

little river

Breakfast

Fall/Winter 2023

Mains

Oatmeal 6

choice of toppings:
brown sugar & cinnamon, banana, maple, or honey

Breakfast Wrap 11

organic scrambled eggs, cheddar, grilled scallions, roasted red peppers, tater tots, green Tabasco, flour tortilla

Overnight Oats 9

chia seeds, pumpkin seeds, toasted coconut, apple, banana, cinnamon
add berries +3

Acai Fruit Bowl 9

acai yogurt, fresh berries, banana, kiwi, toasted oats, chia, flax, peanut butter

Sides

Avocado Half 3

Bacon 6

Greek Yogurt & Berries 8

Eggs Any Style 3

Pork Sausage 6

Tater Tots 6

Fruit Cup 7

Avocado Toast 11

smashed avocado, radish, chives, cherry tomatoes, feta, pumpkin seeds, 7-grain

Egg Sandwich 9

American cheese, sesame brioche
add bacon, ham, or sausage +3

French Toast 14

challah, berries, cinnamon crema, Vermont syrup

Breakfast Bowl 13

two organic eggs your way, tater tots, choice of pork sausage or bacon, toast

Bagel & Lox 16

smoked salmon, tomato, onion, capers, scallion cream cheese, everything bagel

Jamon & Brie Croissant 10

San Daniele prosciutto, Brie cheese, fig jam

Smoothies

Kale Apple 9

Mix Berry 9

Peanut Butter 9

Baked

Bagel 5

choice of plain or scallion cream cheese

7-Grain Toast 4

*gluten free available

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Salads & Bowls

Make it a wrap for \$1

Kale & Quinoa Salad 16

avocado, fennel, pickled chiles, green grapes, pistachio, honey basil dressing

Cobb Salad 17

chopped greens, bacon, bleu cheese, sliced egg, seasonal tomatoes, cucumber, avocado buttermilk dressing

Caesar Salad 15

romaine, parmesan crisps, croutons

Spiced Apple Salad 16

market greens, roasted butternut squash, toasted pumpkin seeds, dried cranberries, candied pecans, apple cider vinaigrette
add blue cheese 3

Salmon Poke 18

seasoned rice, pickled seaweed, edamame, scallions, pickled onions & carrots, bean sprouts, cilantro, crispy garlic, furikake, ponzu, soy

Ancient Grains 17

Moroccan ancient grains, herbs, chickpeas, marinated cucumbers, feta, olives, chermoula

Burrito Bowl 17

black beans, roasted corn, pico de gallo, pepper jack cheese, brown rice

Chicken Kabob Bowl 17

roasted broccoli, brown rice, quinoa, arugula, tomato & cucumber salad, pickled red onions, lemon tahini vinaigrette

Falafel Bowl 16

mixed greens, tabouleh, baba ghanoush, tzatziki, tomato & cucumber salad, brown rice, quinoa

Big Herms Chili 10

chopped beef, beans, cheddar

Tomato Soup 8

with savory croutons

Create Your Own Salad or Bowl 16

Greens & Grains (Choose 2):

kale, arugula, romaine, brown rice, quinoa

Extras (Choose 3):

fennel, green grapes, roasted butternut squash, toasted pumpkin seeds, cucumber, tomato, dried cranberries, pickled red onions

Dressings (Choose 1):

honey basil, Caesar, lemon vinaigrette, avocado ranch, apple cider vinaigrette

Add Protein to Any Salad or Bowl

seared salmon 7	falafel 5
grilled chicken breast 6	albacore tuna salad 5
seared tofu 5	hard boiled eggs 2

Sandwiches

Club 16

choice of chicken or turkey, avocado, bacon, mayo, lettuce, tomato, 7 grain bread

Black Bean Burger 15

chipotle mayo, jalapeño jack, lettuce, tomato, caramelized onions

Braised Short Rib Melt 17

horseradish cream, caramelized onions, provolone, cherry peppers, amoroso roll

Mediterranean Falafel Wrap 16

tzatziki, tomato, cucumber, pickled onions

Buttermilk Fried Chicken 16

roasted pepper aioli, jalapeño jack, shredded lettuce, dill pickle relish, ranch drizzle, rustic roll

Big Herms Meatball Parm 16

ground meat blend, pecorino Romano, marinara, basil pesto, mozzarella, amoroso roll

Classic Cheddar Grilled Cheese 13

sourdough, cheddar, muenster, Vermont butter
add bacon 4 | add tomato soup 6

Albacore Tuna 13

albacore tuna salad, lettuce, tomato, alfalfa sprouts, 7 grain

Chicken Fingers with Fries 12

choice of bbq, ranch, honey mustard

Sides:

charred broccoli 8	chicken fingers & fries 12
Big Herms meatballs 9	fries 7
falafel bites with tzatziki 8	

Smoothies

Kale Apple 9

Mix Berry 9

Peanut Butter 9

Libations

Wine 8

prosecco
sauvignon blanc
rosé
pinot noir

Beer 5

House Bottled Cocktails 18
negroni
margarita
manhattan