


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

$\rightarrow$ 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!

$\rightarrow$ 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!

f © | share your adventures \#downtownrutland | DOWNTOWNRUTLAND.COM

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## Mountain Times

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## 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'† 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

## 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


## 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, VermontDINE IN • TAKE OUT

## Martinis \& Tapas

Much More Than a Snack, Tapas are a Way of Life! Happy Hour Daily!

The Garlic is a casually sophisticated upstyle Italian roadhouse with an ambiance and menu reminiscent of the Tuscan countryside. Cozy booths, harvest tables, and warm lighting create a setting for both a romantic and memorable dining experience. The Garlic features a comprehensive wine selection, innovative daily specials, and if you wish, "lots of garlic."




> IPIE PIZZERIA \& LOUNGE

## Dine In | Take Out | Delivery

## APPETIZERS

Garlic Knots

Cheesy Breadsticks

Wings

Choose between our Buffalo, BBQ , Garlic Parmesan, Sesame Teriyaki, Jamaican Jerk or Cajun
served with a side of bleu cheese and celery.

## Boneless Wings

## SALADS

## Garden

Romaine lettuce, tomatoes, red onions, cucumbers and carrots

Caesar
Romaine lettuce, shredded Parmigiano Reggiano, croutons and Caesar dressing. Add grilled chicken $\$ 3$

## Buffalo Chicken

Romaine lettuce, tomatoes, red onions, cucumbers and carrots topped with Buffalo boneless chicken wings. Served with a side of bleu cheese.

Grilled Chicken
Romaine lettuce, tomatoes, red onions, cucumbers and carrots topped with grilled chicken and shredded Parmigiano Reggiano

## Arugula

Arugula, tomatoes, cucumbers with walnuts, cranberries and feta. Add bacon |\$3

## Greek

Romaine lettuce, tomatoes, red onions, cucumbers, kalamata olives and feta.

Dressings: Balsamic Vinaigrette, Buttermilk Ranch, Parmesan Peppercorn, 1000 Island, Caesar, Oil \& Vinegar, Greek

## CALZONES \& STROMBOLIS

## Stromboli

Filled with mozzarella and your choice of pizza toppings. Served with our warm pizza sauce Topping |add $\$ 1.50$ each

## Calzone

Filled with mozzarella, ricotta and your choice of pizza toppings. Served with our warm pizza sauce.
Toppings | add $\$ 1.50$ each

## DESSERTS

## Cannoli

Chocolate Chip Cookie
Fudge Brownie
Tiramisu

## SPECIALTY PIZZAS

SM|MD|LG
Pesto Veggie ..... $19|24| 30$Red sauce base, spinach, tomato, garlic, onions, mushrooms and mozzarellafinished with delicious basil pesto on top.
Classic Veggie$17|22| 27$
Red sauce base, onions, green peppers and mushrooms with mozzarella.
Buffalo Chicken ..... $16|20| 24$
Buffalo sauce, chicken and mozzarella. Jalapeños upon request.$16|20| 24$
Red sauce, chicken and mozzarella with tangy Sweet Baby Ray's.
Spinach Tomato Feta$17|22| 27$Red sauce base, spinach, tomato, feta and mozzarella.12

## Supreme

$19|24| 30$
Pepperoni, sausage, peppers, onions and mushrooms. Old school classic.
White Sausage \& Mushroom
Garlic olive oil base, spicy sausage and mushrooms.
$17|21| 25$
Finished with parmesan cheese.

## Chicken Basil Pesto

17|22|27
Basil pesto base, spinach, tomatoes and chicken with mozzarella.
3 Peppers \& Sausage
$18|23| 29$

## CREATE YOUR OWN PIZZA

Small 12"
\$13|\$1.75 per topping

Medium 14"
\$16|\$2.00 per topping

Large 18"
\$20|\$3.00 per topping

Toppings: Pepperoni, Sausage, Meatball, Ham, Chicken, Bacon, Pesto, Peppers, Olives, Pineapple, Mushrooms, Garlic, Tomato, Onions, Spinach, Basil, Arugula, Broccoli, Roasted Reds, Jalapeños, Banana Peppers, Feta.

