

The Tavern

AT THE ESSEX RESORT & SPA

BREAKFAST

LIGHTER FARE

FRUIT PLATE

Sliced seasonal fruit and berries 9

YOGURT & CROISSANT

berries, buttery croissant 10

OATMEAL & FRUIT

brown sugar, berries, fruit 9

TAVERN PARFAIT

granola, berries, vanilla yogurt 10

FRUIT SMOOTHIE

orange juice, pineapple, strawberry, banana 9

GRANOLA CEREAL

Fresh made in house granola cereal, fruit 8

EGGS

WE USE ONLY VERMONT CAGE FREE EGGS

served with fingerling potatoes

**gluten free bread available upon request*

EGGS YOUR WAY

two eggs any style, choice of toast,
choice of bacon, sausage, or ham 13

THE VERMONT OMELET

ham, sharp cheddar, choice of toast 13

FORAGER OMELET

egg whites, broccoli, onion, mushrooms,
goat cheese, choice of toast 13

BLT OMELET

roasted tomatoes, bacon, spinach,
boursin, choice of toast 13

BREAKFAST BURRITO

scrambled eggs, cheddar cheese, black beans,
fire roasted salsa, bacon or sausage 13

TAVERN BENEDICT

poached eggs, maple bacon,
English muffin, hollandaise 14

FLORENTINE BENEDICT

poached eggs, spinach béchamel, grilled tomatoes,
English muffin, hollandaise 13

FARMER'S SKILLET

seasonal roasted vegetables,
two eggs, fingerling potatoes, maple glaze. 13

FROM THE GRIDDLE

BUTTERMILK PANCAKES

three pancakes, whipped butter 11
add blueberries 1

FRENCH TOAST


whipped cream, nutmeg 13

BELGIAN WAFFLE

whipped cream, Vermont maple syrup 12

LONG TRAIL PANCAKES

granola, craisins, bananas 12

 = Vegan option available

 = Gluten Free upon request

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. Please inform your server of your dietary needs. Gluten free bread is available upon request.

*a 20% gratuity may be added to parties of six (6) or more

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AT THE ESSEX RESORT & SPA

CHILDREN'S MENU

served with milk or juice

CHOCOLATE CHIP PANCAKES whipped butter & Vermont maple syrup	8
EGG BREAKFAST one egg, potatoes, toast, bacon or sausage	8
COLD CEREAL & MILK  ask your server about today's selection	8

SIDES

ONE EGG	2	BACON	4
TOAST	2	SAUSAGE	4
BISCUIT	2	HAM	4
FRUIT	3		

WEEKLY FEATURES

Food Served 5pm–10pm

Drinks Served All Day

Monday: Queso Night

1/2 Priced Margaritas

\$5 Queso Fundido con Chorizo

Cheese dip with house made chorizo sausage

Tuesday: Flatbread Night

\$4 Featured Draft Beers

\$5 VT Cheddar & Bacon Flatbread

Cabot cheddar, Black River bacon

Wednesday: Lobster Night

1/2 Price Vermont Mules

\$6 Mini Lobster Roll

House made chips & pickles

Thursday: Wing Night


\$4 Featured Draft Beers

1/2 Price Wings

VT Maple Apple, BBQ, Buffalo, Cajun

BEVERAGES

VERMONT COFFEE COMPANY regular <i>or</i> decaf	3
ESPRESSO	4
CAPPUCCINO	5
CAFÉ LATTE	5
ICED LATTE	5
CAFÉ AU LAIT	4
VERMONT ARTISAN TEA english breakfast, earl grey, green, chai masala, decaf korakundah, ginger lemongrass (herbal), chamomile (herbal), peppermint (herbal)	4
LEMONADE	3
JUICE orange, cranberry, grapefruit, apple, tomato, pineapple	3/5
BLOODY MARY	10
MIMOSA	8

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