

Dine in or take out when you explore historic Downtown Rutland, Vermont

→ Find dinner and drinks outside throughout downtown at any one of nearly **thirty** amazing local restaurants, pubs, bars and nightclubs. Fine dining, quick bites, hearty sandwiches, exotic cuisine, and so much more to make your mouth water.



Angler Pub • The Bakery • Brix Bistro • Cara Mia's • Center Street Alley • China Kitchen • Giuseppe's • Handcarved by Ernie • Hop'N Moose Kong Chow Fusion • Last Cupe Cafe • The Mad Rose • Masala Corner • Maxie's • Muck's • Roots • Rutland Restaurant • Sandwich Shoppe Speakeasy Cafe • Strangefellows Pub • Taso on Center • Table 24 • Ted's Pizza • Tokyo House • Two Shea's• West Street Grille • Yellow Deli

Discover **events**, **sculptures**, **shops**, and **more!**

→ In downtown you'll find events, incredible works of public art, a Summer Farmers Market, the historic Paramount Theatre, Wonderfeet Kids' Museum, a Himalayan salt cave, and over **20 local shops** with something for everyone!







Table of CONTENTS



Downtown Rutland2	Mendon Mini Golf & Snack Bar19
Back Country Cafe5	Mountain Merchant20-21
Casella6	Mountain Top Resort22
The Garlic7	Preston's23
Gracie's Grill8	Skinny Pancake24
iPie Pizzeria9	Sugar & Spice25
Killington Distillery10-11	Sushi Yoshi26-27
Killington Deli12	Sunup Bakery28
Killington Market13	Tokyo House29
Lake Bomoseen Taproom14	Worthy30
Liquid Art15	White Claw31
Lookout Tavern16-17	Killington Resort32
McGrath's Irish Pub18	

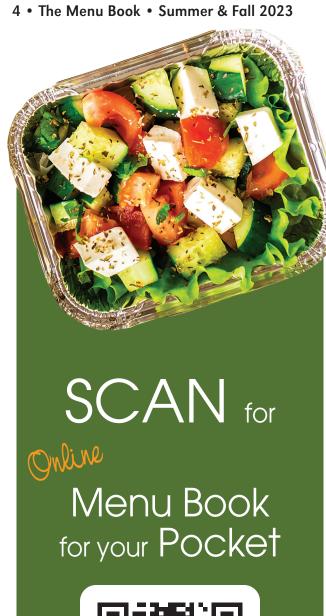
MOUNTAIN TIMES :

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Interested in being in our next Menu Book? Contact us today. Email one of our sales reps or call 802-422-2399.





Letter from the editor

Central Vermont has some of the finest local restaurants and eateries anywhere.

And after a day of outdoor adventures your mouth is sure to be watering and tummy rumbling. So don't go hungry, enjoy delicious food and drink while supporting a local restaurant!

All area restaurants continue to follow best practices for health and safety to ensure guests feel safe, satisfied and satiated.

Due to the increased popularity of our area, planning ahead is always a good idea. If you plan to dine-in, get reservations. For take out, calling an hour ahead is recommended at most establishments (and nearly all offer takeout options now — including cocktails!!) Grab-and-go options are also available at some local eateries.

This semi-annual publication — a cherished guide for thousands of tourists and locals alike — aims to help you find what you're craving and discover new local favorites. We hope you enjoy perusing the menus inside.





802.422.4411

Location: 923 Killington Road, Killington
One mile from Rt. 4 intersection
Weekly specials posted on Facebook



CHECK FB FOR SEASONAL/ HOLIDAY DAYS OPEN

PANCAKE & WAFFLE HOUSE

LOCAL VT COFFEE, HOT SAUCES & CAFÉ-BAKED BREADS



VT MAPLE SYRUP (PAPA JOHN'S SUGAR SHACK)

A/C

SELLING LOCAL VERMONT PRODUCTS & MAPLE SYRUP

JUST A SAMPLE OF OUR BREAKFAST & BRUNCH MENU

FARM FRESH EGGS

SERVED ANY WAY YOU LIKE

OUR FAMOUS 3 EGG OMELETTE

3 Eggs, Served with home fries & Toast Add: Home-made Corned Beef Hash, VT Sausage/Bacon, Canadian Bacon, Taylor Pork

VERMONT-STYLE FRENCH TOAST & BELGIAN WAFFLE

All Served with Pure Vermont Maple Syrup

PANCAKES

Buttermilk or Multigrain
With any Combination of Blueberries,
Strawberries, Bananas, Cranberry Walnut,
Coconut Almond, and even Peanut Butter &
Chocolate Chip

DAILY BACKCOUNTRY SPECIALS

BREAKFAST SANDWICHES, WRAPS AND BURRITOS

MIMOSAS~ BLOODY MARYS
VT BREWS~SMOOTHIES

OPEN 7 A.M. 923 KILLINGTON RD. 802-422-4411



ESTABLISHED 1975

Offering waste and recycling services and so much more!

For over 45 years, Casella has been proud to serve local communities and help protect the natural environment. Each year, we recover over **a million tons** from the waste stream. Over the next decade it is our goal to double that amount.

Visit **casella.com** to learn more about our 2030 goals and how we're driving sustainable growth.





TheGarlicVermont.net 802.422.5055

SERVING DINNER NIGHTLY Location: 1724 Killington Road, Killington, Vermont



DINE IN • TAKE OUT





PUBLIC WELCOME gmngc.com

802.422.4653

Hours: Sun. - Thurs. 8 a.m. - 6 p.m.; Fri. 7:30 a.m. - 7 p.m.; Sat. 7 a.m. - 7 p.m. Location: 476 Barrows Towne Road, Killington







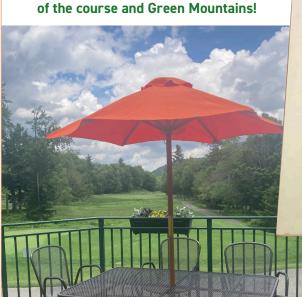








Extensive menu + full bar featuring local beers, wine and speciality cocktails



Dine on our patio with spectacular views







iPiePizzeria.com 802.422.4111

Location: 1307 Killington Road, Killington

APPETIZERS		SPECIALTY PIZZAS	SM MD LG
Garlic Knots Cheesy Breadsticks	9 11	Pesto Veggie Red sauce base, spinach, tomato, garlic, onions, mushrooms and mozzarella finished with delicious basil pesto on top.	19 24 30
Wings Choose between our Buffalo, BBQ, Garlic Parmesan, Sesame Teriyaki, Jamaican Jerk or Cajun served with a side of bleu cheese and celery.	20	Classic Veggie Red sauce base, onions, green peppers and mushrooms with mozzarella.	17 22 27
Boneless Wings	14	Buffalo Chicken Buffalo sauce, chicken and mozzarella. Jalapeños upon request.	16 20 24
Choose between our Buffalo, BBQ, Garlic Parmesan, Sesame Teriyaki, Jamaican Jerk or Cajun served with a side of bleu cheese and celery.		BBQ Chicken Red sauce, chicken and mozzarella with tangy Sweet Baby Ray's.	16 20 24
SALADS		Spinach Tomato Feta Red sauce base, spinach, tomato, feta and mozzarella.	17 22 27
Garden Romaine lettuce, tomatoes, red onions, cucumbers and carrots	12	Meatlovers Pepperoni, sausage, meatball, bacon and ham.	20 25 31
Caesar Romaine lettuce, shredded Parmigiano Reggiano, croutons and Caesar dressing. Add grilled chicken		Hawaiian Bacon, ham and pineapple. Enjoy summer all year long!	17 22 27
Buffalo Chicken Romaine lettuce, tomatoes, red onions, cucumbers and carrots topped with Buffalo boneless chicker wings. Served with a side of bleu cheese.	15 n	Margherita Basil and fresh mozzarella finished with olive oil, parmesan and black pepper.	16 20 24
Grilled Chicken Romaine lettuce, tomatoes, red onions, cucumbers and carrots topped with grilled chicken and shredded Parmigiano Reggiano.	15	iPie Blanc Broccoli, mushrooms and roasted red peppers on white base with mozzarella and ricotta.	18 23 29
Arugula, tomatoes, cucumbers with walnuts, cranberries and feta. Add bacon \$3	14	C.B.R. Buttermilk ranch base, chicken, bacon and mozzarella.	17 21 25
Greek Romaine lettuce, tomatoes, red onions, cucumbers, kalamata olives and feta.	13	Supreme Pepperoni, sausage, peppers, onions and mushrooms. Old school classic.	19 24 30
Dressings: Balsamic Vinaigrette, Buttermilk Ranch, Parmesan Peppercorn, 1000 Island, Caesar, Oil & Vinegar, Greek CALZONES & STROMBOLIS		White Sausage & Mushroom Garlic olive oil base, spicy sausage and mushrooms. Finished with parmesan cheese.	17 21 25
		Chicken Basil Pesto Basil pesto base, spinach, tomatoes and chicken with mozzarella.	17 22 27
Stromboli Filled with mozzarella and your choice of pizza toppings. Served with our warm pizza sauce. Topping add \$1.50 each	15	3 Peppers & Sausage Banana peppers, green peppers, roasted reds and sausage with mozzarella.	18 23 29
Calzone Filled with mozzarella, ricotta and your choice of pizza toppings. Served with our warm pizza sauce. Toppings add \$1.50 each	15	CREATE YOUR OWN PIZZA	
DESSERTS			Large 18" 63.00 per topping
Cannoli	3.50	Toppings: Pepperoni, Sausage, Meatball, Ham, Chicken, Bacon, P	
Chocolate Chip Cookie	3	Peppers, Olives, Pineapple, Mushrooms, Garlic, Tomato, Onions, Sp Arugula, Broccoli, Roasted Reds, Jalapeños, Banana Peppers, Feta.	oinach, Basil,
Fudge Brownie	2.50	CLUTEN EDEE AVAILADIE (:	
Tiramisu	4	GLUTEN FREE AVAILABLE (in medium size only) Gluten free pizzas are prepared in an environment that contains wheat and gluten	products.



