

kismet

intentionally delicious

LOCAL ORGANIC INGREDIENTS · ARTISAN FOODS



207 Barre Street · Montpelier, VT · 802-223-8646 · www.kismetkitchen.com

berries and cocktails

Coffee or Tea \$2.25

Seasonal fresh pressed juice (check out chalkboard) \$3.75/\$4.50

Shot of wheat grass \$3/\$5.75

Kombucha tea \$2.75/\$3.50

Yogurt maple lassi, miso or chicken broth \$2.50/\$3.25

Maple sap seltzer \$3.00/\$5.75

GINGER AND HONEY \$3 Organic ginger juice and local honey.
>>iced add \$.50

DANDELION LATTE \$3/\$3.75 House-roasted organic dandelion root sweetened with maple with your choice of milk.*

MAPLE HOT CHOCOLATE \$3/\$3.75 Organic fair trade chocolate with a touch of maple and your choice of milk. (*Try it with cayenne, chai spices, ginger, rose, lemon, latin spice, or orange* >>add \$.50)

CHAI LATTE \$3/\$3.75 Non-caffeinated, sweetened with local honey. With your choice of milk.*

MOCHA \$3.50/\$4 >>iced add \$.50

MAPLE OR CARAMEL BREVE \$3.50/\$4 >>iced add \$.50

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ADD MAPLE SYRUP OR GOAT'S MILK CARAMEL FOR AN ADDITIONAL \$.75

WE SERVE HORMONE-FREE VERMONT COW'S MILK, ORGANIC UNSWEETENED SOY MILK, AND ORGANIC HEMP MILK. (HEMP MILK ADD \$.50)

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BLOODY MARY (ORGANIC GARDEN STYLE) \$9 Vermont organic vodka, organic spicy tomato juice, salt and pepper rim and all the fixins (vegetarian and dairy free).

MIMOSA \$9 Organic, fresh-squeezed orange juice and organic prosecco in a flute.

GREYHOUND \$9 Organic grapefruit juice, organic vodka, maple sap seltzer and rocks served in a tall glass.

Wine and beer coming soon

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CHECK OUT CHALKBOARD FOR MORE DRINKS!

simples and sides

PLAIN AND SIMPLE \$7 Two poached eggs or scrambled tofu with roots & your choice of toast, polenta or a simple crepe. >>with steamed vegetables \$8.50 >>substitute a croissant or gluten-free bread \$.75

SMALL SIMPLE CREPE \$3 Small crepe served with butter, maple butter and cinnamon, or jam.

GREEN EGGS \$7.75 Toast, poached eggs or scrambled tofu, raw milk cheese, and seasonal pistou. >>with ham, tempeh or bacon \$9.75

CLASSY ROOTS \$7 Roots, steamed seasonal vegetables, fresh pea sprouts, and raw milk cheddar. >>with ham, tempeh or sausage \$9.50 >>add beans and salsa \$2 >>add eggs \$1.60 (each)

BREAKFAST SANDWICH \$7 Scrambled egg; chevre or cheddar; ham, bacon, sausage or tempeh; on your choice of bread.

PARISIAN TOAST \$5.75 Warm honey and whole wheat croissant served with a large mug of our divine maple hot chocolate for dipping.

PARFAIT \$6 Layers of Nutty Steph's granola (or macadamia nuts for a gluten-free option), fresh fruit, honeyed yogurt, and unsweetened fresh whipped cream. >>in a crepe or with a warm crossiant \$9

Daily bread, toasted and served with house made butter and jam. \$2.75 >>with chevre and rose honey. \$3.50

Gluten-free bread with house made butter and jam. \$3.50

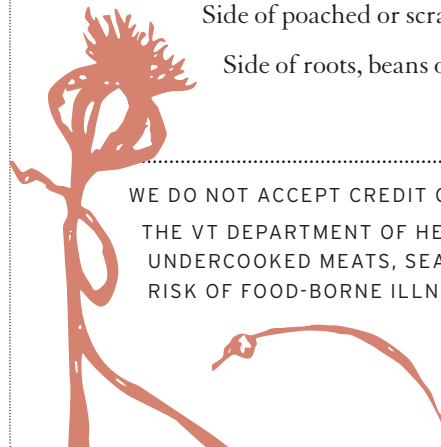
Side of sausage, bacon, ham or tempeh \$3.25

Side of poached or scrambled eggs \$1.60 each

Side of roots, beans or polenta \$3.25

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WE DO NOT ACCEPT CREDIT CARDS

THE VT DEPARTMENT OF HEALTH SAYS THAT CONSUMING RAW OR UNDERCOOKED MEATS, SEAFOOD, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.



HUEVOS RANCHEROS \$10 Black beans, roots, and crispy polenta topped and baked with salsa, eggs (or scrambled tofu), carrot cayenne hot sauce, and raw milk cheese. >>with a half order of sausage, tempeh, or ham \$11.50

POLENTA CON UOVE (POLENTA WITH EGGS) \$11 Soft polenta, steamed greens, bacon or tempeh, cheddar, baked and topped with poached eggs and tomato coulis. Served with salad garnish.

STEAMED GRAIN & VEGETABLE BOWL \$8.25 Organic grains topped with steamed seasonal vegetables, tamari, roasted sunflower seeds, fresh pea sprouts, and your choice of dressing. (Lemon tahini, ume and hot pepper sesame oil, miso ginger, or olive oil and tamari.) >>add slow braised chicken, 7-spice tofu, or smokey tempeh \$10.50 >>add cheese or dulce \$1 (each)

IN-GENIOUS \$10 Hybrid crepe-omelette filled with fresh herbs, cheddar, and chevre. Served with salad or roots. >>add bacon, sausage, or tempeh \$12

(I AM) HAPPY \$10 A crepe filled with cumin and coriander seasoned potatoes, salsa and cheese. Served with black beans, hot sauce, and your choice of rice, scrambled eggs or scrambled tofu.

