



Red Mill Lunch Menu 2010

Buffalo Wings 8

Mild, hot, mahogany, or garlic & honey
served with carrots, celery sticks and bleu cheese dressing for dipping.

Calamari Frito 9

Fried calamari sautéed in garlic butter with scallions, pepperoncini and hot cherry peppers.

Mozzarella Sticks 6

Served with our house made roasted tomato sauce.

Maple Ginger Tofu Sliders 9

Vermont Soy Company's organic tofu with arugula and ginger mayo on brioche buns.

Vegetable Samosas 8

Curried Indian pastry filled with steamed potatoes, peas, and green beans.

Nachos 8

Tortilla chips topped with diced onion, tomatoes, jalapeños, black beans, and shredded Cabot cheddar cheese,
served with Pico de Gallo and sour cream.

Salmon Cakes 8

Southwestern-style with a corn & mushroom sauce and a piquillo pepper sauce.

Shrimp Shooters Small – 3 pieces 5 Large – 6 pieces 9

Citrus poached with a chipotle lime cocktail sauce.

Steamed Mussels 11

Cooked with white wine, shallots and garlic and served with a sliced baguette.

Cheddar Ale Soup Cup 4 Bowl 5

Chilled Melon And Midori Cup 4 Bowl 5

Today's Soup Cup 4 Bowl 5

Chef's Salad Small 5 Large 9

Baby spinach, fresh mozzarella bocconici, boiled egg, Westphalian ham, peas, and grape tomatoes.

Classic Caesar Small 5 Large 7

Romaine, parmesan and croutons in our own creamy Caesar dressing.

Beet & Goat Cheese Salad Small 5 Large 8

Mixed greens tossed with roasted beets, candied pecans and goat cheese from VT Butter & Cheese Co.

Orchard Salad Small 5 Large 9

Baby spinach with sliced apples, pears, spiced pecans, raisins, and bleu cheese.

Wedge Salad 7

Crisp romaine lettuce topped with tomatoes, bacon, and bleu cheese crumbles with EatingWell's bleu cheese dressing.

Seared Tuna Salad 12

Mixed greens tossed with an Asian vinaigrette, topped with a seared tuna steak and served with wasabi paste.

Customize any salad with seared shrimp 6, grilled chicken 5 or grilled salmon 6.

Dressings are all house made: Caesar, Thousand Island, Sherry Vinaigrette, Balsamic, Ranch, Sesame Ginger, Roasted Red Pepper, Bleu Cheese and EatingWell's Bleu Cheese.

Slider of the Day 9

The Champ Burger Baby 6oz. 9 Mighty 8oz. 11

Boyden Farms ground beef topped with lettuce, tomato, and your choice of Bleu, American, Swiss or Cabot cheddar cheese. Add bacon, sautéed mushrooms, or sautéed onions.

Turkey Burger 9

Misty Knoll turkey mixed with ginger & cilantro and topped with EatingWell's plum ketchup.

Tuna Burger 11

Yellow fin tuna steak grilled and served with ginger mayo, and arugula on a brioche bun.

Crab Cake Burger 9

Topped with lettuce and tomato and hot chili mayo, served on brioche buns.

Portobello Philly Cheese 8

Sautéed onions & Portobello mushrooms with Cabot cheddar cheese in a warm baguette.

Pork Meatball Banh Mi 9

French-Vietnamese, served in a baguette with hot chili mayo, carrots, daikon radish and cilantro.

Prime Rib Sandwich 11

On a baguette with sautéed onion, garlic butter and Swiss cheese, topped with au jus.

Caprese Panini 9

Tomato, fresh mozzarella, kalamata olives, and basil, drizzled with olive oil in a baguette.

BBLT 7

Dakin Farm's bacon, lettuce, tomato and mayonnaise with fresh basil
on your choice of wheat, white or rye bread.

BHC Club 8

A triple decker with turkey, Dakin Farm's bacon, lettuce, tomato, and mayonnaise
on your choice of wheat, white or rye bread.

Blackened Chicken Wrap 9

Blackened chicken with jicama, carrots, cilantro and tatziki sauce in a flour tortilla.

EatingWell's Creamy Chicken Salad Sandwich 8

Mixed with grapes and tarragon, served in a French baguette with lettuce and tomato.

Sandwiches Served with Choice of Red Mill Fries or Dressed Greens
(Gluten free burger rolls and bread are also available)

Chicken Quesadilla 9

Seasoned chicken, sautéed peppers and onions, and Cabot cheddar cheese grilled in a flour tortilla
and served with Pico de Gallo and sour cream.

Apple and Brie Quesadilla 9

Sliced apple, melted brie, chutney and caramelized onions grilled in a flour tortilla.