KillingtonDistillery.com 802.422.8200

Serving Full Dinner & Drinks
Location: 47 Old Mill Rd, Killington

(f) @killingtondistillery





APPFTI7FRS

Cheese & Charcuterie Chef's selection of local meats & cheeses with nuts, truffle honey, cornichons, chimichurri & crackers

House Made Pita Chips

- Baba Ganoush
- Hummus of the day
- Tzatziki

Jumbo Garlic Shrimp

5 Sautéed jumbo shrimp, garlic, red chili, scallions, olive oil, w/ warm bread

Shakshuka

Egg poached in tomato, red pepper, Spanish onion, smoked paprika & red sauce over rice, w/ warm bread

Soup of the Week

Baked Feta

Slice of baked feta, tomatoes, olives, fresh herbs, garlic oil, w/ warm bread

Portuguese Mussels Mussels with chorizo sausage, peppers, onions, garlic, paprika, steamed with Killington Distillery Vodka, served with warm bread

Basket of Garlic Parmesan

Fries - Hand cut shoestring fries tossed in house made garlic oil & shredded parmesan

Downhill Wings

Served w/ pickled veggies

Choice of dry rub, smokey hot harissa, Maple Bourbon BBQ, garlic parmesan, pistachio honey

SALADS -

Whole Leaf Caesar Salad - Half head of romaine lettuce, roasted garlic, capers, grated parmesan, croutons, house made caesar dressing

Burrata Salad - Maple Brooks burrata, heirloom tomatoes, rosemary oil, pesto, balsamic, served w/warm bread

Mediterranean Salad - Mixed greens, quinoa, red onion, cucumbers, cherry tomatoes, feta, lemon olive oil dressing

Tortellini Pasta Salad - Cheese stuffed tortellini, prosciutto, cherry tomatoes, fresh basil, olive oil, mozzarella, mediterranean vinaigrette

Zucchini Carrot Catalina Salad

- Zucchini, carrots, mixed greens, tossed with Catalina dressing, toasted almonds







SANDWICHES -

Choice of side house salad, hand cut fries, garlic parmesan fries, sweet potato fries.

Lamb Burger - Charbroiled lamb burger, lettuce, tomato, red onion, feta, tzatziki, served on naan

Chicken Gyro - Marinated grilled chicken with lettuce, tomato, red onion, olives, feta, tzatziki, wrapped in naan

Distillery Burger - Local grass-fed beef, lettuce, tomato, Vermont cabot cheddar, red onion, bacon, house maple bourbon bbq

Crispy Fried Buttermilk Chicken Sandwich

-Jalapeno slaw, house pickles, lettuce

FLATBREADS

Mediterranean - Garlic oil, spinach, feta, mozzarella, red onion, olives, tomato

Sliced Fig & Goat - Vermont prosciutto, caramelized onion, Vermont goat cheese, rosemary & olive oil

Ask about our flatbread of the day!

Gluten free breads available.









MAINS

Charbroiled Steak Marinated 10 oz choice cut top sirloin, chimichurri, pico de gallo, served with oven roasted fingerling potatoes with Spanish onions & jalapeños

Baked Cheese Stuffed Tortellini -

Cheese stuffed tortellini, house made Killington Distillery Vodka sauce, feta, mozzarella, fresh basil

Rack of Lamb

Pan seared, oven roasted rack of lamb marinated in garlic, rosemary, olive oil, with romesco sauce, served with oven roasted fingerling potatoes with Spanish onions & jalapeños

Catch of the Day

Basmati Chicken Marinated grilled chicken topped with avgolemono sauce, served with basmati rice & a tomato cucumber salad

Paella De Marisco

Saffron rice tossed with sautéed shrimp, chorizo sausage, chicken, & topped with steamed mussels

HOW DO I PURCHASE A BOTTLE?

Stop into our bottle shop or purchase a limited selection at 802 stores and online at killingtondistillery.com



SPIRITS all distilled and blended in-house

4241 Blended Whiskey Series - Is our journey through the world of American whiskey. We distill, barrel and blend different types of whiskey to create new flavors and experiences. Our exploration discovers new whiskey profiles making each blend truly unique.

Maple Cask Bourbon - A robust bourbon that captures the essence of Vermont, this bourbon is aged with 100% locally sourced maple syrup.

Bourbon Whiskey - Aged for at least 3 years in a new american oak barrel, this whiskey contains 21% rye.

Woodland Gin - Is pot distilled with 10 botanicals including Italian juniper and blue spruce tips.

Summer Gin - A perfect balance of juniper and crisp lemon.

London Dry Gin - A classic London dry gin.

Snowshoe White Rum - Is pot distilled in small batches from panela, a completely unrefined whole cane sugar.

VTQuila Blanco - Made from 100% pure organic blue agave nectar.

VTQuila Repasado - Is made from the finest 100% organic blue agave. We then aged it in American oak barrels for over 5 months creating the rich amber color.

Vodka - Clean, crisp and smooth, our vodka is distilled from corn.

Coconut Vodka - Our vodka imparted with natural coconut flavors.



KillingtonDeli.com 802.775.1599

Location: Near Rt. 4 & Rt. 100N Junction Bottom of Killington Road, Killington

(7)



BREAKFAST MENU

Served Daily
(Available until 11:30 am)

Egg Sandwich or Breakfast Burrito

2 Eggs Scrambled with Choice of Bacon, Ham OR Sausage & Cheese on a roll

Steak, Egg & Cheese on a Roll
Taylor Pork Roll, Egg & Cheese on a Roll

Bacon, Egg, Cheese & Hash Brown on a roll **Specialty Western Omelette Burrito** with Salsa & Pepper Jack Cheddar

Meatloaf, Egg & Cheese on a Roll Two Eggs Scrambled on a Roll

BAGELS: Baked fresh daily!

Plain • Sesame Seed • Everything Cinnamon Raisin • Asiago

We also have fresh, locally made Muffins and Donuts



All Sandwiches include your choice of: Lettuce, Tomato, Onions, Hot Peppers, Pickles

Other veggie options available upon request!

Boar's Head® Meats

Oven Roasted Turkey • Maple Honey Turkey
Mesquite Smoked Turkey • Cracked Pepper Turkey
Smoked Ham • Maple Honey Ham • Boiled Ham
Genoa Salami • Pastrami • Capicola • Bologna • Liverwurst
London Broil Roast Beef • Corned Beef • Low Sodium Turkey

Daily Lunch Specials:

Homemade Soups, Chowders, Chili, Stews & Hot Meals!

SANDWICHES NAMED AFTER LOCAL ESTABLISHMENTS

Specialty Sandwiches

PEPPINO'S SUPER ITALIAN: Ham, Capicola, Salami, Pepperoni, Provolone & your choice of Veggies on a sub FOUNDRY GOBBLER:Turkey Salad with Sundried Cranberries,

Stuffing, & Cranberry Mayo on whole grain bread

WOBBLY BARN: Thin-Sliced London Broil, melted Provolone, Onions, Bacon, Tomato, & Horseradish Sauce on a toasted clabatta or on a sub.

CHARITY'S: Cracked Pepper Turkey with Onions, Cucumbers, Honey Mustard & Pepper Jack Cheddar on a toasted ciabatta

JAX FOOD & GAMES: Breaded Chicken Cutlet with Smoked Ham, melted Smoked Gouda, Lettuce, Tomato & Chipotle Mayo on a toasted ciabatta

PICKLE BARREL:Buffalo Chicken with melted Pepper Jack Cheddar, Lettuce, Tomato, & Ranch or Blue Cheese in a wrap SUSHI YOSHI: Fresh Albacore Tuna Salad, Bacon, Lettuce & Tomato on toasted rye

GARLIC: Meatball Sub with Provolone Cheese & Homemade Marinara Sauce

LOOKOUT BAR & GRILL: Maple Honey Ham, Maple Honey Turkey & Vermont Cheddar with Honey Mustard, Lettuce & Tomato in a Honey Wheat wrap

McGRATH'S IRISH PUB: Corned Beef or Pastrami, melted Swiss, Cole Slaw, & Russian Dressing on a toasted ciabatta DOMENIC'S PIZZERIA: Breaded Chicken Cutlet, with melted Mozzarella, Parmesan, & Marinara Sauce on a toasted

MOGULS: Homemade Meatloaf with melted American Cheese, Lettuce, Onions, Pickles, & Russian Dressing on a toasted ciabatta

DELI, MARKETPLACE, GAS, BEER, WINE & SPIRITS ESTABLISHED 1985



FRESH SALADS

All of our Salad Combinations are Made Fresh to Order!

