



BREAKFAST

BETTER BATTERS

DUTCH BABIES

Delicious cross of a pancake & crepe. Served with Maple Syrup & Powdered Sugar...\$8 ~ *Add Fresh Blueberries or Strawberries...\$2 ~ Add Nutella & Strawberries ~ Add Lemon Ricotta Cream & Blueberries...\$2.5 ~ ...\$2.5*

HONEY-OAT PANCAKES

Our take on Flapjacks made with local Honey and Oat Milk. Served with Maple Syrup or Honey...\$8 ~ *Add Fresh Blueberries or Strawberries...\$2 ~ Add Lemon Ricotta Cream & Blueberries...\$2.5 ~*

GLUTEN-FREE PANCAKES

Gluten-Free batter (rice, potato and almond flour). Served with Maple Syrup or Honey...\$10.25 ~ *Add Fresh Blueberries or Strawberries...\$2 ~*

Gf Df

DOUBLE CARAMELIZED FRENCH TOAST

Thick-Cut Challah Bread rolled in a rich batter and caramelized on both sides. Served with Maple Syrup & powdered Sugar...\$8.75 ~ *Add Fresh Blueberries or Strawberries...\$2 ~ Add Lemon Ricotta Cream & Blueberries...\$2.5 ~*

KETO PANCAKES

Keto batter (tigernut flour as main base, low carb). Served with Monk Fruit Syrup...\$10.25 ~ *Add Fresh Blueberries or Strawberries...\$2 ~*

Keto Df

BELGIAN PEARL SUGAR WAFFLES

Airy Batter with spheres of Pearl Sugar that explode and caramelize during the baking process. Served with Maple Syrup & Powdered Sugar...\$8.75 ~ *Add Fresh Blueberries or Strawberries...\$2 ~ Add Nutella & Strawberries...\$2.5 ~*

VEGAN PANCAKES

Vegan batter (egg and dairy-free). Served with Maple Syrup or Honey...\$10.25 ~ *Add Fresh Blueberries or Strawberries...\$2 ~*

V Df

BENEDICT ME

EGGS BENEDICT

A classic, refined with our house-made Hollandaise Sauce, thick-cut Canadian Bacon, Poached Egg, & Arugula on an English Muffin. Served with Homefries or Mixed Fruit...\$10.25 ~ *Substitute English Muffin for Vegan, Gluten-Free, or Keto Bread...\$0.75 ~*

Gf K

BACON PESTO BENEDICT

A twist with thick-cut Bacon, Pesto, Poached Egg, & Arugula on an English Muffin. Served with Homefries or Mixed Fruit...\$10.25 ~ *Substitute English Muffin for Vegan, Gluten-Free, or Keto Bread...\$0.75 ~ Add Hollandaise Sauce with the Pesto Sauce...\$0.50 ~*

Gf K

CAPRESE BENEDICT

Take a beautiful medallion of Fresh Mozzarella, add Tomato, Basil, and top with our house-made Hollandaise Sauce. Served with Homefries or Mixed Fruit...\$11.25 ~ *Substitute English Muffin for Vegan, Gluten-Free, or Keto Bread...\$0.75 ~*

Gf K

The Social is proud to be a local-first restaurant and a member of the Vermont Fresh Network. We work with many Vermont farms and producers that grow and make great food. Some of our partners include 8oz Coffee, Back Beyond Farm, Cabot, Jasper Hill, LedgeEnd Farm, Misty Knoll, Klinger's, Bar Hill, & Montpelier Vineyards.

Much of our menu is diet / health requirement friendly. Items are designated with symbols. Some items automatically meet requirements, for others read the green addition / substitution text. V = Vegan Gf = Gluten-Free K = Keto Df = Dairy-Free

PLENTIFUL PLATTERS

ALMOST CLASSIC COMBO

Two Eggs cooked to order with Bacon, Vermont Maple Sausage, or Canadian Bacon. Then pick two of the following items: Homefries, Pancakes (Dutch Babies default, or pick from any of our pancake styles), Mixed Fruit, or Toast (White, Honey Wheat, Gluten-Free, Keto)...\$12.25 ~ *Sub Toast with English*

Muffin...\$0.75 ~

Gf ● Df

VEGAN COMBO

Vegan Sausage Patty and Sliced Tomato. Then pick two of the following items: Homefries, two Vegan Pancakes, Mixed Fruit, or Toast (Vegan)...\$14 ~ *Sub sliced Tomato for half*

Avocado...\$0.50 ~

V Df

CONTEMPORARY COMBO

Scrambled Eggs Truffled with Fresh Prosciutto and a medley of Blistered Tomatoes, Spinach & Mushrooms. Then pick two of the following items: Homefries, Pancakes (Dutch Babies default, or pick from any of our pancake styles), Mixed Fruit, or Toast (White, Honey Wheat, Gluten-Free or Keto)...\$14 ~ *Sub Toast*

with English Muffin...\$0.75 ~

Gf Df

STEAK & EGGS

A power breakfast with Eggs your way and our sliced Sirloin Steak. Then pick two of the following items: Homefries, Pancakes (Dutch Babies default, or pick from any of our pancake styles), Mixed Fruit, or Toast (White, Honey Wheat, Gluten-Free or Keto)...\$16 ~ *Sub Toast with English Muffin...\$0.75 ~*

