

Buffalo Mountain Food Coop and Café

29 W Main St
Hardwick, VT
472-6020



Established 1970

Food for people not for profit

Delicious, wholesome, locally-based, beautiful food in a relaxed space.

Kitchen open Monday-Friday, 8-2;
Saturday 9-1

Breakfast--served all day

Egg Sandwich: one local organic egg, fried over hard and topped with cheddar, served on your choice of toast or housemade English

Muffin **\$4.95**

--add pesto, tomato, or avocado **\$5.95**

--add ham, bacon, or sausage **\$6.50**

Two and two: two eggs, scrambled or fried, served with two slices of buttered toast or a housemade English Muffin

\$5.50

--add ham, bacon, or sausage **\$6.95**

Vegan Sunrise: tofu scrambled with our choice of veggies, seasoned with turmeric, Bragg's and garlic, served with toast spread with Earth Balance **\$5.50**

Omelet of the day: our rotating selection of delicious fillings folded in two fluffy eggs and served with buttered toast or housemade English Muffin. No substitutions, please. **\$6.95**

Lunch--cold all day, hot from 11:30 to 2

BYO: Check out our card for choices to make your sandwich, your way. **\$7.95**

Salad: a large bed of greens with carrots, sprouts, red onion and seasonal veggies, topped with your choice of protein: curried chicken salad, tuna salad, tempeh, tofu, turkey or ham. Served with housemade maple balsamic or a rotating choice of dressing. **\$8.95**

--Just the veggies **\$5.95**

--Side Salad **\$3.50**

Hot Dish of the Day:

a weekday rotating selection of delicious sandwiches, burritos, and lunches. **\$8.50**

Monday: Burrito Grande

Tuesday: Burger of the day

Wednesday: Shepherd's Pie

Thursday: Turkey or Tempeh Reuben

Friday: RVB with available veggies and choice of protein

Special of the Day:

something delicious at the whim of our creativity! See the board.

For the Young at Heart

Cheesy Egg: one egg scrambled with cheddar and served with one slice of buttered toast **\$3.95**

Grilled Cheese: cheddar or swiss grilled on your choice of bread **\$4.50**
--add, tomato, pesto, or avocado **\$5.50**

Quesadilla: cheddar grilled in a whole wheat tortilla, spiced or not, served with salsa or sour cream **\$4.95**

PB&J: fresh-ground peanut butter and a rotating fruit spread on your choice of bread **\$3.95**

Sides and Self-Serve

We'll get it!

Daily Deli Salad	\$1.95
Protein: bacon, tempeh, sausage, ham, turkey, tofu	\$2.50
Toast: 2 slices of your choice	\$2.25
Add an Egg	\$1.25
Add tomato, pesto, avocado	\$1.00
Smoothie (seasonal)	\$4.50
Hot Chocolate (seasonal) OR Chai Latte, hot or iced	
8 oz. small	\$2.00
12 oz. medium	\$2.50
16 oz. large	\$3.00

Help Yourself!

Soup: 8 oz. small	\$2.95
16 oz. large	\$4.95

Coffee: <i>10 cents off for your own cup</i>	
8 oz. small or house mug	\$1.25
12 oz. medium	\$1.50
16 oz. large	\$1.75
Tea any size, one bag	\$1.25

Buffalo Mountain Food
Coop and Café

39 S. Main St
Hardwick, VT
472-0020

Established 1975



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Welcome and Enjoy!

Kitchen open:
8-2 Monday through Friday
9-1 Saturday

Seating and Self-serve available
whenever the store is open

Catering available for small
events