GLUTEN FREE AVAILABLE (in medium size only)
4 Gluten free pizzas are prepared in an environment that contains wheat and gluten products


## APPETIZERS

## 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.


## 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 $\cdot$ Sesame Seed $\cdot$ Everththing Cinnamon Raisin • Asiago
We also have fresh, locally made Muffins and Donuts

## CREATE YOUR OWN

All Sandwiches include your choice of: Lettuce, Tomato, Onions, Hot Peppers, Pickles Other veggie options available upon request!

## Boar's Head ${ }^{\circledR}$ 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!

# KillingtonDeli.com 802.775.1599 

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

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

> DII, MARKIPPAC, GAS BEER, WINE \&T SPIRITS ESTABLSHIED 1985

## FRESH SALADS

All of our Salad Combinations are Made Fresh to Order!

| $\quad$ Spinach Salad | Tossed Green Salad <br> Fresh Greens with <br> Fresh Spinach Leaves, <br> Dried Cranberries, |
| :--- | :--- |
| Tomato, Onion, |  |
| Almonds, Feta Cheese, | Cucumber, Carrots |
| Cucumbers \& Red Onions | \& Peppers |

Salad Dressings: Italian, Ranch, Blue Cheese, Balsamic or Raspberry Vinaigrette

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## KillingtonMarket.com

 802.422.7736 | 802.422.7594 (store) (deli )Location: 2023 Killington Road, Killington (2 miles up)

## ATM • LOTTERY •ICE

## Boars아이잉 <br> 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 IMORE! See Full Menu on Facebook!

## - Subs -

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


## - Desserts -

- Tiramisu
- Cookies
- Brownies
- Chocolate Mousse


## Hot \& Ready to Go -

 AIV- Breakfast Sandwiches, Burritos
- Hashbrowns
- Daily Breakfast special


## AL工 DAY:

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

## PIM

- 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

## 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
Poutine
Maplebrook Farm cheddar cheese curds, beef gravy, 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


## Burgers \& Sandwiches

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

## Classic Burger

$80 z$ 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

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

## Neshobe Island Burger

$80 z$ 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

## 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

## Entrees available after 4:00 pm

## Local Jerk Ribs

ow \& slow jerk smoked Zhamplain Valley Farms it Louis pork ribs, fries, ;law, pineapple salsa. 1alf rack 24 | full rack 37

## Grilled Half Chicken

sticky \& spicy marinated half chicken, garlic mash, grilled sweet corn. 26

## 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


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 $\boldsymbol{f}$

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

Espresso Bar \& Tea Bar Featuring VT Artisan Coffee \& Tea Co. Espresso
Americano
Macchiato
Cappuccino
Latte
Jitterbug Hot Chocolate Maple Latte Blackberry Mocha Specialty Lattes Cold Brew Coffee Earl Grey English Breakfast Darjeeling Jasmine Green Chamomile Hibiscus Rooibos Peppermint Chai Latte London Fog Iced Sun Tea Espresso drinks available hot or iced Soy and oat available

| Homemade DesSerts |  |
| :--- | :--- |
| Mountain Creamery | Peanut Butter Pie |
| Ice Cream | Brownie Sundae |
| Bread Pudding | Mud Pie |
| Chocolate Chip Cookies | Dessert Special |

Lunch: Noon - 5 pm
All sandwiches served with side salad
Fruit Bowl Turkey Panini
Quiche
Thai Chicken Salad Wrap
Herb Roasted Chicken
Sandwich
Vegetable Enchiladas
Daily Sandwich Special Hummus Wrap
*gluten free bread available

Lunch \& Dinner: Noon - 9pm
Soup du Jour
Garden Salad
VT Cheese Plate / Charcuterie
Hummus Plate with Veggies Liquid Art Spinach Salad protein options available

| DINNER: 5PM - 9PM |  |
| :--- | :--- |
| 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 |
| *Kids menu available |  |
|  | Grilled Tofu |

## Martini and Wine Bar

Firetini<br>Espresso-Tini<br>Vermonthattan

Ginger Cilantro Mule
Chipotle Pineapple Mojito


## KILLNGIONS FOOD, FRIENDS \& FUN STOP!

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

"BEAST" CHICKEN SANDWICH - A KILLINGTON FAVORITE<br>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

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

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

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.