Gf ● Df

QUICHES

UMAMI (VEGGIE) QUICHE

House-made rustic Quiche with Mushrooms, Red Peppers, Green Peppers, Caramelized Onions, Spinach, Blistered Tomatoes & Cheddar. Served with a side of Homefries or Mixed Fruit...\$11

SMOKED GOUDA & HERB QUICHE

House-made rustic Quiche with Italian Herbs, Smoked Gouda, Red Peppers, Green Peppers, Onion, Mushrooms, & Cheddar. Served with a side of Homefries or Mixed Fruit...\$11

MUSHROOMY

House-made rustic Quiche with layers of diced Mushrooms, Bacon & Cheddar. Served with a side of Homefries or Mixed Fruit...\$11

HUNGER MOUNTAIN QUICHE

House-made rustic Quiche with Ham, Sausage, Bacon, Green & Red Peppers, Tomatoes, Onions, & Cheddar. Served with a side of Homefries or Mixed Fruit...\$11

SPINACH & ARTICHOKE QUICHE

House-made rustic Quiche with Spinach, Artichoke, Onions, & Garlic. Served with a side of Homefries or Mixed Fruit...\$11

BOWLS

MAPLE GRANOLA BOWL

House-made, with Almonds, Walnuts & natural sweeteners (no refined sugars). Served with Maple Syrup, Honey, or Monk Fruit Syrup, & Milk, Almond Milk, or Oat Milk...\$7 ~ *Add Fresh Blueberries or Strawberries...\$2 ~*

Gf Df

GREEK YOGURT BOWL

Thick Greek Yogurt, Pumpkin Seeds, Bananas, & Honey...\$8 ~ *Add Maple Syrup or Peanut Butter...\$1 ~ Add Maple Granola or Almond Butter...\$1.5 ~ Add Fresh Strawberries or Blueberries...\$2*

Gf ●

HUNGER MOUNTAIN BOWL

Base of Homefries topped with Ham, Sausage, Bacon, Green & Red Peppers, Onions, & Cheddar...\$10 ~ *Throw an Egg on Top...\$1~*

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BETWEEN (OR ON TOP OF) BREAD

Please note Avocado prices have risen steeply since September 1st, which is reflected in below Toast pricing.

A SUPERIOR EGG SANDWICH

An English Muffin with Egg, sliced Cheddar, Arugula, & House or Smoked Pepper Aioli...\$7 ~ *Substitute English Muffin for Gluten-Free or Keto Bread...\$0.75 ~*

Gf ●

EGG & SAUSAGE / EGG & BACON SANDWICH

An English Muffin with Egg, Sausage or Bacon, sliced Cheddar, Arugula, & House or Smoked Pepper Aioli...\$8 ~ *Substitute English Muffin for Gluten-Free or Keto Bread...\$0.75 ~ Overload it with Homefries (in it, trust us)...\$1 ~*

V Gf ●

SIMPLE AVOCADO TOAST

Two pieces of Toast with Mashed Avocado, Lemon, Sea Salt, & a dash of Smoked Paprika...\$10 ~ *Substitute White Toast for Honey Wheat, Vegan, Gluten-Free, or Keto Toast...\$0.75 ~*

V Gf ● Df

GARAM MASALA & EGG AVOCADO TOAST

Our Simple Avocado Toast, with a Sunny Side Up Egg & Garam Masala...\$11 ~ *Substitute White Toast for Honey Wheat, Vegan, Gluten-Free, or Keto Toast...\$0.75 ~*

Gf ● Df

BRUSCHETTA AVOCADO TOAST

Our Simple Avocado Toast, with blistered Cherry Tomatoes, Basil and a drizzle of Balsamic Vinegar...\$11.5 ~ *Substitute White Toast for Honey Wheat, Vegan, Gluten-Free, or Keto Toast...\$0.75 ~*

V Gf ●

EVERYTHING AVOCADO TOAST

Our Simple Avocado Toast, with Cream Cheese & Everything Bagel seasoning. Who needs bagels?...\$11 ~ *Substitute White Toast for Honey Wheat, Vegan, Gluten-Free, or Keto Toast...\$0.75 ~*

Gf ●

LOXXY

Smoked Salmon, Cream Cheese, Capers, Red Onions, Arugula on an English Muffin...\$12 ~ *Max it out with some Everything Bagel Seasoning...free ~ Substitute English Muffin for Gluten-Free or Keto Bread...\$0.75 ~*

