

The
Tavern
AT THE ESSEX RESORT & SPA

BRUNCH
LIGHTER FARE

YOGURT & CROISSANT 
berries, buttery croissant

10


TAVERN PARFAIT 
granola, berries, vanilla yogurt


10


EGGS


served with fingerling potatoes

**gluten free bread available upon request*

EGGS YOUR WAY 
two eggs any style, choice of toast,
choice of bacon, sausage, or ham, potatoes 13

THE VERMONTER OMELET 
ham, sharp cheddar, choice of toast, potatoes 13


FORAGER OMELET 
egg whites, broccoli, onion, mushrooms,
goat cheese, choice of toast, potatoes 13

BLT OMELET 
roasted tomatoes, bacon, spinach,
boursin, choice of toast 13

JUEVOS RANCHEROS
two eggs any style, house made ranchero,
black beans, sour cream fire roasted salsa,
bacon or sausage in a crisp tortilla bowl 13

TAVERN BENNY
poached eggs, maple bacon,
English muffin, hollandaise, 14

FLORENTINE BENEDICT
poached eggs, spinach béchamel, grilled tomatoes,
English muffin, hollandaise 13

FARMERS SKILLET 
seasonal roasted vegetables,
two eggs, potatoes, maple glaze 13

FROM THE GRIDDLE

BUTTERMILK PANCAKES
three pancakes, whipped butter 11
add blueberries 1

BELGIAN WAFFLE
whipped cream, Vermont maple syrup 12


LONG TRAIL PANCAKES
granola, craisins, bananas 12

CHILDREN'S MENU

CHOCOLATE CHIP PANCAKES
whipped butter & Vermont maple syrup 8

COLD CEREAL & MILK
ask your server about today's selection 8

EGG BREAKFAST
one egg, potatoes, toast, bacon or sausage 8

 = Vegan option available

 = Gluten Free upon request

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. Please inform your server of any allergies or dietary needs. Gluten free bread is available upon request.

The Tavern

AT THE ESSEX RESORT & SPA

LUNCH FARE

DAILY TAVERN SOUP

ask your server about today's selection 5/7

GRILLED CAESAR WEDGE

Grilled romaine heart with Caesar dressing topped with Vermont apple smoked bacon crumbles, parmesan cheese, red onion and seasoned croutons (GF) (w/o croutons) 10
add: chicken 4 shrimp 5 salmon 10

MAPLEBROOK MARKET SALAD

Kalamata olives, cucumber, tomato, crispy chick-peas. Maplebrook Farm fetta, arugula, honey citrus vinaigrette 10
add: chicken 4 shrimp 5 salmon 10

CRISPY WINGS

buffalo, VT maple apple, cajun dry spice or BBQ 12

LOCAL CHEESE & CHARCUTERIE

daily selection of cheeses, charcuterie, (GF) and traditional accompaniments (w/o crackers) 14

**all sandwiches are served with a salad or fries*

***gluten free bread available upon request*

CRISPY CHICKEN WRAP

crispy chicken, tomatoes, lettuce, sharp cheddar and ranch dressing 12

TAVERN CLUB


turkey, bacon, lettuce, tomato, sharp cheddar, toasted wheat, garlic aioli 12

TAVERN BURGER

sharp cheddar, lettuce, tomato, onion, signature sauce, sesame seed bun 14

VT CHEDDAR MAC

VT Cheddar, brown butter crumbs, fine herb 14

 = Vegan option available

(GF) = Gluten Free upon request

SIDES

ONE EGG	2	BACON	4
TOAST	2	SAUSAGE	4
FRUIT	3	HAM	4

BEVERAGES

GREEN MOUNTAIN COFFEE	3
regular or decaf	
ESPRESSO	4
CAPPUCCINO	5
CAFÉ LATTE	5
ICED LATTE	5
CAFÉ AU LAIT	4
VERMONT ARTISAN TEA	
English breakfast, earl grey, green, chai masala, decaf korakundah, ginger lemongrass (herbal), chamomile (herbal), peppermint (herbal)	4
LEMONADE	3
JUICE	
orange, cranberry, grapefruit, apple, tomato pineapple	3/5
SODA	
coke, diet coke, dr, pepper, sprite, ginger ale, orange	3
ROOKIE'S	
ginger beer or root beer	5
BLOODY MARY	10
MIMOSA	8

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