# 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

## 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 $1 / 3 \mathrm{lb}$. fresh hand packed hamburgers topped with lettuce and tomato

## Hamburgers

Juicy $1 / 3 \mathrm{lb}$. 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 Dawg
add cheese bacon or sub gluten free bread


MENDON MINI GOLF www.MendonMiniGolf.com 802.776.4921

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

## f(O) @mmgsb15

## FRESH HAND MADE BURGERS

WITH LETTUCE, TOMATO, ONION, CHIPS, PICKLES
Hamburger
Cheeseburger $\$ 7.50$
BBQ Burger $\quad \$ 7.50$
Bacon Cheeseburger \$9
BBQ Bacon Cheeseburger $\quad \$ 9.50$
Double Cheeseburger \$10
Bacon Double Cheeseburger \$11

Now That's a Burger ( $1 / 2 \mathrm{lb}$ burger) $\$ 9$
Now That's a Cheeseburger $\$ 9.50$
Gravy $\$ 1.00$
Cheese Sauce \$1.50
Add cheese to any sandwich $\quad \$ 1.00$
Add fries to any meal or sandwich $\$ 1.50$
Add a side to any meal or sandwich $\$ 1.50$
Add bacon to any sandwich \$1.50

## CHICKEN AND SANDWICHES

## Fried Chicken Tenders \$7

Spicy Fried Chicken Tenders \$7
Fried Chicken Sandwich* ${ }^{*}$ 8
Spicy Fried Chicken Sandwich* \$8
Grilled Chicken Breast* ${ }^{*}$ \$9
Chicken Bacon Ranch** $\$ 10$
Grilled BBQ Chicken * \$9
SEAFOOD BASKET* PLATTER ${ }^{\dagger}$
Fish and Chips (French Fries \$9
Fried Clam Strips \$10
Cod Tenders \$9
Shrimp \$10
Scallops \$12

| 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 lce Cream) | $\$ 3.50$ | $\$ 4.50$ | $\$ 5.50$ |
| Milk Shakes (Sort Serve lce Cream) | $\$ 3.50$ | $\$ 4.50$ | $\$ 5.50$ |
| Floats | $\$ 3.50$ | $\$ 4.50$ | $\$ 5.50$ |
| Sorbet Smoothies | $\$ 3.50$ | $\$ 4.50$ | $\$ 5.50$ |

Country Fried Chicken \$12
Country Fried Chicken Mealt ${ }^{\dagger} \$ 15$
Chicken Wings 6 for $\$ 6 \mid 20$ for $\$ 18$
BLT \$6
Grilled Cheese \$4
PB\&J \$3
*Sandwich with chips and pickles
${ }^{\dagger}$ Served with fries and coleslaw
SAUCES: (Extra Sauce: 50ç) BBQ, Ranch, Sweet-n-Sour, Honey Mustard, Marinara,
Blue Cheese, Hot Sauce, Spicy Mustard, Tartar, Cocktail, Mayonnaise, Soy, Teriyaki
*Basket served with fries, tartar, \& lemon wedge
${ }^{\dagger}$ Platter - larger portion of fish \& fries plus coleslaw, \& lemon wedge

| 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 (TAXINCLUDED) | $\$ 9$ PER PERSON |  |  |
| BATTING CAGES (TAXINCLUDED) | $\$ 3$ FOR 20 BALLS |  |  |

# Na <br> Mountain Merchant <br> 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

[^1]

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 $\mathcal{E}$ dinner menus. Make sure to visit our website for current offerings! Reservations are recommended.