Spinach SaladFresh Spinach Leaves,
Dried Cranberries,

Almonds, Feta Cheese, Cucumbers & Red Onions Tossed Green Salad Fresh Greens with Tomato, Onion, Cucumber, Carrots & Peppers Salad Dressings: Italian, Ranch, Blue Cheese, Balsamic or Raspberry Vinaigrette

Add Your Choice of

Tuna, Grilled Chicken or Turkey Salad to any salad for additional cost

KILLINGTON'S ONLY LIQUOR STORE

FINE WINES, SPIRIT & CRAFT BEERS 802.747.4407

802Spirits



KillingtonMarket.com

802.422.7736 | 802.422.7594 (deli)

Location: 2023 Killington Road, Killington (2 miles up)

- Prices and menu selections may vary -

ATM • LOTTERY •ICE



CREATE YOUR OWN-

Choice of Bread: Sandwich roll/hard roll; Rye; Sour Dough; Wheat; Wraps: garlic and herb, spinach, tomato basil, wheat; Panini: wheat, white

Fillings: Roast turkey; Black Forest ham; Grilled Chicken cutlet; Market roast beef; Chicken or tuna salad

Bacon (add \$1.50 when added to sandwich)

Vegetables: Lettuce; Spinach; Onions; Tomatoes; Pickles; Olives; Banana peppers; Roasted Red peppers; Avocado (add \$2.00)

Cheeses: Swiss; American; Provolone; Cheddar

Condiments: Oil & vinegar; Balsamic Glaze; Buffalo; Ranch; Bleu Cheese; Pepper Relish; Cranberry; Pesto; Hummus; Mayo; Horseradish; Deli mustard; Honey mustard; Russian; Chipotle mayo

- SPECIALTY SANDWICHES -

- **Reuben on rye** with sauerkraut, Swiss and Russian
- Chicken Bacon Ranch with lettuce, tomato, American, on a toasted sub roll
- **West Coast** in a tomato wrap, roast turkey avocado, bacon, spinach, cheddar, Chipotle mayo
- Long Trail in a whole wheat wrap with roast turkey, roasted red peppers, pesto, mayo, cheddar, spinach
- **Roast Beast** on sub roll with Dijon, horseradish, mayo lettuce, tomato, pickled onion
- **Vermont Tom:** Roast Turkey, Cheddar, Apple Butter, Granny Smith Apple, Red Onion, Tomato, Spinach

Better Bird: roast turkey, cranberry, mayo, bacon, cheddar on whole wheat

AND MANY MORE! See Full Menu on Facebook!

- Subs -

- Meatball
- Chicken parm
- Italian hot/cold
- Buffalo

GREAT

SELECTION OF WINE,

BEER, CRAFT

BREWS,

Cheese steak

- Desserts -

- Tiramisu
- Cookies
- Brownies
- Chocolate Mousse

Deli Specialties -

See FB/Website for details

- Hot & Ready to Go -

AIV

- Breakfast Sandwiches, Burritos
- Hashbrowns
- Daily Breakfast special

ALL DAY:

Hot & Cold Sandwiches, Hamburgers,
Hot Dogs, Soups, Salads,
Chili, Angus Beef Stew,
Mac-n-Cheese & Pizza

PM

- · Roasted Chicken
- Pot Pies
- Hot snacks

- Call ahead ordering -

Deli: 802.422.7594

killingtonmarket.com



LakeBomoseenLodge.com 802.468.5251

Hours: Mon, Tues, Wed: 4-9 p.m. Thurs, Fri & Sat: 12-10 p.m. Sun: 12- 9 p.m. 2551 Vermont 30N, Lake Bomoseen

Dine-in or spend the night

© Craft Brew selection

Starters

Bread & Cheese

warm sourdough, local & imported cheeses, seasonal fruit compote, honey mustard. 18

Calamari

semolina dusted Rhode Island rings & tentacles, pesto aioli & puttanesca dipping sauces, lemon. 18

Chicken Quesadilla

chipotle chicken, cumin black beans, Hatch green chiles, Cabot cheddar, lime crema, fire roasted salsa, 14

Maplebrook Farm cheddar cheese curds, beef grayy, tater tots, 15

Hillside Nachos

house fried corn chips, Cabot & Switchback queso, black beans, fire roasted salsa, jalapeno, lime crema. 15 add chicken, pulled pork, or guac +3 add smoked brisket +4

Chicken Wings or Tenders

1 lb jumbo breaded wings or tenders. choose apple bourbon bbq, dry rub, spicy maple, buffalo or plain. 16

Bomo Street Corn

grilled sweet corn, Bomo dry rub, parmesan, butter, lemon. local when in season! 8



LIVE MUSIC

Friday-Monday

Salads

add grilled chicken +9 | salmon, shrimp or grilled steak +12

Garden Salad

spring mix, cucumber, carrot, cherry tomato. entree 12 | side 7

Caesar

romaine, parmesan, croutons, caesar dressing. entree 14 | side 8

Lake & Lodge

spring mix, VT Creamery chevre, dried cranberries. candied walnute blackberry vinaigrette, 15

Green Slate Goddess

romaine, artichokes, red onion, cabbage, cucumbers, cauliflower, crispy chickpeas, Maplebrook Farm feta, herby greek yogurt dressing. 16

Bacon & Bleu Salad

romaine, mixed greens, bacon, pickled red onion, cucumber, tomato, croutons, bleu cheese dressing & crumbles, 16

Burgers & Sandwiches

with fries. substitute sweet potato fries, tots, or side house salad +2 | add bacon +2 | add cheddar, american, or swiss +1

Classic Burger

80z beef patty with lettuce, tomato, onion & pickle on a brioche bun.

beef burger. 16 bison burger. 19 beyond burger. 18

Route 30 Burger

8oz patty, 2x american cheese, iceberg lettuce, pickled red onions, special sauce. 17

Chipotle Bison Burger

80z canadian bison patty, bacon, Cabot cheddar, caramelized onion, chipotle aioli, 20

Neshobe Island Burger

80z patty, chef's garden herb whipped feta & ricotta, crispy fried onions, tomato, mixed greens. 17

Smoked Brisket Melt

smoked brisket, special sauce, swiss & american cheeses carmelized onions, sourdough. 18

Pulled Pork Sandwich

slow cooked pork shoulder, apple bourbon bbq, cider vinegar slaw, pickles, texas toast. 16

Chicken & Guac

chicken breast, guacamole, cheddar, honey mustard, lettuce, tomato, onion, pickle, brioche bun. 17

Southern Fried **Chicken Sandwich**

buttermilk fried chicken, tabasco honey, pickles, tomato, iceberg lettuce, bama mayo, brioche bun. 17 substitute grilled chicken +2

Chicken Caesar Wrap

crispy fried chicken, romaine, parmesan, caesar dressing, flour tortilla. choose buffalo, house bbq, spicy maple or plain. 16 substitute grilled chicken +2





Entrees available after 4:00 pm

ocal Jerk Ribs

ow & slow jerk smoked Champlain Valley Farms It Louis pork ribs, fries, law, pineapple salsa. nalf rack 24 | full rack 37

Grilled Half Chicken

sticky & spicy marinated half chicken, garlic mash, grilled sweet corn 2.6

Seasonal Risotto

arborio rice, parmesan, seasonal ingredients. 25

Mahi Mahi Tacos

blackened & grilled mahi, avocado slaw, pineapple salsa, chipotle aioli, flour tortillas, chips. 24

Shrimp & Chorizo Pasta

jumbo shrimp, VT Salumi chorizo, sweet corn, Hatch green chiles, bell peppers, penne, roasted red pepper cream sauce, parmesan. 27

Steak du Jour

garlic mashed potatoes, seasonal vegetables, garlic & herb compound butter. mkt price





Pizza & Flatbreads

12" pies. gluten free crust +3

Plain Jane

red sauce, mozzarella. 12 add pepperoni, bacon or sausage +3

Italian Sausage

sweet italian sausage, fresh ricotta, roasted red pepper, white sauce, mozzarella. 17

Buffalo Chicken

crispy chicken, blue cheese & mozzarella, bacon, tomato, red sauce, green onion, buffalo drizzle. 17

Garden Herb

balsamic roasted summer squash, zucchini & red onion, VT Creamery chevre, mozzarella, garlic confit, chef's garden herbs. 17

Tiki Boat Sunburn

capicola, pickled jalapeno, Maplebrook Farms smoked mozzarella, pineapple, red sauce, spicy maple drizzle. 17

LIQUID ART KILLINGTON, VT

LiquidArtvt.com 802.422.ARTS (2787)

Hours: Check our website for current hours. Location: 37 Miller Brook Road, Killington 2 miles up Killington Road on right



RESTAURANT ART

ESPRESSO

INTIMATE DINING • ESPRESSO BAR GALLERY COCKTAILS









BREAKFAST, LUNCH & DINNER

LIVE MUSIC THURS/SUN

SPECIALTY COCKTAILS

BEST ESPRESSO BAR

Breakfast: Open - Noon

L.A. Eggwich - Bacon / Sausage / Veggie With sweet potato hashbrown patty

Muffins / Assorted Pastries

Cinnamon Rolls

Quiche of the Day - with sweet potato crust

Oater Limits

Powerline Parfait

Fresh Fruit Bowl / Fresh Fruit Smoothie

Bagel with Topping

Lunch: Noon - 5PM

All sandwiches served with side salad

LUNCH & DINNER: NOON - QPM

Fruit Bowl Quiche

Thai Chicken Salad Wrap

Herb Roasted Chicken

Sandwich

Soup du Jour

Garden Salad

Turkey Panini Vegetable Enchiladas **Daily Sandwich Special**

Hummus Wrap

*gluten free bread available

Hummus Plate with Veggies

protein options available

Liquid Art Spinach Salad -

Espresso Bar & Tea Bar

Featuring VT Artisan Coffee & Tea Co.

