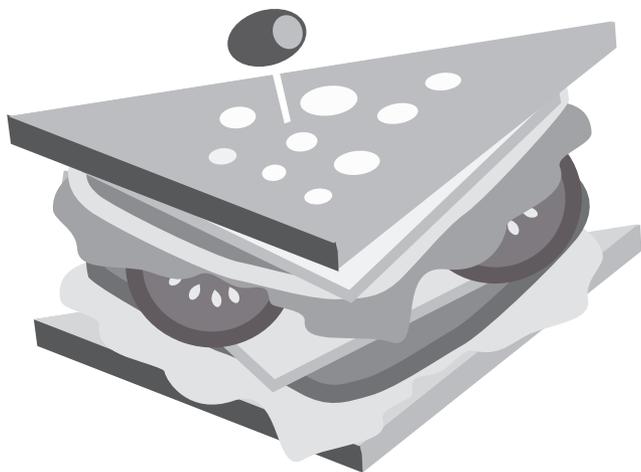




# *Sandwich Menu*



# Breakfast

## **Bagel**

*with butter or plant based alternative* **1.69**

*with cream cheese* **3.59**

## **B.Y.O. Build your own Bagel & Egg Breakfast Sandwich**

*bagel with your choice of Co-op made sausage, local bacon, vegetable medley, fakin' bacon, or avocado, and topped with cheddar cheese*

**5.49**

## **Bagel, Salmon, Lox, and Cream Cheese**

*with Vermont cream cheese, smoked salmon lox* **6.99**

## **All the Way Bagel**

*All the Way adds onion spinach and capers to Vermont cream cheese, smoked salmon lox* **8.49**

## **Breakfast Burrito**

*brown rice, black beans, cilantro, spinach, jalapeño peppers, garlic salt, lime juice, tomato, green chili, bell pepper, corn, cheddar cheese, and eggs* **5.99**

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# Baguette Bites **6.99**

## **Chicken**

*balsamic chicken, tomato, spinach, red peppers, provolone cheese, and balsamic*

## **Beef**

*horseradish mayo, roast beef, marinated mushrooms, caramelized onions, stone ground mustard, bacon, and swiss cheese*

## **Veggie**

*nut-free basil pesto, grilled zucchini, red onion, sliced tomato, organic baby spinach, and fresh mozzarella*

# Hot Sandwiches

## **Reuben**

turkey, tofu, or pastrami, Thousand Island dressing, Swiss cheese, and sauerkraut, on rye **8.99**

## **Vermont**

no-sodium turkey, maple jam, apple, bacon, and cheddar cheese on sourdough **8.99**

## **Ole' Smokey**

tempeh fakin' bacon, organic baby spinach, red pepper relish, caramelized onions, and sliced tomatoes, (VE) on multigrain **9.99**

## **The Whetstone**

turkey, brie spread, mango jalapeño jam, prosciutto, and sliced red onion, on honey wheat **8.99**

## **Happy Hippie**

mozzarella, tomatoes, organic baby spinach, roasted red peppers, and pesto, on honey wheat **8.99**

## **Tuna Melt**

BFC tuna salad, avocado, tomato, Swiss cheese, and sliced red onion, on multigrain **8.99**

## **Da Bombe**

roast beef, bacon, caramelized onions, horseradish mayo, and molten Swiss cheese, on multigrain **9.99**

## **BFC Grilled Cheese 4.99**

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# Cold Sandwiches

## **Thai Tofu Wrap**

shredded carrots, cucumber, korean spinach, roasted red peppers, and thai peanut tofu on a wrap (tomato or spinach) **7.49**

## **Garden Special**

avocado, lettuce, cucumber, tomato, carrots, onions, and sprouts on a wrap (tomato or spinach) **7.99**

## **B.C.L.T.**

bacon, lettuce, tomato, mayo, and cheddar cheese **8.49**

# B.Y.O. Sandwich 7.99

## **BREAD—PICK ONE:**

honey wheat, rye, sourdough, multigrain, gluten-free, tomato or spinach wrap, or a roll

## **PROTEINS—PICK ONE:**

turkey (regular or no sodium), thai tofu spread, fried egg, smoked ham, roast beef, parma prosciutto, bacon, co-op made sausage, tuna salad, or smoked tempeh fakin' bacon

## **VEGGIES—PICK THREE:**

carrots, caramelized onions, cucumbers, lettuce, red onion, roasted red pepper, organic baby spinach, sprouts, or sliced tomatoes

## **CHEESE—PICK ONE:**

cheddar, swiss, provolone, american, or daiya vegan

## **CONDIMENTS—PICK TWO:**

hot sauce, mayo, honey mustard, hot pepper relish, stoneground mustard, horseradish mayo, or butter

## **SPREADS:**

hummus, Co-op made Korean spinach, nut-free basil pesto, herb cream cheese, VT cream cheese, soy-based cream cheese, butter or plant-based alternative, jam, peanut butter, or avocado

## **B.Y.O. EXTRAS:**

Bread 1.00 slice • Protein 1.50 Half / 3.00 Full • Veggies 50¢ ea  
Spreads 1.00 ea • Cheese 1.00 ea • Condiments 50¢ ea

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## ***Specials***

*Weekly specials selected by the Deli!*  
*Check the menu board!*