## STARTERS \& SMALL PLATES

STREET TACO
Smoked Beef Brisket, Cabot Cheddar, Jicama Slaw, Roast Corn, Black Bean, Avocado Cream (GF)

MAPLEBROOK BURRATA
Local Burrata, Sweet Pea Pesto, Heirloom Tomato Bruschetta, Sliced Toasted Baguette (GF/V)

SHRIMP CEVICHE
Cold Water Norwegian Shrimp, Jalapeño, Tomato, Shallot, Citrus Marinade, Avocado, Tortilla Chips, Chili Oil, Cilantro

PICKLE FRIES
Served with Sriracha Ranch Dipping Sauce
GRILLED CAESAR SALAD
Baby Romaine Grilled, Caesar Dressing, Shaved Parmesan, Croutons

## ENTRÉES

BBQ BRAISED PORK SHANK 41
Truffled Potato Gratin, Sauteed Swiss Chard, BBQ Glaze

LOBSTER ANGEL HAIR
Angel Hair Pasta, Lobster Supreme Sauce, Cold
Water Lobster, Tomato Filet, Crispy Parmesan, Baby Basil

HIGHLANDS BURGER
Certified Angus Beef, Topped with our House-Made Bacon Jam, Caramelized Onion \& Goat Cheese

FISH \& CHIPS
Lightly Breaded Atlantic Cod, Tartar Sauce
ARTICHOKE RISOTTO CAKE
Crispy Seared Risotto, Heirloom Tomato, Mozzarella \& Basil, Coulis, Eggplant, Balsamic Reduction (V)

## 12 VERMONT CRAFT BREWS ON TAP!

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


## more bistory

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.


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.

## 


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


## 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. 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

## VtSugarandSpice.com <br> 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
Genefal 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

## GREAT BEGINNINGS

## SOUPS \& SALADS

Miso Soup --------------------------------------------- 5
Hot \& Sour Soup V ------------------------------- 5
Wonton Scallion Soup-------------------------- 6
Tossed Salad V -------------------------------------- 6
with housemade ginger dressing
Spicy Seaweed Salad 9

Octopus Salad
10

Crabstick, octopus, sliced cucumbers, and F.-.-.-.-.-. Roe.
Served with a housemade soy and rice wine
vinegar dressing
Avocado Salad11

Crabstick and sliced cucumbers blended with spicy mayo. Topped with tempura crunchy bits, sesame seeds, and F.F. Roe, served over a bed of lettuce

## Kani Salad

$\qquad$
Crabstick, sliced cucumbers, F.F. Roe, sesame seeds, and tempura bits blended with spicy mayo
Osaka Spicy Tuna Salad
Yellowfin tuna, crabstick, sliced cucumbers, and seaweed, blended with spicy mayo
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 G -- 4
Gourmet Egg Roll with pork (1 piece) ---- $\mathbf{3 . 5}$
Spring Roll with shrimp (1 piece) , ------- $\mathbf{3 . 5}$
Teriyaki Chicken Sticks (4 pieces) ----------- 9
Veggie Dumplings V (6 pieces) --------------- 10
(steamed or pan fried)
Pork Dumplings ( 6 pieces) ..... 10
Crab Rangoon (6 pieces)- ..... 10
Chicken Fingers (6 pieces) ..... 10
Boneless Spare Ribs ..... 11
Fried Chicken Wings (8 pieces) ..... 13
JAPANESE APPETIZERS
Edamame GF ..... 7
Steamed soy beans, served slightly salted
Ebi Shumai
ai --mplings with a light ginger soy6 fried shrimpNegimayaki$-9$14Thin slices of beef wrapped around scallionShrimp Tempura Appetizer15
3 pieces of shrimp and assorted vegetables friedin pieces of shrimp and assorted vegetables fried
in light with a light and sweet dipping sauce

