







The Tavern

AT THE ESSEX RESORT & SPA


BREAKFAST

LIGHTER FARE

FRUIT PLATE  		TAVERN PARFAIT 	
Sliced seasonal fruit and berries	9	granola, berries, vanilla yogurt	10
YOGURT & CROISSANT 		FRUIT SMOOTHIE  	
berries, buttery croissant	10	orange juice, pineapple, strawberry, banana	9
OATMEAL & FRUIT 		GRANOLA CEREAL 	
brown sugar, berries, fruit	9	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 		BREAKFAST BURRITO	
two eggs any style, choice of toast, choice of bacon, sausage, or ham	13	scrambled eggs, cheddar cheese, black beans, fire roasted salsa, bacon or sausage	13
THE VERMONT OMELET 		TAVERN BENEDICT	
ham, sharp cheddar, choice of toast	13	poached eggs, maple bacon, English muffin, hollandaise	14
FORAGER OMELET 		FLORENTINE BENEDICT	
egg whites, broccoli, onion, mushrooms, goat cheese, choice of toast	13	poached eggs, spinach béchamel, grilled tomatoes, English muffin, hollandaise	13
BLT OMELET 		FARMER'S SKILLET 	
roasted tomatoes, bacon, spinach, boursin, choice of toast	13	seasonal roasted vegetables, two eggs, fingerling potatoes, maple glaze.	13

FROM THE GRIDDLE

BUTTERMILK PANCAKES 		BELGIAN WAFFLE 	
three pancakes, whipped butter <i>add seasonal berries 1</i>	11	whipped cream, Vermont maple syrup	12
FRENCH TOAST		LONG TRAIL PANCAKES 	
whipped cream, nutmeg	13	granola, craisins, bananas	12

 = Vegetarian

 = Gluten Free

 = Gluten Free Option

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 any known ALLERGIES or 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: Burrito Night

1/2 Priced Margaritas

\$5 Mini Burrito

chicken, rice, pico de gallo, cheddar cheese
served with sour cream and spicy salsa

Tuesday: Flatbread Night

\$4 Featured Draft Beer Selection

\$5 Build Your Own Mini Flatbread
selection of sauces, cheeses and toppings

Wednesday: Pot Pie Night

1/2 Price Vermont Mules

\$6 Mini Chicken Pot Pie

pie crust with creamy chicken stew

Thursday: Wing Night

\$4 Featured Draft Beer Selection

1/2 Price Wings

VT maple apple, bbq, buffalo, salt & vinegar

BEVERAGES

VERMONT COFFEE COMPANY	3
regular <i>or</i> decaf	
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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