Espresso Earl Grev **English Breakfast** Americano Darjeeling Macchiato Jasmine Cappuccino Green Latte Chamomile Jitterbug Hibiscus Hot Chocolate Rooibos Maple Latte **Peppermint** Blackberry Mocha Chai Latte Specialty Lattes London Foa Cold Brew Coffee Iced Sun Tea

Espresso drinks available hot or iced

Soy and oat available

Dinner: 5pm - 9pm

VT Cheese Plate / Charcuterie

Chef's Mussels N.Y. Strip Fresh Baked Sourdough **Blackened Salmon** L.A. Flatbread Fish du Jour **Avocado Toast** Vegetable Stir Fry **Roasted Cauliflower** VT Fresh Pasta du Jour Risotto Cakes Bone-In Pork Chop Shrimp and Grits Statler Chicken Marsala **Grilled Tofu**

*Kids menu available

MARTINI AND WINE BAR

Firetini Anti-Oxidant Espresso-Tini Ginger Cilantro Mule Chipotle Pineapple Mojito Vermonthattan

(Menu Items May Vary)

Homemade Desserts

Peanut Butter Pie Mountain Creamery Brownie Sundae Ice Cream **Bread Pudding** Mud Pie Chocolate Chip Cookies Dessert Special



20+ YEARS OF FUN!

Lookoutvt.com 802.422.LOOK(5665)

Location: 2910 Killington Road, Killington



LOOK OUT FOR TAKE-OUT!

APPETIZERS

JUMBO WINGS

A pound of plump wings, served with our house-made blue cheese dressing, and carrots. (Jerk BBQ, Buffalo, Rueban's Hot, Sweet Thai Chili)

MOZZARELLA STICKS

5 Jumbo breaded mozzarella sticks served with authentic house-made marinara

GAME ROOM FOR KIDS

EV SUPERCHARGERS

PET FRIENDLY PATIO

ROOFTOP DECK

CHICKEN TENDERS AND FRIES

Fritter style tenders served with our house-made honey Dijon mustard

CHICKEN OUESADILLA

Seasoned chicken with mixed bell peppers, onions, and cheddar cheese in a flour tortilla.

Served with salsa and sour

CRISPY BRUSSELS SPROUTS

Served with our house-made Thai sauce

BREW PUB PRETZEL STICKS

Served with our house-made honey Dijon mustard

BUFFALO CAULIFLOWER BITES

Lightly breaded and tossed in our buffalo sauce, with a side of ranch

POTATO SKINS

House made loaded with heese, bacon, and scallions served with sour creams

FLATBREAD OF THE DAY

Chef's choice of delicious flat bread

Soups & Salad

ALL SALADS CAN BE MADE GLUTEN FREE LARGE GROUPS
WELCOME
LOOK OUT

FRENCH ONION Au gratin

house-made French onion soup topped with Swiss and Provolone cheese

Garden Salad

Mixed greens, grape tomatoes, sliced cucumbers and shaved carrots. Served with one of our house-made dressings on the side

Caesar Salad

Romaine lettuce, shaved parmesan, and croutons tossed in oour caesar dressing

Wedge Salad

Fresh iceberg lettuce topped with bruschetta, crispy bacon, blue cheese crumbles and served with ranch dressing

CHIPOTLE CHICKEN SALAD

Cajun chicken served over mixed greens with tortilla strips, pico de gallo, and cheddar cheese. Served with our chipotle ranch dressing on the side

Burrata & Pear

Salaa

Hydro greens tossed in our blood orange vinagrette with fresh pears, watermelon radish, grape tomatoes, and topped with burrata



ORDER ONLINE HERE

*Additional dressings and sauces may be subject to an additional charge.

KILLINGTON'S FOOD, FRIENDS & FUN STOP!

SANDWICHES Served with fries • Swap fries for rings, salad or gluten free roll

"BEAST" CHICKEN SANDWICH — A KILLINGTON FAVORITE

Crispy fried buttermilk chicken breast with cheddar cheese, bacon and house-made ranch dressing. Served on a brioche bun

TAVERN TURKEY

North Country applewood smoked turkey with bacon, cheddar cheese, lettuce, and tomatoes. Served on a brioche bun with a side of mayo

CHIPOTLE CHICKEN WRAP

Cajun chicken, mixed greens, cheddar cheese, and Pico de Gallo. Served with house-made chipotle ranch dressing, in a jalapeño cheddar tortilla

JERK CHICKEN SANDWICH

Jerk chicken breast, roasted red peppers, banana peppers and Swiss cheese. Served on a brioche bun with soy ginger mayo

PHILLYCHEESE STEAK

Shaved prime rib topped with caramelized onions, peppers and blended cheese. Served on a toasted sub roll

CHICKEN ROSEMARY PANINI

Grilled chicken with hydro greens, tomato, fresh mozzarella cheese and a rosemary aioli on a ciabatta

CLAM ROLL

Fresh whole belly clams fried with lettuce, cajun aioli, and lemon, served on a sub roll

VEGGIE BURGER

Gluten-free and vegan patty

Served on a Brioche bun

with a blend of peppers, beans,

onions, edamame and spinach.

SIZE DOES MATTER BURGERS

THE BIGGEST AND BEST

Served with fries and a side of lettuce, tomato and pickle.
Swap fries for rings, salad or gluten free roll

LOOKOUT CHEESEBURGER

Our signature steak blend with American cheese

LEFT COAST BURGER

Our signature steak blend with cheddar cheese.
Topped with jalapeño peppers and fresh guacamole

RODEO CHEESEBURGER

Our signature steak blend burger with pepper jack cheese, jalapenos, crispy onion rings, and barbecue sauce served on a brioche roll

HABANERO BACON JAM CHEESEBURGER

Our signature steak blend burger with habanero bacon jam, grilled pineapple, cheddar cheese served on a brioche

ENTRÉES

SERVED STARTING AT 4:00 PM

YOUR WAY BURRITO

your choice of steak, chicken or veggie burrito with black beans, cheddar cheese, and rice. Baked and topped with salsa and sour cream. Served with a maple balsamic side salad.

ST. LOUIS STYLE BARBECUE

RIBS slow cooked, fall off the bone ribs served with french fries, cole-slaw and cornbread

BRUSCHETTA

CHICKENTwin grilled chicken breast with fresh mozzarella, bruschetta, balsamic glaze, and finglerling potatoes. served with with balsamic side salad.

CHICKEN AND

WAFFLES crispy fried chicken breasst served over duel waffles with vermont pale syrup, maple butter and a side of brussel sprouts

FISH-N-CHIPS

Beer-battered and fried haddock served with french fries, cole-slaw, tartar sauce and lemon wedge

WHOLE BELLY CLAM

DINNER fresh whole belly clams beer dash battered and fried and served with french fries, cole-slaw, tartar sauce, and lemon wedge



Consuming under cooked meats, seafood or shellfish may increase your risk of foodborne illness

WORLD CLASS BURGER JOINT AND MORE!



InnatLongTrail.com 802.775.7181

Serving Food Daily

Location: Rt. 4 between Killington & Pico at the top of Sherburne Pass, Killington

Fri. & Sat. Live Irish Music at 7:30pm

Starters

French Onion Soup Irish Spuds

Filled in skins topped with:

Melted Cheddar

Tomato & Cheddar

Bacon & Cheddar

Nachos

Topped with salsa, jalapeños, sour cream, and cheese.

Chips & Salsa

Garlic Hummus & Veggies

Bangers and Boxty

Irish Sausages with traditional potato and Guinness onions

Salads

Garden Salad

Baby Spinach Salad

Caesar Salad

After 5 Dinner Special

Chicken Pot Pie

A Sampling from our Menu

Pub Favorites

McGrath's Famous

Guinness Stew

Beef stew simmered in Ireland's Guinness Stout.

Shepherd's Pie

Ground Beef and corn in gravy topped with whipped potatoes.

"Paddy" Melt

Grilled burger topped with Guinness braised onions, Guinness & mushroom ketchup on grilled rye with melted Swiss.

Turkey Apple Melt

on our house made soda bread with fresh apple slices & VT Cheddar

Irish Reuben

corned beef (or turkey) with red cabbage & melted Swiss served on rye bread with mustard

McGrath's Hash Bowl

Corned Beef Hash at its finest with a fried egg

BBQ Pulled Pork Sandwich

Inn marinated, hand pulled and finished with a bourbon BBQ sauce, topped with Vermont Cabot Cheese on a kaiser roll.

