



# THE CAFÉ

## BREAKFAST

*(Most items are pre-made)*

### **OUR FRIED EGG SANDWICH**

Made with local farm-fresh eggs, Canadian cheddar cheese and fresh tomato served on toasted Borealis Bread

### **SMOKED SALMON BAGEL**

Made with our own gravlox or Grindstone Neck wild-caught Alaskan Salmon (when available), tomato, cream cheese, red onion & capers served on a bagel  
Whole \$6.95  
Half \$3.50

### **BAGEL \$1.50**

with cream cheese or preserves \$2.00

### **ORGANIC GRANOLA & YOGURT with fruit**

Bowl \$4.95  
Cup \$2.95

### **ORGANIC FRUITED MUFFINS**

and various baked goods  
\$2.15-\$2.75



**LOCAL**

## **DAILY BREAKFAST AND LUNCH**

Eat in or take out!  
Perfect for picnics and dinners

**CALL FOR DAILY BREAKFAST & LUNCH SPECIALS AND SOUPS**

**WE HAVE THE BEST ORGANIC COFFEE IN TOWN**

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SOUPS  
SANDWICHES  
SALADS  
DELI ITEMS  
MUFFINS  
CAKES & DESSERTS  
COOKIES  
CUPCAKES  
BROWNIES  
AND MORE!

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**GLUTEN-FREE and VEGAN FRIENDLY!**

**ORGANIC**



## LUNCH

### **SALADS**

Fresh Garden Salads Topped with Varieties of Our Deli-Made Items \$7.95

### **SANDWICHES**

from \$5.95

ALL SERVED ON FRESH Borealis Bread or Maria and Ricardo's Wraps or Father Sam Pocket Bread and packed with loads of fresh organic veggies

CHOOSE FROM:  
egg salad, hummus, roasted tempeh, roasted tofu, falafel, veggie cheese, nitrite- and nitrate-free cold cuts

**ALL MADE FRESH DAILY FOR YOU AND PLACED IN OUR SELF-SERVE DELI CASE**

*Fresh Chickens Roasted Daily, Seasoned with Flavorful Rubs and Marinades*

*~FAIR TRADE~  
COFFEES & TEAS*

**FRESH**



BLUE HILL CO-OP COMMUNITY MARKET AND CAFÉ

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SUMMER HOURS: 7:00 a.m. to 8:00 p.m. *DAILY!*