## 5



## WOK SAUTÉED SPECIALTIES

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

SHRIMP --------------------------------------------- 22
Served with your choice of one of the following:
Broccoli GF
Szechuan GF
Mixed Vegetables GF
Cashew Nuts GF
Garlic Sauce 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

## CHICKEN

Served with your choice of one of the following:
Broccoli GF
Mixed Vegetables GF
Cashew Nuts GF
Szechuan GF
Garlic Sauce GF
Hunan Style GF
Kung Pao GF
PORK
--------------------------------------------------17
Served with your choice of one of the following
Broccoli GF Szechuan GF
Mixed Vegetables GF Garlic Sauce GF
Hunan Style GF
VEGETABLES
$-15$
Tofu \& Broccoli GF v
Broccoli in Brown Sauce GF V
Szechuan Tofu GF V
Tofu in Garlic Sauce GF V

## TERIVAKI 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

Scallops ------------------------------------------34

## GOURMET CHEF SPECIALTIES

Chicken Pad Thai GF ..... 17
Rice noodles served with chicken, fresh vegetables,peanuts, and egg in our chef's Thai sauce
Vegetable or Tofu Pad Thai GF V 8 ------- 1 ..... 17
Shrimp Pad Thai GF
General Tso's Chicken orTofu (Tofu V)18
Crispy morsels of all white meat chicken or tofu sautéedwith our spicy housemade General Tso's sauce andgarnished with broccoli
Spicy Orange or Sesame Chicken
or Tofu (Tofu V)18
Chicken or tofu quickly fried over a high flame to retainfull flavor in a delicate sesame or orange sauce
Shrimp \& Chicken Combo GF21
Jumbo shrimp and sliced chicken combination with vegetables in a brown sauce
Hunan Triple ..... 21
Combination of jumbo shrimp, chicken, and beef,mixed with broccoli, mushrooms, green and red peppers,zucchini, and pea pods in a spicy hunan sauce
Mongolian Chicken GF ..... 22
Thin sliced crispy cooked chicken with mushrooms,scallions, and onions sautéed in a chef's specialblack pepper sweet and spicy sauce
Mongolian Beef GF ..... 24
Happy Family GF ..... 25with mixed vegetables in a brown sauce
Seafood Delight26
Jumbo shrimp, lobster meat, and scallops with freshvegetables served in a hunan sauce

## STEAMED SPECIALTIES

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!
Vegetable GF ..... 10
Chicken or Pork GF ..... 13
Shrimp or Beef GF ..... 14
House Special GF ..... 15

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.

## Locally Sourced Ingredients • Chef Owned \& Operated

## SUSHI BAR APPETIZERS

|  |  |
| :---: | :---: |
|  |  |
|  |  |
|  |  |
| ashimi Appetizer GF (8 pieces) $\qquad$ <br> 8 pieces sliced sashimi style |  |
|  |  |
|  |  |
| topped with sesame seeds |  |
| Black Pepper Tuna $\qquad$ 14 <br> Black pepper dusted tuna, sliced thin and served with ponzu sauce |  |
|  |  |
| Yellowtail Jalapeño Bites GF $\qquad$ <br> 6 pieces of yellowtail sashimi thinly sliced with <br> thin cut jalapeño pieces, drizzled with our <br> housemade yuzu citrus sauce |  |
|  |  |
| ashimi Martini $\qquad$ 14 <br> na, yellowtail, salmon, and sea bass with mango, cumber, kiwi, and avocado with F.F. Roe. rved with a housemade yuzu citrus sauce d served in a martini glass |  |
|  |  |



## SUSHI BOATS


California Roll, and Tuna Roli. 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 Roli, 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