Hot from the Grill

Juicy 1/3lb. fresh hand packed hamburgers topped with lettuce and tomato

Hamburgers

Juicy 1/3 lb. fresh hand packed hamburgers topped with lettuce and tomato

Long Trail Hamburger

Long Trail Cheeseburger

Bleus Burger With Bleu Cheese

Bacon Cheeseburger with applewood smoke bacon

Chicken Sandwiches

Tender 6 oz chicken breast servedwith lettuce & tomato

Classic Grilled Chicken

Cheddar Chicken

Blackened Chicken with Goat Cheese

Nature Burger

Classic Veggie Burger

Deer Leap Grilled Cheese

Swiss, Cheddar or American

Hot Dawg

Double Dawq

add cheese bacon or sub gluten free bread



MENDON MINI GOLF www.MendonMiniGolf.com 802.776.4921

Location: 2556 U.S. Rt. 4, Mendon



FRESH HAND MADE BURGERS

				DUNGENS			
WIIHLEI	TUCE,	IUM	AIU, UNIU	N, CHIPS, PICKLES			
Hamburger	\$7			Now That's a Burger (½ lb burg	ger)	\$9	
Cheeseburger	\$7 .50			Now That's a Cheeseburger	\$9	.50	
BBQ Burger	\$7 .50			Gravy \$1.00			
Bacon Cheeseburger	\$ 9			Cheese Sauce \$1 ^{.50}			
BBQ Bacon Cheeseburger	\$9 .50			Add cheese to any sandwich	\$1.00 \$1.50		
Double Cheeseburger	\$10			Add fries to any meal or sandwich Add a side to any meal or sandwich			
Bacon Double Cheeseburge	r \$11			Add bacon to any sandwich	\$ 1 .50		
C	HICKE	N A	AND SAN	NDWICHES			
Fried Chicken Tenders	\$7			Country Fried Chicken	\$12		
Spicy Fried Chicken Tenders				Country Fried Chicken Meal [†]	\$15		
Fried Chicken Sandwich*	\$8			Chicken Wings 6 for \$6 20 for	or \$18		
Spicy Fried Chicken Sandwi				BLT	\$6		
Grilled Chicken Breast*	\$9			Grilled Cheese	\$4		
Chicken Bacon Ranch*	\$10			PB&J	\$3		
Grilled BBQ Chicken *	\$9			* Sandwich with chips and pickle	s .		
				[†] Served with fries and coleslaw			
SEAFOOD	BASKE	T*	PLATTER [†]	SAUCES: (Extra Sauce: 50¢) BB	Q, Rano	ch, Swo	eet-n-Sour,
Fish and Chips (French Fri	es \$9		\$13	Honey Mustard, Marinara,			
Fried Clam Strips	\$10		\$14	Blue Cheese, Hot Sauce, Spicy Mustard	d, Tarta	ır,	
Cod Tenders	\$9		\$13	Cocktail, Mayonnaise, Soy, Teriyaki			
Shrimp	\$10		\$14	*Basket served with fries, tartar, & lei	mon w	edge	
Scallops	\$12			†Platter – larger portion of fish & fries	plus c	olesla	W,
	Ψ1∠		\$16	& lemon wedge			
ICE CREAM	SMALL	ME) LARGE	FRIES AND SIDES SM	ALL	MED	LARGE
Soft Serve Ice Cream	\$3.00	\$4.00	\$5.00	French Fries \$:	3.50	\$4.50	\$5.50
Wafer Cone	\$2.50	\$3.50	\$4.50	Onion Rings	4	_	\$6
Sugar Cone	\$2.50	\$3.50	\$4.50	Onion Petals	3	_	\$5

ICE CREAM	SMALL	MED	LARGE
Soft Serve Ice Cream	\$3.00	\$4.00	\$5.00
Wafer Cone	\$2.50	\$3.50	\$4.50
Sugar Cone	\$2.50	\$3.50	\$4.50
Dish	\$2.50	\$3.50	-
Sundaes (Hot Fudge or Caramel)	\$6.00	-	-
Frappes (Hard Ice Cream)	\$3.50	\$4.50	\$5 .50
Milk Shakes (Soft Serve Ice Cream)	\$3.50	\$4.50	\$5 .50
Floats	\$3.50	\$4.50	\$5.50
Sorbet Smoothies	\$3.50	\$4.50	\$5 .50

Crushed nuts, sprinkles (rainbow or chocolate) \$0.25

FRIES AND SIDES	SMALL	MED	LARGE
French Fries	\$3.50	\$4.50	\$5.50
Onion Rings	\$4	_	\$6
Onion Petals	\$3	_	\$5
Mozzarella Sticks	\$4	-	\$7
Breaded Mushrooms	\$4	_	\$6
Fried Cheese Curds	\$4	_	-
Mac and Cheese Bites	\$5	-	-
Coleslaw	\$3	-	-
Pot Stickers (Chicken, Pork, or Vegetable)	\$5	-	-

MINI GOLF (TAX INCLUDED)
BATTING CAGES (TAX INCLUDED)

\$9 PER PERSON \$3 FOR 20 BALLS



Killington, Vermont

mountainmerchantvt.com

Your neighborhood market

802.422.CAVE (2283)

Hours: OPEN 7 DAYS

Location: 2384 Killington Road, Killington

BUILD YOUR OWN SANDWICH

Foot-long Subs, Wrap or GF. Wrap Boars Head Meat

Turkey • Roast beef • Grilled Chicken • Salami Pastrami • Capocollo • Ham

Boars Head Cheese

VT Cheddar • American • Monterey Jack Swiss Provolone

Fresh Vegetables

Lettuce • Red onion Roma Tomatoes Olives • Banana Peppers Green Peppers • Pickles Pickled onions

Roasted Red Peppers

Sauces and Spreads

Yellow Mustard • Ranch Chipotle Mayo • Maple Balsamic Spicy Brown Mustard • Mayo Maple Mayo Thousand Island Horseradish Cream Pesto Mayo

SOUPS

Daily specials

SALADS

Caesar Salad, House Salad & Chef Salad

COFFEE BAR

proudly serving Speeder & Earl's Vermont Roasted Coffee & Espresso and Vermont Tea Company Teas TORANI ® Syrups Available







DELI, MEAT, SEAFOOD & PRODUCE

Don't see something you're craving? Let us know. We strive to accommodate all reasonable requests.

ASK US ABOUT CATERING

Call 802-422-CAVE or email info@mountainmerchantvt.com

HOT SANDWICHES

served on our 12" Sub Roll

Chicken Parmesan

Crispy chicken cutlet, house marinara, mozzarella and Parmesan cheese

Eggplant Parmesan

Crispy breaded eggplant, house marinara, mozzarella and Parmesan cheese

Meatball Sub

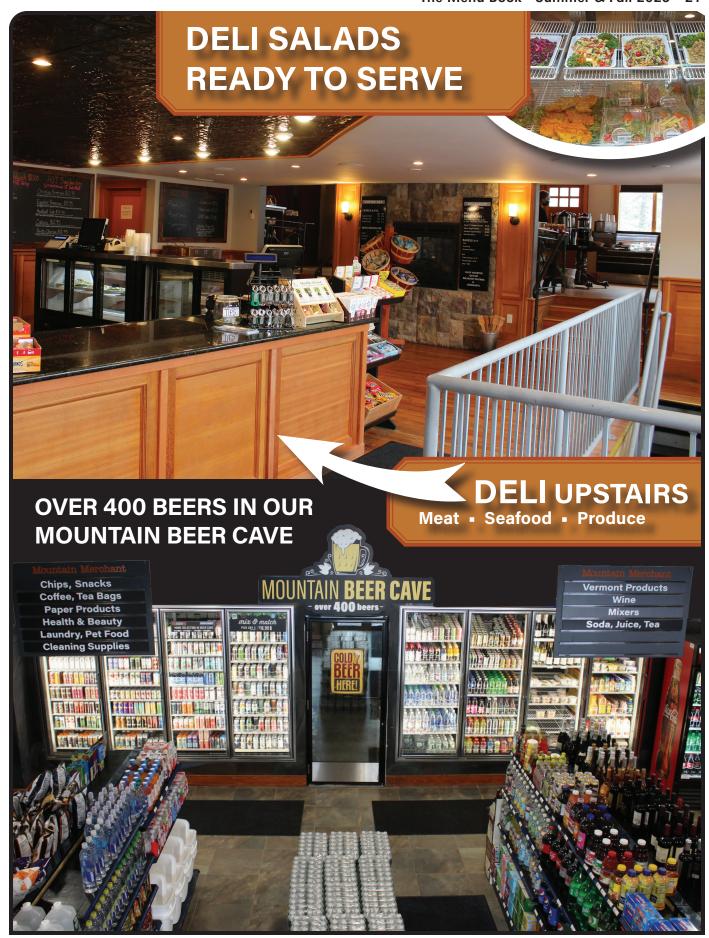
Beef and pork meatballs, house marinara, mozzarella and Parmesan cheese

Cubano

Smoked pork shoulder, roasted ham, spicy brown mustard, pickles, and Swiss cheese

Pesto Chicken

Crispy chicken, pesto mayo, roasted red peppers, pickled onion and provolone cheese



MOUNTAIN TOP RESORT

Artfully Crafted Cuisine - Exceptional Lodging - Year-Round Activities



This is a sampling of our seasonal lunch & dinner menus. Make sure to visit our website for current offerings! Reservations are recommended.