EGGS EN COTTE \$10.50 Wild mushroom and herb cream, cheddar, tomato bits, bacon or tempeh, and eggs baked in ramekins. Served with toast, roots, and salad greens.

KISMET FRENCH TOAST \$9.25 Whole wheat and honey crossiant strata soaked in vanilla and maple custard, baked with local fruit, candied walnuts, and Danish cream. Topped with whipped cream and a drizzle of maple. >>with a side \$12

(I AM) BEAUTIFUL \$10 Buckwheat crepe, poached chicken, pistou-scented lemon cream, creamy mild chevre and lots of pea greens. Served with roots or a side salad.

(I AM) GRACEFUL \$10 Buckwheat crepe filled with chicken breast or grilled tempeh, chives, diced tomatoes, jalapeño, creamy mild chevre and cheddar. Served with roots or a side salad.

OUR BUCKWHEAT CREPES ARE GLUTEN-FREE AND VEGAN AND MADE WITH ORGANIC MAINE WHITE BUCKWHEAT.

benedicts

ORIGINAL \$9.75 Poached eggs, local ham or tempeh, toast, a bit of soft chevre, and our light thyme hollandaise. Served with roots.

HOUSE \$9.75 Toasted croissant, poached eggs, tomato, hollandaise, and crisp bacon or tempeh. Served with roots.



INSPIRED \$10 Toasted baguette, raw milk cheddar, grilled tomato, bacon or tempeh, poached eggs, and hollandaise. Served with roots.

CREPE \$9.75 Our “eggs benedict” crepe with ham or tempeh, raw milk cheese, and topped with poached eggs, hollandaise and pea greens. Served with local root home fries.

FARMHOUSE \$11 Artisan english muffin, seasonal seared veggies, pistou, dab of cheddar or chevre, eggs, and hollandaise. Served with roots. >>add bacon, tempeh or ham \$12

soups and salads

NOODLE SOUP BOWL \$7.50 Soba noodles with vegetables in sesame and ginger-infused miso or chicken broth. Noodles may also be substituted with sizzling rice for a gluten-free version. >>with slow-braised chicken or golden tofu \$9.50

GREEN SALAD \$5.75/\$8 Locally grown assorted greens—the best, and the freshest. Topped with house toasted tamari sunflower seeds, served with toast. >>add chicken breast, tempeh, or 7-spice tofu, chevre, or cheddar. \$2 (each)

CHEF'S COBB \$10.50 Layers of tomato, cheddar, chevre, local greens, and chopped seasonal veggies, and choice of (2) tempeh, bacon, chicken, fresh boiled eggs.

APPLE SPECTACULAR SALAD \$9.50 Local greens, chevre, apple, candied walnuts, and pistou-scented chicken salad. Served with a toasted crossiant.



sandwiches

MUFFILETTA \$8 Olive tapenade, Winding Brook Farm ham or crisp tempeh, raw milk cheese, Red Hen bread. >>your choice of a side add \$2

SOUTHWESTERN \$9.75 Misty Knoll chicken or tempeh, organic salsa, melted cheese, mesclun greens, Red Hen baguette. Served with VT chips or roots.

BLT OR TLT \$9.75 Organic bacon or crisp smoky tempeh, organic lettuces, organic tomato, eggless aioli, served on toasted multi-grain Red Hen bread or croissant. Served with a side of roots or VT chips.

APPLE SPECTACULAR \$8 Misty Knoll chicken or tempeh, crisp Vermont apples, toasted walnuts, chevre, fresh pea sprouts and baby lettuces, artisan whole wheat and honey toasted croissant. >>your choice of a side add \$2

HOT HAM AND CHEESE \$9.75 Organic ham, bacon, or tempeh, local organic tomato, melted cheddar, and our own mustard on Red Hen toast served with a small salad, side of roots, or VT chips.

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GLUTEN-FREE BREAD AVAILABLE FOR \$.75

sweets

SWEET CREPES \$6.75 Dessert size, à la carte, garnished with fresh, unsweetened whipped cream.

Choose your favorite:

- chocolate and fruit; jam and chocolate;
- macadamia nuts, ginger, chocolate, and sweet honeyed chevre;
- apples, vanilla, caramel, ginger

SLICE OF FLOURLESS CHOCOLATE TRUFFLE CAKE \$4

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OUR SWEET CREPES ARE MADE WITH CANADIAN ORGANIC SPELT FLOUR

kismet.....

local food

At kismet, when we say local, we *really mean it*. In fact, our menus reflect the honest flavors of the region; local eggs from *small farms* and free-range chickens, hormone-free dairy and our own *handmade butter*, hand-harvested *sea salt from Maine*, organic local bacon, fresh-pressed juices made with *local, organic* ingredients, *crepes* made with *Canadian and Maine organic flours*, bread and pastries made by local artisans, respectfully-harvested *wild foods*, Vermont made vodka and maple sap seltzer and the home of the *dandelion latte*.

In addition to a very long list of locally produced ingredients, we also go to *great lengths* to stock our pantry with *fair-trade and organic artisan products*.

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Just as sap comes in the early spring to the patient and attentive Vermonter, kismet (good karma) is the gift given in response to *hard work and good intention*. At kismet, we believe that through our intimate relationships with *local farmers, individual customers and clients, our staff, and our neighbors*, we are able to feed ourselves with the abundance that surrounds us. We use food as our medium, like artists, musicians or healers to keep us engaged and connected to our mission to enjoy this life with each other.

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At Kismet, we take great pleasure in our ability to accommodate wheat, gluten, & dairy-free diets, so please inform your server of any dietary restrictions.

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