

Park Squeeze Noodles, Wraps & More

EAT IN or TAKE AWAY

BE THE BOWL!™

Hearty Soup or Stirfry

Follow steps 1-4 to "Be The Bowl"

\$10.75

Extra 4 oz Animal Protein \$4.50 (1/2 portion \$2.50)

Extra Veggie \$2.50

Choose from each of the following –

- 1 **SOUP BROTH** or **STIRFRY SAUCE**
Curry Ginger-Miso
Chicken Sweet & Sour
Mushroom Peanut
Miso
- 2 **NOODLE** or **RICE**
Buckwheat Soba Basmati Organic Brown
Organic Whole Wheat Basmati White
Udon
Rice Stick Noodle
- 3 **PROTEIN**
Misty Knoll Chicken Organic Tofu
Tiger Shrimp Mock Duck
Fish Duck
LaPlatte River Natural Beef
- 4 **VEGETABLE** (up to 5 items)
Bean Sprouts Carrots
Cabbage Peas
Bok Choy Spinach
Basil Corn
Red Onion Portabello
Scallions Mint
Broccoli Balsamic Tomato
Green Beans Jalapeno Rings
Bell Pepper

SOUPS cup \$3.50 bowl \$5

SWEET BUTTERNUT SQUASH

With apple chutney and thyme Crème Fraiche

ROASTED CORN CHOWDER

ANY OF OUR BROTH CHOICES

SNACKS

POLENTA FRIES Lil' \$1.50 / Lil' Bigger \$4

Served with chipotle ketchup

SPANIKOPITA \$5.50

Baby spinach, feta cheese and pinenuts baked in Phyllo dough

HOUSE TOASTED TORTILLA CRISPS \$3.50

Served with your choice of Corn and Black Bean Salsa or our daily hummus or Warm Bean Dip

PLOUGHMAN'S LUNCH \$6

Cheddar cheese, apple slices, mixed salad, whole grain mustard and baguette rounds

WRAP-TURE

Choose your wrap flavor

Honey Wheat Sundried Tomato Spinach Garlic

WASABI SHRIMP \$8

Wasabi sesame slaw, cabbage, carrots, scallions, peas, crunchy chow mein noodles, mixed greens and wasabi sesame dressing

BLACKENED FISH WRAP \$8

Citrus slaw, cabbage, black beans, rice with chipotle mayo

ROASTED MARINATED PORTABELLO \$6.50

Spinach, green beans, goat cheese and roasted red pepper basil sauce

OUR DAILY HUMMUS \$5.50

Cucumbers, sprouts, bell peppers, red onion and mixed greens

VEGETARIAN BURRITO \$6.50

Black beans, dirty rice, corn salsa, sour cream, sharp cheddar and mixed greens

LOCAL STEAK AND CHEESE \$8 (or "Fake It" with mushrooms)

Melted sharp cheddar cheese, arugula, caramelized onions with red peppers and horseradish mayo

DAKIN FARM SMOKED TURKEY \$8

Balsamic tomatoes, corn salsa, mixed greens, smoked cheddar and chipotle mayo

THAI PEANUT \$8

Misty Knoll Chicken or organic Tofu with scallions, carrots, mixed greens, red cabbage, peanuts and spicy peanut sauce

BASIL PESTO \$8

Misty Knoll Chicken or organic Tofu with spinach, tomatoes, sundried cranberries and brie

CRISPY DUCK \$8

Crispy Duck or Mock Duck with bok choy, carrots, scallions, Crunchy chow mein noodles and soy-hoisin sauce

ROASTED VEGGIES \$7

Chilled veggies tossed in red wine basic mustard vinaigrette with brie cheese and local, organic romaine lettuces

SALADY VEGGIE WRAP \$5.50 (add a protein \$8)

SALADS

BABY MIXED GREENS \$5.50

Tossed with choice of Champagne or Bleu cheese vinaigrette

TENDER BABY SPINACH LEAVES \$6

Tossed with cranberry vinaigrette, toasted pinenuts and goat cheese

ROASTED BEET SALAD \$6

On a bed of arugula topped with Bleu cheese and walnuts and tossed with lemon vinaigrette

ORGANIC CAESAR SALAD \$8

Local romaine tossed with homemade classic Caesar dressing with choice of Misty Knoll Chicken, organic Tofu or Tiger Shrimp