ENTRÉES STARTERS & SMALL PLATES STREET TACO **BBQ BRAISED PORK SHANK** 17 41 Smoked Beef Brisket, Cabot Cheddar, Jicama Slaw, Truffled Potato Gratin, Sauteed Swiss Chard, BBQ Roast Corn, Black Bean, Avocado Cream (GF) Glaze MAPLEBROOK BURRATA 18 LOBSTER ANGEL HAIR 47 Local Burrata, Sweet Pea Pesto, Heirloom Tomato Angel Hair Pasta, Lobster Supreme Sauce, Cold Bruschetta, Sliced Toasted Baguette (GF/V) Water Lobster, Tomato Filet, Crispy Parmesan, Baby Basil SHRIMP CEVICHE 17 Cold Water Norwegian Shrimp, Jalapeño, Tomato, HIGHLANDS BURGER 20 Shallot, Citrus Marinade, Avocado, Tortilla Chips, Certified Angus Beef, Topped with our House-Made Chili Oil, Cilantro Bacon Jam, Caramelized Onion & Goat Cheese **PICKLE FRIES** FISH & CHIPS 14 21 Served with Sriracha Ranch Dipping Sauce Lightly Breaded Atlantic Cod, Tartar Sauce **GRILLED CAESAR SALAD** ARTICHOKE RISOTTO CAKE 15 21 Baby Romaine Grilled, Caesar Dressing, Shaved Crispy Seared Risotto, Heirloom Tomato, Mozzarella Parmesan, Croutons & Basil, Coulis, Eggplant, Balsamic Reduction (V)

12 VERMONT CRAFT BREWS ON TAP!

802.483.2311 - mountaintopresort.com - 195 Mountain Top Road, Chittenden, Vermont



Killington.com/prestons 802.422.6111

Location: Killington Grand Hotel, 228 E Mountain Road, Killington



PRESTON'S

a good place to eat & drink











more history

Named for and inspired by Killington founder Pres Smith, Preston's Restaurant is the embodiment of mountain lifestyle and culinary creativity. The menu is infused with Vermont ingredients and perfect pairings from comfort food favorites to elevated entrées.



Located in the Killington Grand Hotel. Scan to view the menu.



SkinnyPancake.com 802.291.6111

Location: 7161 Woodstock Road, Quechee





WHERE GOOD FOOD COMES FULL CIRCLE

LOCATED NEAR THE QUECHEE GORGE ON ROUTE 4
7161 WOODSTOCK RD. QUECHEE, VT

THE SKINNY PANCAKE IS ON A MISSION TO CHANGE THE WORLD BY BUILDING A SAFER, HEALTHIER, AND MORE DELICIOUS FOOD SHED WHILE CREATING EVERYDAY ENJOYMENT THAT IS BOTH FUN AND AFFORDABLE.

CREPES . COFFEE . BURGERS . BEER

REAKFAST . LUNCI



DESSER

OPEN
7 DAYS
A WEEK



SCAN THIS QR
WITH YOUR
PHONE TO YIEW
HOURS AND MENU!

-BURLINGTON - MONTPELIER - STOWE - QUECHEE - ALBANY, NY-- UNIVERSITY OF VERMONT - BURLINGTON AIRPORT - SPRUCE PEAK @ STOWE-



VtSugarandSpice.com

Restaurant & Gift Shop

802.773.7832

Location: Rt. 4, Mendon 3 miles East of Rutland

DINE IN or TAKE OUT

Eggs and Omelettes

All eggs (except pancake items)

are served with home fries, toast and jelly or preserves

2 Eggs

Omelettes

3 eggs and your choice of: Ham, Cheese, Mushroom, Spinach, Onion, Tomato, Peppers.

Steak & Eggs

Mendon Miler

2 poached eggs on English muffin with Canadian bacon and cheddar cheese.

Minced Ham & Scrambled Eggs

We could throw in some fresh mushrooms, onions, peppers or anything else from our omelette choices!

Egg Whites Available

General Ripley

3 pancakes topped with a pair of eggs.

Luncheon

Fillmore Salad

A large garden salad crowned with a julienne of ham, turkey and Swiss cheese.

Grilled Roast Beef

Roast beef grilled with Swiss cheese and onions on your choice of bread.

Ripley Rally

Turkey, bacon, Swiss cheese and tomato.

Old John's Grill

White meat turkey, smoked ham and Vermont cheddar cheese grilled between slices of whole wheat bread.

Reuben

Hamburger

Cheeseburger

Baco-Cheese

Ungrilled Sandwiches

Ham, turkey, or roast beef on your choice of bread

Cup of Soup with Grilled Cheese Homemade Soup

Breakfast

Stack of Pancakes
Our own recipe - 4 pancakes
served with pure maple syrup and whipped butter.

Blueberry Pancakes

Pumpkin Pancakes

Buttermilk Pancakes

Silver Dollar Pancakes

A baker's dream (12) silver-dollar size pancakes, a kids' favorite.

Waffle

Made the old fashioned way, on our own waffle irons.

Waffle and Ice Cream

Maple Walnut Waffle
Topped with walnuts and whipped cream.

Sugar and Spice Pancakes
Stack of 4 pancakes with our special
cinnamon and maple sugar baked right in.

French Toast

4 slices of homemade white bread sliced real thick, dipped in egg batter, with cinnamon and grilled golden brown.

Pigs in a Blanket

Pure pork sausages, tucked up and baked inside golden brown pancakes.

Sugar House Sampler

2 eggs, 2 pancakes, 2 sausages, 2 strips of bacon.

Ice Cream

We make our own ice cream the old-fashioned way! It makes the best sundaes, shakes and cones.

Maple Crunch Sundae
Maple Syrup & Walnut Sundae
Single Scoop
Double Scoop

GF Can Be Prepared Gluten Free, Just Ask Your Server! V Vegetarian Option



GREAT BEGINNINGS

SOUPS & SALADS

Miso Soup -----

Hot & Sour Soup V 5
Wonton Scallion Soup 6
Tossed Salad ♥ 6 with housemade ginger dressing
Spicy Seaweed Salad 9
Octopus Salad
Avocado Salad
Kani Salad
Osaka Spicy Tuna Salad
House Special Soup (for two) 13 A special soup filled with an assortment of fresh vegetables, shrimp, pork, chicken, and 4 wontons

CHINESE APPETIZERS

Small White Rice GF V	4
Gourmet Egg Roll with pork (1 piece) 8	3.5
Spring Roll with shrimp (1 piece) 8	3.5
Teriyaki Chicken Sticks (4 pieces)	9
Veggie Dumplings V (6 pieces)	10
(steamed or pan fried)	
Pork Dumplings (6 pieces)(steamed or pan fried)	10
Crab Rangoon (6 pieces)	10
Chicken Fingers (6 pieces)	10
Boneless Spare Ribs	11
Fried Chicken Wings (8 pieces) 8	13

WOK SAUTÉED SPECIALTIES

STEAKHOUSE

The following dishes are created in a traditional Chinese style with fresh vegetables and are sautéed over a high flame in our wok.

SHRIMP	00
Served with your choice of one	e of the following:
Broccoli GF	Szechuan GF 🍆
Mixed Vegetables GF	Garlic Sauce GF 🌭
Cashew Nuts GF	Hunan Style GF 🌭
	Kung Pao GF 🌭 🌡

BEEF	21
Served with your choice of one of	the following:
Mixed Vegetables GF	Szechuan GF 🌭
Pepper Steak & Onions GF	Garlic Sauce GF 🌭
Broccoli GF	Hunan Style GF 🍆

CHICKLIT	
Served with your choice of one	of the following:
Broccoli GF	Szechuan GF 🍆
Mixed Vegetables GF	Garlic Sauce GF 🌭
Cashew Nuts GF	Hunan Style GF 🌭
	Kung Pao GF 🍆 🖁

CHICKEN

lowing:
huan GF 🍆
lic Sauce GF 🌭
an Style GF 🍆

VEGETABLES15
Tofu & Broccoli GF V
Broccoli in Brown Sauce GF V
Szechuan Tofu GF V 🍆
Tofu in Garlic Sauce GF V 🌭

GOURMET CHEF SPECIALTIES

Rice noodles served with chicken, fresh vegetables,	
peanuts, and egg in our chef's Thai sauce	
Vegetable or Tofu Pad Thai GF V8	17
Shrimp Pad Thai GF 8	18
General Tso's Chicken or	
Tofu (Tofu ♥) Crispy morsels of all white meat chicken or tofu sautéwith our spicy housemade General Tso's sauce and garnished with broccoli	
Spicy Orange or Sesame Chicken	
or Tofu (Tofu V) Chicken or tofu quickly fried over a high flame to retain full flavor in a delicate sesame or orange sauce	
Shrimp & Chicken Combo GF Jumbo shrimp and sliced chicken combination with vegetables in a brown sauce	21
Hunan Triple 🌭	21
Combination of jumbo shrimp, chicken, and beef, mixed with broccoli, mushrooms, green and red peppe zucchini, and pea pods in a spicy hunan sauce	ers,
Mongolian Chicken GF	22
Thin sliced crispy cooked chicken with mushrooms, scallions, and onions sautéed in a chef's special black pepper sweet and spicy sauce	
Mongolian Beef GF	24
Happy Family GF	25
Chicken, roast pork, shrimp, and scallops sautéed with mixed vegetables in a brown sauce	
Seafood Delight 🍆	26

STEAMED SPECIALTIES

Jumbo shrimp, lobster meat, and scallops with fresh

vegetables served in a hunan sauce

Served in bamboo steamer over a bed of fresh garden vegetables with a brown dipping sauce.

