

# SANDWICH COUNTER

## HOURS OF OPERATION

**Sunday: 9 am – 7 pm.**

**Monday through Saturday: 8 am – 7 pm**

*Many selections of BFC Made sandwiches and salads are available in the “Grab & Go” cases.*

## SMOOTHIES 6.99 ea

### **POWER PROTEIN SMOOTHIE**

*Soy milk, banana, vanilla whey protein or chocolate (cocoa powder and whey protein), chia seeds, and ice.*

### **TOASTED NUT SMOOTHIE**

*Almond milk, banana, toasted almonds, maple syrup, and ice.*

### **MANGO MINT SMOOTHIE**

*Rice milk, mango juice, mango, banana, mixed berries, and mint.*

### **BLUEBERRY PANCAKE SMOOTHIE**

*Yogurt, milk, blueberries, vanilla whey, and oats.*

### **BERRY BLAST SMOOTHIE**

*Rice milk, mixed berries, banana, maple syrup, and ice.*

### **THE HEALTHY SMOOTHIE**

*Almond milk, toasted almonds, mixed berries, banana, and spinach.*

### **GREEN MOUNTAIN SMOOTHIE**

*Mango juice, banana, peach, and spirulina.*

### **SWEET CAROLINE**

*Mango juice, apple, blueberries, peach, banana, and maple syrup.*

Additional smoothie ingredients \$1.25 ea. Some substitutions may affect the price.

## CIABATTA

*A tasty, toasty, melty BFC creation on fresh ciabatta*

### **CHICKEN CIABATTA 9.99**

*Chicken, Tomato, Spinach, Red Pepper, Provolone Cheese, And Balsamic Glaze.*

### **BEEF CIABATTA 10.75**

*Horseradish, mayo, roast beef, caramelized onion, bacon, and swiss cheese.*

### **VEGGIE CIABATTA 9.99**

*Nut-free basil pesto, roasted red pepper, red onion, sliced tomato, organic baby spinach, and fresh mozzarella.*

Cold baguette bites are available on the grab & go shelves.

## HOT SANDWICHES

### GRILLED CHEESE 5.99

Grilled Cheddar, Swiss, or Provolone cheese on sourdough

### HAPPY HIPPIE 8.99

Mozzarella cheese, tomato, organic baby spinach, roasted red pepper, and pesto on honey oat

### REUBEN 10.75

Turkey, tofu or pastrami, Thousand Island dressing, Swiss cheese, and sauerkraut on rye

### THE VERMONT 9.99

No-sodium turkey, maple jam, apple, bacon, and Cheddar cheese on sourdough

### THE PADDLEBOARDER 9.99

Tapenade, roasted red pepper, red onion, tomato, spinach, and BFC made Surfer Spread on sourdough

### THE MELT 9.99

Ham, smoked turkey, tuna or tofu, Swiss cheese, avocado, tomato, onion, and mayo on choice of bread

### HAPPY CAMPER 10.49

Turkey, pesto, roasted red peppers, red onion, spinach, and Mozzarella cheese on sourdough

### THE MOUNTAINEER 10.75

Chicken or tofu, bacon, caramelized onion, banana pepper, cheddar cheese, and Dijon maple barbecue sauce on sourdough

### THE BLACK DIAMOND 10.75

Roast beef, roasted red pepper, caramelized onion, jalapeño, Provolone cheese, and stone ground mustard on honey oat

## BREAKFAST SANDWICHES

*Available all day*

### BAGEL

Choice of bagel with butter or plant-based alternative 1.99

Choice of bagel with cream cheese 3.99

### BUILD-YOUR-OWN

#### BAGEL & EGG 5.99

Choice of bagel with BFC-made sausage, local bacon, a vegetable medley, or avocado, topped with Cheddar cheese

#### LOX & CREAM CHEESE

#### BAGEL 10.99

Choice of bagel with smoked salmon and cream cheese, topped with sliced onion & tomato, and capers

#### BREAKFAST BURRITO 6.99

Brown rice, black beans, cilantro, spinach, jalapeño pepper, garlic salt, lime juice, tomatoes, green chili pepper, bell pepper, corn, Cheddar cheese, and eggs

## COLD SANDWICHES

### GARDEN SPECIAL 8.99

Avocado, lettuce, cucumber, tomato, carrot, onion, and sprouts on a wrap

### B.C.L.T. 9.99

Bacon, lettuce, tomato, mayonnaise, and Cheddar cheese on sourdough

### THAI TOFU WRAP 9.99

Shredded carrot, cucumber, Korean spinach, roasted red pepper, and Thai peanut tofu on a wrap

### TURKEY CLUB 10.75

Turkey, bacon, Cheddar cheese, lettuce, tomato, and mayonnaise on choice of bread or wrap

### ITALIAN BAGUETTE 10.99

Salami, pepperoni, capicola, provolone cheese, lettuce, tomato, banana pepper, and Deli Vinaigrette on a baguette

# BUILD YOUR OWN SANDWICH 9.99

## **BREAD/WRAP** CHOOSE ONE (1) Extra Slice 1.00

- Honey Oat Bread
- Sourdough Bread
- Gluten-Free Bread
- Tomato Wrap
- Rye Bread
- Spinach Wrap
- Roll

## **PROTEIN** CHOOSE ONE (1) Extra Protein 1.50 half / 3.00 full

- Uncured Ham
- Roast Beef
- BFC Made Sausage
- Bacon
- Turkey (regular, smoked, or no sodium)
- Roasted Chicken
- Pastrami
- Fried Egg
- Tuna Salad
- Egg Salad
- Turkey Salad
- Chicken Salad
- Tofu Steak
- Thai Tofu Spread
- Smoky Tempeh

## **VEGGIES** CHOOSE THREE (3) Extra Veggies .50 each

- Carrot
- Sprouts
- Cucumber
- Caramelized Onion
- Organic Baby Spinach
- Red Onion
- Lettuce
- Tomato
- Jalepeño Pepper
- Roasted Red Pepper
- Banana Pepper

## **CHEESE** CHOOSE ONE (1) Extra cheese 1.00 Slice / Mozzarella 1.00

- Cheddar
- Swiss
- Provolone
- Daiya® Cheese Alternative

## **CONDIMENTS** CHOOSE TWO (2) Extra Condiments .50 each

- Hot Sauce
- Mayonnaise
- Veganaise
- Horseradish Mayonnaise
- Honey Mustard
- Stoneground Mustard

## **SPREADS** Additions Add a spread 1.00 each

- Hummus
- Jam
- Peanut Butter
- Avocado
- Herb Cream Cheese
- Vermont Cream Cheese
- Soy-Based Cream Cheese
- BFC Made Korean Spinach
- Nut-Free Basil Pesto
- Butter
- Plant-Based Butter Alternative

Please ask about allergens before ordering. For many items, dietary alternatives/substitutes are available upon request. Additions or Substitutions may affect the final price.