Fire Dragon Roll ..... 18
spicy tuna, scallions, and a honey wasabi sauce
Tuck ' $n$ Roll GF ..... 18
soy paper and drizzled with raspberry and mango sauc
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
wrapped in cucumber served with a ponzu sauce
Tiger Roll ..... 18
bits, wrapped in a tiger striped nori with black tobiko
Valentine Roll ..... 18 tuna and the che s special honey wasabi sauce,
The Carter Roll ..... 18
spicy salmon and tempura bits inside
My Yoshi Roll

$\qquad$ ..... 18
wrapped with spicy tuna, seaweed salad wasabi mayo, and eel sauc
Rock 'n Roll ..... 18
Shrimp tempura, eel, crabmeat, avocado, and black tobiko drizzled with eel sauce and spicy mayo
Volcano Rol
Shrimp, avocado, rice, and nori, all wrapped and tempura fried with spicy tuna, eel sauce, spicy mayo, and scallions on top
Manoo, cucumber, and lobster tempura with spicy tuna and avocado on top
JAPANESE DINNER CREATIONS
All dinners include miso soup and tossed salad
Vegetarian Maki V ..... 21Avocado, Asparagus, Sweet Potato, or Veg Head Rolland combine them to create this dish
Maki Combination-----------d Tuna Rolls 22
Spicy Combo Dinner ..... 25Superstar Ro
Sushi Dinner GF$-25$
8 pieces of Sushi consisting of the following: tuna,yellowtail, salmon, whitefish, shrimp, eel, andwhite tuna served with a California roll
Sashimi Dinner GF$-31$Comes with 3 pieces of tuna sashimi, 3 pieces ofsalmon sashimi, 2 pieces of yellowtail sashimi3 pieces of whitefish sashimi, and 3 pieces ofwhite tuna sashimi and 2 pieces of eel sashimiServed with a side of sushi rice
Sushi \& Sashimi Combo GF ..... - 35Comes with 3 pieces of tuna sashimi, 3 pieces ofsalmon sashimi, 3 pieces of whitefish sashimi, and3 pieces of white tuna sashimi. The sushi portionconsists of 1 piece of each of the following: salmonyellowtail, and shrimp. This dish is also served with a

## HOSOMAKI (HOUSE ROLLS)

Cucumber Roll GF ..... - 6
Avocado Roll GF V ..... 6
Veg Head Roll GF V ..... 7
Sweet Potato Roll V ..... $-7$
lempura fried sw
served inside out
California Roll ..... $-7$
Crabstick, av
Salmon Roll GF$-7$
Salmon Skin Roll GF ..... $-7$
Japanese Bagel Roll GF ..... $-8$
Eel Roll- 8
Tuna Roll GF ..... $-8$
Philadelphia Roll ..... $-8$
Crabstick, shrimp, and cream cheese inside out withAlaska Roll GF$-9$
Salmon and avocado inside out with sesame seeds
Let-It-Roll ..... $-9$
Spicy Tuna Roll ..... $-9$
Minced tuna, spicy mayo, cucumber, and scallions
Double Dipper Roll ..... $-9$
Spicy tuna and tempura bits inside out withsesame seeds
Adirondack Roll- ..... $-9$
Spicy salmon and tempura bits inside out with sesame seeds
Yellowtail Roll with Scallions GF ..... $-9$
Superstar Roll ..... $-9$
Tuna and salmon with broiled spicy mayo on top
Boston Roll ..... 10
Shrimp tempura, lettuce, and avocado ..... 10
Yellowtail, spicy mayo, avocado, and F.F. RoeSpicy Lump Crab California Roll10
Crab, cucumber, avocado, and spicy F.F. Roewith sesame seeds
Shrimp Tempura Roll11
Tempura fried shrimp with F.F. Roe, cucumber, an1
avocado
Spider Roll13
Tempura fried soft shell crab, avocucumber. Topped with F.F. Roe
Mika Roll16
Spicy salmon and avocado wrapped in soy papeTopped with kiwi and mango sauceSeared Salmon Roll16
Spicy crabstick and avocado wrapped with flame searedsalmon, drizzled with a miso wine sauceCrunchy Eel Roll- 16Eel and avocado inside with spicy crabstick andtempura bits on top, drizzled with eel sauceDragon Roll16
Tuna, asparagus, scallions, and spicy mayo wrappedwith avocado
Black Dragon Roll17
Cucumber, avocado, and F.Fand eel, drizzled with eel sauce
Rainbow Roll ..... 18
alifornia rol

