰

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

Caesar Small/ \$5⁷⁵ Large/ \$8⁰⁰

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

Chicken Salad Sundae Small/ \$7⁷⁵ Large/ \$10⁰⁰

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

Cafe Kids’ Meals \$8⁷⁵

Hot Dog

Grilled Cheese

Chicken Fingers

Peanut Butter & Jelly

Kraft Mac & Cheese

Mini Cheese Quesadilla

Add Chicken: \$3⁵⁰

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

Substitute Fountain Soda \$1²⁵
Substitute Dasani Water 75^c



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.