



## LUNCH MENU

### SANDWICHES

#### House made focaccia, ciabatta, GF bread available

"The Reuben," corned beef, swiss cheese, sauerkraut, russian dressing, grilled on marbled rye (served hot) 16-

"The Jersey," olive oil fried chicken cutlet, lightly breaded with herbs and parmesan, with prosciutto, roasted red pepper, fresh mozzarella, pesto, oil & vinegar on ciabatta 16-

"The Waterside," herb roasted chicken, bacon, avocado, cheddar, ranch on ciabatta (served hot) 15-

"Caprese," heirloom tomato, fresh mozzarella, basil pesto, greens, balsamic reduction on focaccia 14- add Prosciutto 3-

"Stonewood Turkey," house brined & roasted VT Stonewood turkey, brie, greens, green apple, chipotle mayo, pickled onions on ciabatta (served hot) 15-

"The Roast," house roasted beef, herb roasted tomato, caramelized onion, roasted garlic dijonaise, arugula on ciabatta 15-

"Lobster Roll," wild caught Maine lobster salad, bibb lettuce, lemon, dill, brioche bun 29-

"Vegetarian Wrap," fresh local organic veggies: shredded carrots, cucumber, tomato, red peppers, pickled red onions, hummus on a wrap (GF available) 14-

#### Rotating selection of grilled cheese sandwiches 11-

### SOUPS

#### Served with house made rosemary focaccia

8 oz \$6-\$10 12 oz \$9-\$15 32 oz \$16-\$26

#### Daily Soups:

Thai Chicken Coconut Curry, chicken breast (GF/DF)

Chicken Turmeric & Lemongrass (GF/DF)

Gazpacho (GF/DF/Vegan)

#### Rotating Selection of Two Additional Soups per Day:

Southwest Beef Chili (GF/DF)

Butternut Squash Apple Bisque (GF/DF/Vegan)

Tomato Fennel Basil (GF/DF)

Sweet Corn Chowder (GF/Vegan)

Braised Beef & Wheatberry (DF)

German Lentil (GF/DF/Vegan)

Lobster Bisque

White Bean Potato Rosemary (GF/DF)

Sweet Potato Coconut Curry (GF/DF/Vegan)

### SALADS & BOWLS

Shaved Kale & Brussels Sprout Caesar, kale, brussels sprouts, shaved parmesan, house made croutons, caesar dressing 12-

Blueberry Fields, mixed greens, arugula, blueberries, chèvre, spiced pepitas, lemon vinaigrette 12-

#### Add chicken 8- or shrimp 10- to any salad or bowl

Southwest Bowl, black beans, rice, fire roasted corn, avocado, jalapeño, tomato, pickled onions, crumbled cotija, cilantro lime vinaigrette 14-

Quinoa Tabbouleh Bowl, quinoa, kalamata olives, feta, tomato, red onion, cucumber, parsley, tzatziki 14-

FROZEN PREPARED MEALS AVAILABLE FOR GRAB & GO  
ROTATING MENU - CHECK OUR WEBSITE FOR CURRENT OFFERINGS

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