

The Garden Market Deli Menu

Londonderry, Vermont ❀ 802-856-7355 ❀ 9am to 4pm ❀ Follow Us! @gardencafeandgallery

Hot Espresso Drinks

Breakfast

Breakfast Flat Wrap (\$9.95)

Egg souffle, cheddar cheese and bacon
grilled in a plain wrap

Southwestern Style (+\$2)

+ salsa and avocado

Organic Sprouted Wheat Bagel (\$2.95)

Toasted with butter, cream cheese,
jam or peanut butter (+\$1)
GF bagel (+\$2)

Housemade Gravlax (\$12.95)

Cured Scottish salmon on a toasted
sprouted bagel with organic cream cheese
and fresh dill
GF bagel (+\$2)

Gammelgarden Skyr Yogurt Parfait

Served with organic granola and
fresh seasonal berries

Frittatas

Small (\$23) Large (\$48)

Serves 4 Serves 8

Frittata flavors rotate daily.

Please order large frittatas in advance.

Soup - call for the soup du jour!

Deli Sides & Salads

Chicken Salad
Massaged Kale Salad
Eggless "Egg" Salad
Zucchini Noodle Salad
Potato Salad with Lemon & Fennel

*Served by the pound
Rotating Weekly. Call to see what's fresh!*

Cold Sandwiches & Wraps

Pawlet Smoked Ham & Honey (\$10.95)

Ham, cheddar cheese, apple slices, lettuce &
honeycup mustard

California Wrap (\$12.95)

Turkey, avocado, bacon, red onion, tomato,
lettuce, havarti cheese & chipotle dressing in
a plain wrap

Cracked Pepper Turkey (\$10.95)

Turkey, freshly cracked black pepper,
cranberry sauce, lettuce, & tarragon mayo

Mickey's Favorite (\$11.95)

Lean roast beef, lettuce, tomato, horseradish
mayo, salt & pepper

Stuffed Croissant Sandwich (\$10.95)

Fresh Red Hen Baking Co. croissant filled
with chicken or egg salad (when available)
add lettuce, tomato, or onion

The Pammy Wrap (\$11.95)

Avocado, cucumber, tomato, sprouts, havarti
cheese & your choice of Yalla hummus, mayo,
or pesto in a soft spinach wrap

Greek Spinach Roll Up (\$10.95)

Yalla hummus, feta, spinach, marinated
tomatoes & artichokes, sprouts
in a soft spinach wrap

Smokin' Tempeh (\$10.95)

Smoked tempeh, Yalla hummus, swiss
cheese, red onion, sprouts,
lettuce & bbq sauce

Shop our grocery menu...

*[www.gardencafeandgallery.com/
grocery](http://www.gardencafeandgallery.com/grocery)*

*Ask about ordering a gourmet
meal from the Garden Cafe to-go!*

Hot Sandwiches & Flat Wraps

Turkey Reuben (\$12.95)

Turkey, Bubbie's organic sauerkraut, swiss
cheese & 1000 island dressing

*Try our vegetarian version
with smoked tempeh!*

Black Forest Ham & Cheese (\$10.95)

Ham, havarti, red onion, tomato & stone
ground mustard

The Mickey G Burger (\$12.95)

A plant protein "burger" with lettuce, tomato,
onion, dill pickle, & 1000 island dressing on a
toasted brioche bun

Tempeh & Vegetable Flat Wrap (\$10.95)

Smoked tempeh with onion, marinated
tomatoes, marinated artichoke, sprouts &
avocado in a spinach wrap

***NEW* Falafel Burger (\$11.95)**

Fresh falafel with tomato, red onion, lettuce,
Yalla hummus, cucumber and sprouts on a
whole wheat thin style bun

Fresh Organic Salads

Large salads, handmade to order.

Your Choice of Dressing on the Side

Abundant Veggie (\$14.95)

Half an avocado on romaine lettuce with
cherry tomatoes, apple bits, carrots, raisins,
cucumbers, cashews & sprouts

Berry Lovers Salad (\$14.95)

A scoop of chicken salad on romaine lettuce
with mixed fresh berries, mandarin oranges,
cucumber & sprouts

Yalla Hummus Plate (\$15.95)

A tasty spread of Yalla hummus, kalamata
olives, stuffed grape leaves, massaged kale
salad, marinated tomatoes & artichokes,
served with a warm pita

Build Your Own

Bread

Sourdough, whole wheat, marble rye
Plain or spinach wrap
Udi's GF or croissant (+\$2)

Cheese

Cheddar, swiss, havarti

Meat (+\$2)

Turkey, ham, roast beef, bacon

Vegetarian Options (+\$2)

Smoked tempeh, black bean burger

Vegetables

Romaine lettuce, tomato, red onions,
cucumber, sprouts, apple

Specialty Veggies (+\$2)

Avocado, marinated tomatoes, marinated
artichokes

Sauces

Plain mayo, chipotle dressing, tarragon
mayo, horseradish mayo, 1000 island
dressing, cranberry sauce, Yalla hummus,
medium salsa, honeycup mustard, stone
ground mustard, bbq sauce, fresh pesto

Starting at \$9.95

**Cold or Grilled!
Served with a Pickle.**

Cold Drinks

Iced Coffee (Seasonal)
Lavender Infused Lemonade (Seasonal)
Bottled Water
Sparkling Mineral Water
Kombucha
Yerba Mate
Iced Tea and Soda
Juice

Add Chips or a Cookie!