



THE CAFÉ

BREAKFAST

(Most items are pre-made)

OUR FRIED EGG SANDWICH

Made with 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 wild-caught Alaskan Salmon (when available), tomato, cream cheese, red onion & capers served on

Millbrook Co. Bagels

Whole \$6.95

Half \$3.50

BAGEL \$1.50

with cream cheese \$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 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 \$6.95-\$7.95

SANDWICHES

from \$5.75

ALL SERVED ON FRESH Borealis Bread or Maria and Ricardo's Wraps 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*



NATURAL

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 9:00 p.m. *EVERY DAY!*