


The
Tavern
AT THE ESSEX RESORT & SPA

BRUNCH
LIGHTER FARE

YOGURT & CROISSANT 	10	TAVERN PARFAIT 	10
berries, buttery croissant		granola, berries, vanilla yogurt	




EGGS

served with fingerling potatoes




 *gluten free bread available upon request*

EGGS YOUR WAY 	13	HUEVOS RANCHEROS	13
two eggs any style, choice of toast, choice of bacon, sausage, or ham, potatoes		two eggs any style, house made ranchero, black beans, sour cream fire roasted salsa, bacon or sausage in a crisp tortilla bowl	
THE VERMONT OMELET 	13	TAVERN BENNY	14
ham, sharp cheddar, choice of toast, potatoes		poached eggs, maple bacon, English muffin, hollandaise,	
FORAGER OMELET 	13	FLORENTINE BENEDICT	13
egg whites, broccoli, onion, mushrooms, goat cheese, choice of toast, potatoes		poached eggs, spinach béchamel, grilled tomatoes, English muffin, hollandaise	
BLT OMELET 	13	FARMERS SKILLET 	13
roasted tomatoes, bacon, spinach, boursin, choice of toast		seasonal roasted vegetables, two eggs, potatoes, maple glaze	

FROM THE GRIDDLE

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

CHILDREN'S MENU

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

 = 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.



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LUNCH FARE

DAILY TAVERN SOUP 5/7
ask your server about today's selection


CAESAR SALAD  11
Romain lettuce with Caesar dressing topped with Vermont smoked bacon crumbles, parmesan cheese, red onion, and seasoned croutons.
add: chicken 5 salmon 10 steak 15

WINTER SALAD   11
Mixed greens, VT Bailey Hazen blue cheese crumble, dried Cherries, candied walnuts, and balsamic vinaigrette
add: chicken 5 salmon 10 steak 15

CRISPY WINGS 12
buffalo, VT maple apple, salt & vinegar, BBQ

LOCAL CHEESE & CHARCUTERIE  14
daily selection of cheeses, charcuterie, and traditional accompaniments

**ALL SANDWICHES ARE SERVED
WITH A SALAD OR FRIES**

 *gluten free bread/bun available upon request*

RUEBEN 14
Maple braised Corned Beef, Vermont IPA beer sauerkraut, swiss cheese, freshly made thousand island dressing, served on house made marble rye bread.

TAVERN CLUB 12
shaved turkey, bacon, lettuce, tomato, sharp cheddar, garlic aioli, served on toasted white bread

TAVERN BURGER 14
8 oz. beef burger, sharp cheddar, lettuce, tomato, onion, Tavern sauce, served on a brioche bun

VT CHEDDAR MAC  14
VT Cheddar, brown butter crumbs, fine herb

SIDES

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

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
SODA coke, diet coke, dr, pepper, sprite, ginger ale, orange	3
ROOKIE'S ginger beer <i>or</i> root beer	5
BLOODY MARY	10
MIMOSA	8

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