Tofu GF V	17
Chicken GF	18
Shrimp GF	22
Scallops GF	23

LO MEIN

Vegetable V	10
Chicken or Pork	13
Shrimp or Beef	14
House Special	15

FRIED RICE

* Any can be Gluten Free . Just Ask!	
legetable GF V	10
Chicken or Pork GF	13
Shrimp or Beef GF	14
House Special GF	15

IAPANESE APPETIZERS

JAPANESE APPETIZERS
Edamame GF V 7 Steamed soy beans, served slightly salted
Ebi Shumai9 6 fried shrimp dumplings with a light ginger soy
dipping sauce
Negimayaki 14 Thin slices of beef wrapped around scallions, broiled with a housemade teriyaki sauce
Shrimp Tempura Appetizer 15
3 pieces of shrimp and assorted vegetables fried in light batter with a light and sweet dipping sauce

TERIYAKI DINNERS

Grilled, served on top of a bed of fresh steamed vegetables and garnished with sesame seeds. Comes with a tossed salad with our ginger dressing, miso soup, and a bowl of rice.

Tofu V	24
Chicken	28
Salmon	30
Beef	32
Shrimp	33
Scallone	

In an effort to avoid raising our prices at this time, your receipt now includes a service fee to help us cover the rising costs of credit card acceptance.

If you choose to pay with cash, we will immediately REMOVE THE 3% FEE resulting in an on-the-spot savings for you!

Locally Sourced Ingredients • Chef Owned & Operated

SUSHI BAR APPETIZERS Sushi Rice GF -----Maki Sampler ----- 13 1 California roll, 1/2 cucumber roll, 1/2 tuna roll Sushi Appetizer (5 pieces)----- 13 Tuna, salmon, shrimp, whitefish, and white tuna on top of seasoned blocks of rice Sashimi Appetizer GF (8 pieces) ----- 14 Two pieces of tuna, salmon, whitefish, and white tuna. All 8 pieces sliced sashimi style Tuna Tataki ----- 14 Pan-seared tuna, served with a soy bean honey sauce topped with sesame seeds Black Pepper Tuna ----- 14 Black pepper dusted tuna, sliced thin and served with ponzu sauce Yellowtail Jalapeño Bites GF ----- 14 6 pieces of yellowtail sashimi thinly sliced with thin cut jalapeño pieces, drizzled with our housemade yuzu citrus sauce Sashimi Martini ----- 14 Tuna, yellowtail, salmon, and sea bass with mango, cucumber, kiwi, and avocado with F.F. Roe. Served with a housemade yuzu citrus sauce and served in a martini glass Sushi Sashimi **SUSHI & SASHIMI** (2 pieces) (3 pieces) Avocado GF V ----- 5 Egg / Mackerel GF / Crabstick ----- 5 Squid GF / Shrimp GF ----- 6 Surf Clam GF / Octopus GF----- 6 Tilapia / Sea Bass GF / Salmon GF ---- 7 8 Smoked Salmon GF----- 7.5 8.5 Sweet Shrimp GF / Tuna GF / Eel ----- 8 Yellowtail / White Tuna GF ----- 8 F. F. Roe GF ----- 6.5 7.5 Salmon Roe GF ----- 8 Sea Urchin (when available) GF----- 9 add quail egg GF ----- 4 **SUSHI BOATS** Small GF ------69 Served with 3 sushi rolls: Dragon Roll, California Roll, and Tuna Roll. It also comes with the chef's selection of 12 pieces of sashimi and 6 pieces of sushi Large GF----- 109 Served with 6 sushi rolls: Rainbow Roll, Spider Roll, California Roll, Tuna Roll, Cucumber Roll, and Salmon Roll. This boat comes with a chef's choice of 24 pieces of sashimi and 12 pieces of sushi

CHEF SPECIAL CREATIONS

T. D. D.	
Fire Dragon Roll	18
Tuck 'n Roll GF	18
Tuna, salmon, mango, and avocado inside wrapped wit soy paper and drizzled with raspberry and mango sauce	
KTown Roll	18
Spicy white tuna and crunchy tempura bits inside. Tuna, white tuna, and jalapeños on top with chili sauce	
Naruto Roll (roll has no rice)	18
Tuna, salmon, yellowtail, avocado and crabstick, wrapped in cucumber served with a ponzu sauce	
Tiger Roll	18
Tuna, salmon, and yellowtail with tempura bits, wrapped in a tiger striped nori with black tobiko	
Valentine Roll	18
Spicy tuna, spicy salmon, and avocado. Topped with tuna and the chef's special honey wasabi sauce, wrapped in soy paper	
The Carter Roll	18
Spicy salmon and tempura bits inside wrapped with tun and mango with mango sauce outside	а
My Yoshi Roll	18
Shrimp tempura, cucumber, and cream cheese inside, wrapped with spicy tuna, seaweed salad, wasabi mayo, and eel sauce	
Rock 'n Roll	18
Shrimp tempura, eel, crabmeat, avocado, and black tobiko drizzled with eel sauce and spicy mayo	
Volcano Rol1	19
Shrimp, avocado, rice, and nori, all wrapped and	
tempura fried with spicy tuna, eel sauce, spicy mayo, and scallions on top	
Gavin's Lobster Tempura Roll	19
Mango, cucumber, and lobster tempura with spicy tuna and avocado on top	
JAPANESE DINNER CREATION	S
All dinners include miso soup and tossed salad	_
Vegetarian Maki V	21
Choose three of the following rolls: Cucumber,	
Avocado, Asparagus, Sweet Potato, or Veg Head Roll	

HOSOMAKI (HOUSE ROLLS)

HOSOMAKI (HOUSE KOLLS)	
Cucumber Roll GF V 6	
Avocado Roll GF V 6	
Veg Head Roll GF V 7	
Sweet Potato Roll V 7	
Tempura fried sweet potato wrapped in rice and nori served inside out	
California Roll 7	
Crabstick, avocado, and cucumber, served inside out with F.F. Roe	
Salmon Roll GF 7	
Salmon Skin Roll GF 7	
Japanese Bagel Roll GF 8 Smoked salmon, cream cheese, and scallions	
Eel Roll 8	
Tuna Roll GF 8	
Philadelphia Roll 8	
Crabstick, shrimp, and cream cheese inside out with scallions and sesame seeds	
Alaska Roll GF 9	
Salmon and avocado inside out with sesame seeds Let-It-Roll9	
Eel, shrimp, and cucumber with sesame seeds	
Spicy Tuna Roll 9	
Minced tuna, spicy mayo, cucumber, and scallions	
Double Dipper Roll9 Spicy tuna and tempura bits inside out with	
sesame seeds	
Adirondack Roll9	
Spicy salmon and tempura bits inside out with sesame seeds	
Yellowtail Roll with Scallions GF9	
Superstar Roll 9	
Tuna and salmon with broiled spicy mayo on top	
Boston Roll 10 Shrimp tempura, lettuce, and avocado	
Phishfood Roll 10	
Yellowtail, spicy mayo, avocado, and F.F. Roe	
Spicy Lump Crab California Roll 10 Crab, cucumber, avocado, and spicy F.F. Roe with sesame seeds	
Shrimp Tempura Roll 11	
Tempura fried shrimp with F.F. Roe, cucumber, and avocado	
Spider Roll 13	
Tempura fried soft shell crab, avocado, lettuce, and cucumber. Topped with F.F. Roe	
Mika Roll 16	
Spicy salmon and avocado wrapped in soy paper. Topped with kiwi and mango sauce	
Seared Salmon Roll 16	
Spicy crabstick and avocado wrapped with flame seared salmon, drizzled with a miso wine sauce	
Crunchy Eel Roll 16	
Eel and avocado inside with spicy crabstick and tempura bits on top, drizzled with eel sauce	
Dragon Roll 16	
Tuna, asparagus, scallions, and spicy mayo wrapped with avocado	1
Black Dragon Roll 17	
Cucumber, avocado, and F.F. Roe, wrapped in shrimp and eel, drizzled with eel sauce	
Rainbow Roll 18	
California roll wrapped with 6 slices of fresh fish	

and combine them to create this dish Maki Combination ----- 22

California, Cucumber, and Tuna Rolls Spicy Combo Dinner ----- 25 Spicy Lump Crab California Roll, Spicy Tuna Roll, and Superstar Roll

8 pieces of Sushi consisting of the following: tuna. yellowtail, salmon, whitefish, shrimp, eel, and white tuna served with a California roll

Sashimi Dinner GF ----- 31 Comes with 3 pieces of tuna sashimi, 3 pieces of salmon sashimi. 2 pieces of vellowtail sashimi. 3 pieces of whitefish sashimi, and 3 pieces of white tuna sashimi and 2 pieces of eel sashimi. Served with a side of sushi rice

Sushi & Sashimi Combo GF-----35 Comes with 3 pieces of tuna sashimi, 3 pieces of salmon sashimi, 3 pieces of whitefish sashimi, and 3 pieces of white tuna sashimi. The sushi portion consists of 1 piece of each of the following: salmon, yellowtail, and shrimp. This dish is also served with a

We pride ourselves on using only fresh vegetables. We do not use MSG in any of our dishes!

