

# The Garden Market Deli Menu

Londonderry, Vermont ❀ 802-856-7355 ❀ 10am to 4pm (Closed Tues) ❀ 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 Gravlox (\$12.95)**

Cured Scottish salmon on a toasted  
sprouted bagel with organic cream cheese  
and fresh dill

GF bagel (+\$2)

#### **Gammelgården Skyr**

#### **Yogurt Parfait (\$9.95)**

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 (\$13.95)**

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 (\$12.95)**

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 Pamy Wrap (\$10.95)**

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 (\$11.95)**

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

#### **VT Brie & Basil (\$11.95)**

Blue Ledge Camembrie with roasted  
tomatoes, herb salad mix, and homemade  
pesto on a croissant

*Shop our grocery menu...*

*www.gardencafeandgallery.com/  
grocery*

*Ask about ordering a gourmet  
meal from the Garden Cafe to-go!  
(Fridays & Saturdays)*

## Hot Sandwiches & Flat Wraps

#### **Turkey Reuben (\$13.95)**

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

*Try our vegetarian version  
with smoked tempeh!*

#### **Black Forest Ham & Cheese (\$13.95)**

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

#### **Pulled Pork (\$12.95)**

On a toasted, seeded brioche bun with  
housemade apple slaw

#### **Tempeh & Vegetable Flat Wrap (\$11.95)**

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

#### **Crab or Salmon Burger (\$13.95)**

With remoulade sauce, lettuce, tomato, &  
onion on a toasted bulkie roll

## Fresh Organic Salads

*Large salads, handmade to order.*

*Your Choice of Dressing on the Side:*

*Balsamic, Creamy Poppyseed, Oil &  
Vinegar, Honey Mustard*

#### **Abundant Veggie (\$15.95)**

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

#### **Berry Lovers Salad (\$15.95)**

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 \$10.95**

**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!*