



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

-And-

Freshly Baked Stratas and Frittatas

from \$4.25

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

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

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

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



LOCAL

BLUE HILL CO-OP COMMUNITY MARKET AND CAFÉ

4 Ellsworth Rd., PO Box 1133, Blue Hill, ME 04614 • www.bluehill.coop • (207) 374-2165

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