

Breakfast All Day

***Breakfast Sandwich** \$6⁵⁰

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** \$6⁷⁵

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

***Egg & Avocado Sandwich** \$6²⁵

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

***Veggie Wrap** \$9²⁵

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

***Classic Wrap** \$8²⁵

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

***Loaded Wrap** \$9⁵⁰

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

***The Greenhouse Bowl** \$9⁰⁰

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** \$9⁰⁰

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

***Breakfast Bowl** \$9⁰⁰

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** \$9⁰⁰

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: \$8⁰⁰

***Cafe Breakfast** \$7⁵⁰

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

***Avocado Toast** \$5⁰⁰

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 \$4⁵⁰ / Lg \$5⁵⁰

Soup Cup \$5⁰⁰ / Bowl \$6⁰⁰

Scoop of Chicken/Tuna Salad \$5⁰⁰

Fries \$4⁷⁵ / \$5⁷⁵

Sweet Potato Fries \$5²⁵ / \$6²⁵

Apple, Grapes, Banana \$1⁷⁵

Apple Sauce \$1⁷⁵

Cookie \$2⁰⁰

Brownie/Rice Krispie Treat \$2⁰⁰

Scone \$3⁰⁰

Cream Cheese 50¢

Peanut Butter 50¢

Beverages

Coffee \$3⁰⁰

Tea \$2⁰⁰

Iced Coffee/Tea \$3⁰⁰

Hot Chocolate \$2⁷⁵

Fountain Soda \$2⁷⁵

*Additional
Drinks In Cooler*

Smoothies \$6⁵⁰

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

 breakfast all day 



THE CAFE

at Hampshire Hills

Monday -Friday

9:00-4:00

Saturday

9:00-2:00

Sunday

11:00-2:00

Weekly Specials

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

Caesar Salad \$7⁵⁰

Romaine lettuce, Parmesan cheese and Caesar dressing.
Add croutons: 50¢ Add grilled chicken: \$3⁰⁰

Turkey Club \$9⁷⁵

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

Cranberry Chicken \$9⁰⁰

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

Avocado Veggie \$8⁵⁰

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

Ranch Chicken \$9⁷⁵

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

California Turkey \$9⁷⁵

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

Chicken Tender \$9⁰⁰

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

Steak & Cheese \$8⁵⁰

Tender shaved beef and American cheese.

Steak Bomb \$9⁷⁵

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

Veggie Bomb \$9⁰⁰

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

Buffalo Chicken Salad \$9⁵⁰

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 \$8⁷⁵

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

Chicken Salad \$8⁷⁵

Homemade chicken salad with lettuce and tomato.

BLT \$7⁵⁰

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

Grilled Cheese \$4⁵⁰

American cheese and your choice of bread.

Peanut Butter & Jelly \$4⁵⁰

***Cafe Burger** \$9⁰⁰

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

Hot Dog \$3⁰⁰

Grilled. Add onions: 50¢

Cheese Quesadilla \$4⁵⁰

Flour tortilla with cheddar cheese.
Add grilled chicken: \$3⁰⁰

Alejandro Quesadilla \$9⁷⁵

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

Sweet Potato Quesadilla \$8⁷⁵

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

Veggie Quesadilla \$8⁷⁵

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

Cheeseburger* Quesadilla \$9²⁵

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

Chicken Tenders \$7⁰⁰

Choice of (1) honey mustard, ranch, bbq, or buffalo sauce.
Add fries: \$3⁰⁰ | Extra dressing: 50¢

Salads

Add crispy chicken, grilled chicken, chicken salad, buffalo chicken salad, turkey: \$3⁰⁰.
Add steak: \$5⁰⁰

Garden Small/ \$5⁵⁰ Large/ \$8⁰⁰

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

Craisin Walnut Small/ \$6⁵⁰ Large/ \$9⁰⁰

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

Caesar Small/ \$5⁵⁰ Large/ \$7⁰⁰

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

Chicken Salad Sundae Small/ \$7⁵⁰ Large/ \$9⁷⁵

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

Cafe Kids' Meals \$8⁵⁰

Hot Dog

Grilled Cheese

Chicken Fingers

Peanut Butter & Jelly

Kraft Mac & Cheese

Mini Cheese Quesadilla

Add Chicken: \$3

Includes juice box, or milk.

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

Substitute Fountain Soda \$1²⁵

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.