

# SUMMER MENU



## FARM COUNTRY



## CAFE + MARKET

413-528-0040

### BREAKFAST — served all day.

#### SANDWICHES

##### EGG + CHEESE \* 6

Farm egg over-well, cheddar cheese, salt, caramelized onions, on brioche bun or GF seedy loaf.  
Aioli n/c

##### BACON, EGG + CHEESE \* 9.5

Applewood smoked bacon, farm egg over-well, cheddar cheese, on brioche bun or GF seedy loaf.

##### GLORIOUS MORNING \* 9.5

Scrambled farm eggs, goat cheese, arugula, on croissant.

##### BREAKFAST BURRITO \* 10

Scrambled eggs, cheddar cheese, baby spinach, avocado, salt, on griddled flour tortilla.  
Applewood smoked bacon +3  
Hosta Hill kraut or kimchi +1.5  
Roasted potatoes +3

#### PLATES + NOURISH BOWLS

##### AVOCADO TOAST \* 7

Hemp seeds, flaky sea salt, on sourdough or GF seedy loaf.  
Goat cheese or farm egg +2  
Marinated cherry tomatoes +2

##### BERKSHIRE HILLS BREAKFAST \* 10.5

Two fried or scrambled farm eggs, applewood smoked bacon, roasted potatoes, on toast.

##### MORNING PASTRIES (while they last!)

See our counter display.  
Croissants, scones, buns, biscuits, dirt bombs, muffins, fruit and savory galettes.

### LUNCH — starting at 10am.

#### ASK ABOUT OUR DAILY SPECIALS.

In a hurry? Check our counter for grab-and-go sandwiches and salads! (market price)

Gluten free or bread free? Have any sandwich fixings on gluten free bread or over greens +2.

#### ADD-ONS

Add the following to any sandwich or bowl to make the perfect nourishment for you.

Grilled chicken, applewood smoked bacon, or seared tofu +3

Feta, goat cheese, parmesan +2

Caramelized onions or tomato, +1

Walnuts, hazelnuts, almonds or sunflower seeds +1

Avocado +2

Farm egg +2

Dijon or honey mustard, mayo N/C

Smoked paprika aioli +1

#### SANDWICHES

##### CLASSIC GRILLED CHEESE \* 8.5

Vermont cheddar cheese.

Option for grilled cheese sandwich—

1/2 sammy with cup of soup special \* 10.5

##### CURRIED CHICKEN SALAD \* 11

Chicken breast, mango chutney mayo, raisins, celery (sometimes fennel), spinach, summer fruit, on wrap or toasted brioche or GF seedy loaf.

##### FRENCH CLASSIC \* 10

Applewood smoked ham, gruyère, butter, on baguette.

##### RAINBOW HUMMUS \* 9.5

Roasted garlic hummus, rainbow of raw veggies, greens, on wrap or sourdough or GF seedy loaf.

##### HOUSE ROASTED TURKEY B.L.A.T. \* 11

Applewood smoked bacon, lettuce, avocado, tomato, mayo, on toasted peasant bread.

##### GRILLED CHICKEN PANINI \* 11

Caramelized onions, gruyère, smoked paprika aioli, on sourdough.

#### NOURISH BOWLS

##### DAILY SOUP \* See chalkboard.

Cup 5, Bowl 7.5 or Quart 13

##### ALMOND QUINOA BOWL (GF) \* 10.5

Arugula, organic quinoa, toasted almonds, dried cherries, golden raisins, scallions, orange juice house vinaigrette.

##### BOWL FULL OF SUMMER (GF) \* 12

Tender baby kale, local sweet corn, tomatoes, summer squash, avocado, blueberries, buttermilk basil ranch dressing.

##### GREEK CHOPPED SALAD (GF) \* 12

Romaine, cucumber, marinated cherry tomatoes, red onion, feta, olives, mediterranean vinaigrette.

##### FALAFEL BOWL (GF) \* 14

Chick pea + herb patty, lemon tahini sauce, cucumber yogurt tzatziki, marinated cherry tomatoes, hummus, chick pea feta salad.

#### SIDES/A LA CARTE

Quiche 7

Frittata 6

Side salad 4.5

Quesadilla 6

Potato-onion-cheddar or sweet potato-black bean-fontina

Roasted potatoes 3

Hosta Hill kimchi or kraut 1.5

Applewood smoked bacon 3

#### DRINKS

Hot and iced coffees, lattes, cold brew, chai, matcha, Harney Teas.

Cold drinks—see our beverage cooler.



#### OUR MISSION

We celebrate and support local food and farms.

Our mission is to protect and sustain the health and wholeness of people, food and land.

\*  
Before placing your order, please inform your server if a person in your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.



#### LET US CATER YOUR NEXT EVENT

- Dinner party or cocktail party, office meeting, brunch or luncheon—call for our farm sourced event menu.

- Picnics to-go. Please preorder 48-hours in advance.

- Friday Farm Suppers to-go. Sign up for our weekly menu at [www.farmcourtnrysoup.com](http://www.farmcourtnrysoup.com)