CHILLED SESAME BUCKWHEAT NOODLES \$5

CHILLED THAI PEANUT NOODLES \$5

LIL' SQUEEZE

BE THE LIL' BOWL \$6

Kid sized portion with choice of 3 veggies

LIL' BEAN \$3.50

Half wrap with black beans, rice and cheddar

MISTY KNOLL CHICKEN or ORGANIC TOFU \$4

With white or organic brown rice scoop

HOT BUTTERY NOODLES \$3

PEANUT BUTTER AND APPLE WRAP \$3.50

Half wrap with organic peanut butter and fresh apple slices

LIL' SOUP \$3.50

Cup of any soup

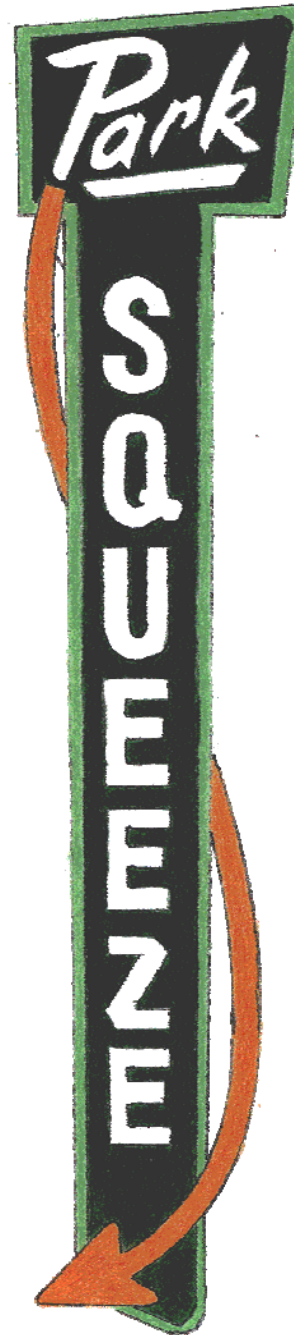
DRINKS

Organic Coffee
Handcrafted Sodas

Tea (hot or iced)
Wine and Beer

Park Squeeze uses local farms and natural ingredients whenever possible. Therefore the menu is subject to change according to availability.

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illnesses, especially if you have certain medical conditions.



161 Main Street
Vergennes, VT 05491
802-877-9996

Stop on by!
Lunch / Dinner
Wednesday - Saturday
11 am – 8:30 pm
Sunday Brunch or Lunch
8 am – 3 pm

Second Floor Loft available for
Fun Stuff
(Parties, meetings, music, art,
dance...)
Ask us about catering

www.parksqueeze.com

Park Squeeze Sunday Brunch

Eggs Your Way

Two eggs served with home-made wheat toast, hash browns and coffee \$4.50

Add bacon, turkey, steak or Fat Hen Sausage \$2.00

Breakfast Sandwich

Fried egg with cheddar and bacon served on home-made wheat bread \$5.00

Huevos Rancheros

Spiced rice and beans with cheddar cheese and roasted corn salsa, stacked in layers of fried corn tortillas, topped with two poached eggs \$6.50

Park Squeeze Benedict

Fresh-baked cheddar scone served open-faced with Dakin Farms smoked turkey, two poached eggs, cheddar cheese sauce and hash browns \$7.50

Veggie Lovers Benedict

Chef's choice of fresh veggies on a smoked cheddar scone with poached eggs, cheese sauce and hash browns \$6.50

The Breakfast Wrap

Two eggs, hash browns, cheddar cheese and chipotle sauce served on a wrap of your choice \$5.00

Add bacon, turkey, steak or Fat Hen Sausage \$2.00

Buttermilk Pancakes

Three buttermilk pancakes served with Andrew's own maple syrup and strawberry yogurt \$5.50

Frittata

Eggs baked with tofu, mushrooms, broccoli and scallions served with hash browns and toast \$6.50

Tofu Scramble

Organic tofu scrambled with a peanut-scallion sauce, served with a salad and your choice of toast or a scone \$6.50

Maple Crème Brulee French Toast

Home-made bread baked in a maple custard \$6.00

Build An Omelet

Start with a basic 3 egg and cheese omelet, hash browns and toast for \$5.00

Add your favorite fillings:

\$1.50 options – spinach, onions, peppers, tomatoes, broccoli, carrot, portabella mushrooms, basil, roasted corn salsa, black beans, feta cheese, goat cheese, brie or smoked cheddar

\$1.00 options – bacon, Dakin Farms smoked turkey, LaPlatte River steak or Fat Hen Sausage