Gf ●

SIDE HUSTLES

DUTCH BABIES

Side of Dutch Babies, served with Maple Syrup...\$4.25

HONEY-OAT PANCAKES

Two Pancakes, served with choice of Honey, Maple Syrup, or Monk Fruit Syrup...\$4.25

VEGAN, KETO, OR GLUTEN-FREE PANCAKES

Two Pancakes, served with choice of Honey, Maple Syrup, or Monk Fruit Syrup...\$5.25

V Gf ● Df

EGG

One Egg any way you like it...\$1.5...Two Eggs...\$2.5

Gf ● Df

ADD SOME MEAT

Thick-Cut Bacon, Vermont Maple Sausage Links, or Canadian Bacon...\$2.75

Gf ● Df

VEGAN MEAT

Two Vegan Sausage Patties...\$4

V Gf Df

HOMEFRIES

A portion of our house-made Homefries...\$3.25

Gf

MAPLE GRANOLA

House-made Maple Granola with Milk...\$4.5 ~ *Almond Milk or Oat Milk...\$1 ~*

V Gf Df

TOAST

One Slice with With Butter & Jam. White or Honey Wheat...\$1.75...Two Slices...\$3 ~ *Make it Gluten-Free, Vegan, or Keto bread..\$1*

V Gf ● Df

ENGLISH MUFFIN

With Butter & Jam...\$2.75

GREEK YOGURT

Served with some Honey on the side...\$3.5 ~ *Add blueberries...\$1 ~*

Gf ●

MIXED FRUIT

Apples, Blueberries, Strawberries, Bananas...\$4.5

V Gf ● Df

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GOLDEN MENU - FOR THOSE 60+

Smaller Portions & Special Prices, still just as tasty!

DOUBLE CARAMELIZED FRENCH TOAST...8.75

VEGAN, GLUTEN-FREE OR KETO PANCAKES

Two Pancakes...\$5.25



QUICHE

A smaller portion of any of our Quiches plus Homefries or Fruit...\$6.25

AVOCADO TOAST

One slice of Toast with Mashed Avocado, Salt & Smoked Paprika...\$6.5 ~ *Substitute White Toast for Honey Wheat, Vegan, Gluten-Free, or Keto Toast...\$0.50 ~*



DUTCH BABIES OR HONEY-OAT PANCAKES

Three Dutch Babies or two of our Honey-Oat Pancakes with Maple Syrup...\$5

BELGIAN PEARL SUGAR WAFFLE

\$5.25

SMALLER CLASSIC COMBO

One Egg plus your choice of Bacon, Vermont Maple Sausage Link, Canadian Bacon, & your choice of Homefries or Mixed Fruit...\$7.5



EGG BENEDICT

½ English Muffin with Canadian Bacon, Arugula, Poached Egg & Hollandaise Sauce. Served with Homefries...\$6.25 ~ *Substitute English Muffin for Vegan, Gluten-Free, or Keto Bread...\$0.50 ~*



KID'S MENU

BATTER UP!

Choose one from the following: One Belgian Waffle, One Piece Double Caramelized French Toast, Three Dutch Babies, Two Vegan Pancakes, Two Gluten-Free Pancakes, Two Keto Pancakes, Two Honey-Oat Pancakes...\$5

MINI YOGURT BOWL

Served with Blueberries, Strawberries, & Honey on the side...\$5



BATTER UP COMBO!

One Egg cooked Your Way, One Piece of Bacon or a Maple Sausage Link, & Choose from the following: One Belgian Waffle, One Piece Double Caramelized French Toast, Three Dutch Babies, Two Vegan Pancakes, Two Gluten-Free Pancakes, Two Keto Pancakes, Two Honey-Oat Pancakes...\$6.25

MONKEY BREAD

A slice of Toasted Bread with Peanut Butter, Sliced Banana, & Honey...\$4.25 ~ *Substitute White Toast for Honey Wheat, Vegan, Gluten-Free, or Keto Toast...\$0.50 ~*

DRINKS

FRENCH PRESSED COFFEE

Featuring local 802 Coffee: House Blend or Decaf...\$3 ~ *Swap Milk or Cream with Almond Milk or Oat Milk...\$0.50 ~*



ICED COFFEE

Glass of Iced Coffee, brewed in-house...\$3 ~ *Swap Milk or Cream with Almond Milk or Oat Milk...\$0.50~*



HOT TEA

A cup of loose leaf English Breakfast, Earl Gray, Green, White or Jasmine...\$2.5



ICED TEA

A cup of our Iced Tea (Black), brewed in-house...\$2.5



MILK & "MILK"

Whole Milk or Chocolate Milk...\$2.5...Almond Milk or Oat Milk...\$3



ICED CHAI LATTE

Glass of Iced Chai Latte, sweet and spicy...\$3 ~ *Swap Milk with Almond Milk or Oat Milk...\$0.50~*



ORANGE JUICE, GRAPEFRUIT JUICE, APPLE JUICE, OR LEMONADE

...\$3



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