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



# 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 LatteMochaccino
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

## JAPANESE RESTAURANT

NOW SERVING LIQUOR
NEWLY RENOVATED
Order Online oscente


## TERIYAKI

Served w/ white rice and miso soup
Tofu Teriyaki
Chicken Teriyaki
Chicken Yakitori Salmon Teriyaki Shrimp Teriyaki Beef Negimaki Teriyaki Scallop Teriyaki Beef Steak Teriyaki Seafood Teriyaki


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

Vegetable Tempura
Chicken \& Veg. Tempura
Shrimp Tempura
Soft Shell Crab Tempura
Seafood Tempura
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
Eel, spicy tuna, spicy crabmeat, avocado, asparagus w/chili soy paper

Fall Roll
15.95

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

Rainbow Roll
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


COMBO BENTO BOX
Served w/ soup, salad \& California roll

| Chicken Teriyaki / Gyoza | 16.95 | Sashimi/ Shrimp Tempura |
| :--- | :--- | :--- |
| Beef Negimaki / Gyoza | 19.95 | Sushi/ Shrimp Tempura |

20.95
20.95


SUSHI \& HAND ROLLS
Cucumber Roll 4.95
Avocado Roll
Sweet Potato Roll 6.00
California Roll
Salmon Acocado Roll
Chicken Katsu Roll
Philadelphia Roll
Shrimp Tempura Roll
Tokyo Roll
Salmon skin, crabmeat \& seaweed salad

Soft Shell Crab Roll 9.95
Spicy Salmon Roll
Tuna Cucumber Roll
Eel Avocado Roll
King Crab Surprise $\quad 9.95$
King crab w.Japanese spicy
mayo \& crunches
Walker Roll 9.95
Tuna, yellowtail scallion and tamago

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

SUSHI \& SASHIMI ENTREES Served with miso soup
Sushi Regular 19.95
8 pcs sushi \& 1 California roll
Eel Don
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
8.95 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
Party Tray
46.95

14 pcs sushi, 3 rolls
Lover Boat
63.95

10 pcs sushi, 10 pcs sashimi,
2 rolls and 2 hand rolls

# Worthy 

Taste the Worthy Difference

## Worthy Staples

Our menu changes constantly based on what's in season, but here are a few of our staples:

## - WORTHY MAC -

Cavatappi pasta with roasted garlic cream \& aged Plymouth cheddar. Topped with crushed cheesy treats and chives.

## COUNTRY FRIED

 - CHICKEN SANDWICH -Fried chicken, buttermilk ranch, B\&B pickles on a Worthy Bun with fries.

## - FARM BURGER -

Two smashed Almanack Farm Waygu beef 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, spring vegetables and espelette infused Doton Farm maple syrup.

WorthyVermont.com

$$
802.457 .7281
$$

Location: 442 E. Woodstock Road, Woodstock



# BIG ADVENTURE HAPPENS  

## BOOK YOUR LEARN TO MOUNTAIN BIKE PACKAGE TODAY.

 Whether it is your first time on a mountain bike, or you're looking to further your stalls in our re-designed and expanded bike park, Killington's crew of downhill bike instructors are your ticket to riding the Beast of your best.Scan code or visit lallingtonacom to purchase.


[^0]:    Add Your Choice of Tuna, Grilled Chicken or Turkey Salad to any salad for additional cost

[^1]:    ## COFFEE BAR

    proudly serving Speeder \& Earl's Vermont Roasted Coffee \& Espresso and Vermont Tea Company Teas TORANI ${ }^{\circledR}$ Syrups Available