Locations in Killington and Stowe, VT.

GF Can be prepared Gluten Free upon request





SUNUP BAKERY



espresso | sandwiches | pastries

SunupBakery.com 802.422.3865

Serving Breakfast and Lunch
Location: 2250 Killington Road, Killington
sunup@vermontel.net

ESPRESSO BAR

Espresso
Americano
Cafe au lait
Chai tea latte
Cappuccino
Latte
Mochaccino
Mocha latte
Hot chocolate
Hot apple cider



Hot Seasonal Drinks Also Available

All our espresso is from organic beans - Flavors *We also have a large selection of organic coffees*

BREAKFAST SANDWICHES

Egg and local cabot cheddar
Local bacon,egg and cabot cheddar cheese
Local chorizo, egg, and cabot cheddar cheese
Avocado, egg, salsa, and cabot cheddar cheese
Local Pesto, egg, tomato, and cabot cheddar cheese
Breakfast wrap-fresh spinach, egg, tomato,
and a choice of local goat or cabot cheddar cheese
Salmon breakfast sandwich-chive cream cheese,
smoked salmon, tomato, red onion, and pea shoot sprouts
Breakfast sausage, egg, and cabot cheddar cheese

- served on English muffins, bagel, homemade bread, croissant, or gluten free bread
 - · fresh selection of bagels daily with toppings

SANDWICHES

THE MOTHER EARTH - Shredded carrots, cukes, tomato, sprouts, pickles, red onion, and Cabot cheddar cheese

THE GARDEN VEGGIE - Garden burger with tomato, red onion, Dijon, avocado, Green Mountain salsa, Cabot cheddar cheese, and lettuce

PORK TENDERLOIN SANDWICH - with Granny Smith apples, Dijon mustard, Cabot cheddar and lettuce

ROSEMARY CHICKEN SANDWICH - Parmesan crusted Misty Knoll chicken breast with roasted red peppers, avocado, onion and lettuce

CHICKEN SALAD WRAP - Marinated Misty Knoll chicken, toasted walnuts, grapes with tomato, red onion and lettuce

Fresh soup & roll Half sandwich & soup

SMOKED SALMON BLT- dill aioli, smoked salmon, bacon, tomato, cheddar, red onion & lettuce

SMOKED TURKEY, APPLE & BRIE- mayo, turkey, Granny Smith apple, Brie & lettuce VERMONT CUBAN-mustard, ham,pork tenderloin, pickles, cheddar and lettuce

GREEK HUMMUS-hummus, feta, red onion, black olive tapenade and spinach

VEGGIE GOAT CHEESE - roasted red peppers, avocado, local goat cheese, onion, sprouts, lettuce and honey mustard vinaigrette

All sandwiches served hot or cold on a homemade

sub roll, whole wheat oatmeal bread, wrap or bagel



____ FRESH _____

Muffins, pastries, coffee cakes, croissants, and breads made daily. We also do specialty desserts!

-SUN UP-----

We use local and organic products. Gluten free goodies available!



TokyoHouseVermont.com 802.786.8080

Location: 106 West St. Rutland

NEWLY RENOVATED



Order Online







TERIYAKI

Served w/ white rice and miso soup Tofu Teriyaki 14.50 Chicken Teriyaki 14.95 Chicken Yakitori 15.95 19.95 Salmon Teriyaki **Shrimp Teriyaki** 18.95 Beef Negimaki Teriyaki 19.95 Scallop Teriyaki 19.95 **Beef Steak Teriyaki** 23 95 23.95 Seafood Teriyaki

NOW SERVING LIQUOR



100% all natural soy bean oil, deep fried to golden brown in light tempura batter, swerved w/white rice & miso soup

Vegetable Tempura 13.95 16.95 Chicken & Veg. Tempura 17.95 **Shrimp Tempura** Soft Shell Crab Tempura 20.95 Seafood Tempura 22.95



COMBO BENTO BOX

Served w/ soup, salad & California roll

Chicken Teriyaki / Gyoza 16.95 Sashimi/ Shrimp Tempura 20.95 Beef Negimaki / Gyoza 19.95 Sushi/ Shrimp Tempura 20.95 Salmon Teriyaki / Gyoza 20.95

APPETIZERS

dumbling

Harumaki (2) 4.50 Crusty Japanese spring roll Yakitori 6.50 Grilled Chicken on a skewer

w/ teriyaki sauce 6.50 Steamed shrimp & veg.

Age Tofu 6.50 Deep fried soft tofu in a traditional sauce

Fdamame Steamed salted soy beans

17 50

6.95 Gvoza Pan fried pork dumpling

Fried Oyster 11.95 Chicken Katsu 7 50 (chicken cutlet)

Beef Negimaki (6) 8 95 Thinly sliced beef rolled around scallions grilled w/ teriyaki sauce

Calamari Tempura 10.95 Calamari & vegetable deep fried





19 95

SPECIAL ROLLS -

Dragon Roll 12 95 Shrimp tempura roll w/avocado & eel outside

Hawaii Roll 15.95

Sweet potato, asparagus and avocado inside, tempura crabmeat, tobiko on the top

Chicago Roll 16.50

Eel, spicy tuna, spicy crabmeat, avocado, asparagus w/chili soy paper

15.95 Fall Roll

Yellowtail, salmon, avocado, cucumber and pineapple w/soy paper

Rainbow Roll 12.95

Crabmeat, avocado, cucumber inside wrapped w/raw fish on the outside

Dynamite Roll

Spicy tuna, avocado, cucumber roll served salmon on the top w/chef spicy sauce

Phoenix Roll 16.50

Shrimp tempura salmon roll, avocdo & kani on top w/chef's special sauce

Angel Roll

Seared tuna, cucumber & avocado rolled w/assorted fish & crunches

Sunshine Roll 14 50

Avocado and masago inside lemon and salmon on top

14.95 Red Dragon Roll

Tempura shrimp inside, spicy tuna and red tobiko on top

Pink Lady Roll 16.50

Tempura shrimp, cucumber, avocado, spicy crabmeart, wrapped w/soy paper, deep fried

Tuna Lover 16.95

Spicy king crab, avocado, cucumber w/soy paper & tuna on top

14.95

Spicy salmon, cucumber inside and tuna, red tobiko & spicy sauce

Volcano Roll 15.95

Assorted fish and crabmeat deep fried, green onion & tobiko on top

Snow Flake

King crab, cucumber inside, topped w/spicy scallop & special sauce & tobiko

SUSHI & HAND ROLLS

4 95 **Cucumber Roll** Avocado Roll 5.50 **Sweet Potato Roll** 6.00 California Roll 6.95 Salmon Acocado Roll 7.95 Chicken Katsu Roll 7.95 Philadelphia Roll 7.95 Shrimp Tempura Roll 7.95

Tokvo Roll 8.95 Salmon skin, crabmeat & seaweed salad

Soft Shell Crab Roll 9.95 Spicy Salmon Roll 7 95

Tuna Cucumber Roll 7.95 Eel Avocado Roll 7 95

9.95 King Crab Surprise King crab w.Japanese spicy mayo & crunches



SUSHI & SASHIMI ENTREES

Served with miso soup

Sushi Regular 8 pcs sushi & 1 California roll 20.50 Broiled eel glazed w.special eel sauce over rice

Chirashi Dinner 23.95

Variety of raw fish, seasoned rice Sashimi Regular 21.95

13 pcs assorted raw fish Tri-Color Sushi 25.95

3 pcs tuna, 3 pcs salmon, 3 yellowtail & spicy tuna roll

Sushi Deluxe 23.95 10 pcs sushi & 1 tuna roll

Sashimi Deluxe 25.95 16 pcs assorted raw fish

Sushi Sashimi Combo 25.95 5 pcs sushi. 5 pcs sashimi. 3 pcs

California roll, 3 pcs spicy tuna roll 46.95

Party Tray 14 pcs sushi, 3 rolls

Lover Boat 63.95 10 pcs sushi, 10 pcs sashimi,

2 rolls and 2 hand rolls





Taste the Worthy Difference

WorthyVermont.com 802.457.7281

Location: 442 E. Woodstock Road, Woodstock











Worthy Staples

in season, but here are a few of our staples:

- WORTHY MAC -

Cavatappi pasta with roasted garlic cream crushed cheesy treats and chives.

COUNTRY FRIED - CHICKEN SANDWICH -

pickles on a Worthy Bun with fries.

- FARM BURGER -

patties, cheese, lettuce, red onion and B&B pickles on a Worthy Bun with fancy sauce and fries.

- VEGGIE BURGER -

Mushroom stuffed Worthy Bun with Chevre, vidalia onion jam, sweet pea puree, sunflower shoots, and a side salad.

- BUTTERMILK FRIED CHICKEN -

Two boneless thighs with buttery leeks, Doton Farm maple syrup.







PHOTOS BY VERMONT SOCIAL





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