

Wraps

White or Wheat

BBQ Muncher: Breaded chicken tender with provolone, bbq sauce, bacon and grilled peppers and onions - \$7.49

Santa Fe Burrito: Southwest spiced boneless chicken strips, rice, black beans, spinach and a shredded cheese blend - \$8.49

Cool Ranch Wrap: Chicken, bacon, pepperjack, tomato, lettuce, ranch and chipotle mayo - \$7.49

Chicken Poutine Wrap: A breaded chicken tender with poutine gravy, local cheese curds and fries all wrapped up - \$7.49

The Hoverboarder: Chicken, bacon, shredded cheese blend and ranch all wrapped up and panini pressed - \$7.49

Buffalo Wrap: Breaded chicken tenders tossed with house-made buffalo sauce, romaine lettuce and ranch dressing - \$8.99

Pesto Chicken Wrap: Chicken, basil pesto, mozzarella and tomato - \$7.99

Falls Wrap: Turkey, bacon, lettuce, tomato, cheddar, with chipotle mayo - \$7.99

New England Wrap: Turkey, cheddar, dried cranberries, maple balsamic vinaigrette, apple, lettuce and mayonnaise - \$7.49

Hummus Wrap: Hummus, roasted red peppers, onions, baby spinach, tomato and cucumber - \$7.49

Chicken Quesadilla: Chicken, sautéed green peppers and onions with peach mango salsa and sour cream on a white wrap - \$7.99

Salads, Sides and More

Our Famous Poutine: An authentic Canadian dish. It's recipe was designed by two children of a Canadian man, so it MUST be great! Fresh-cut fries, house-made gravy, and local cheese curds - SM \$5.49, LG \$9.99

New England Salad: Spring mix with turkey, cheddar, walnuts, sliced apple and dried cranberries - Maple Balsamic Vinaigrette on the side - \$7.99 (Half Size \$5.99)

Make Your Own Salad: Choose from any veggies, meat and cheese (See Build Your Own Sandwich section for choices) - \$7.99 (Half Size \$5.99)

Fresh hand cut fries - SM \$1.99, LG \$2.99

Mozzarella Sticks w/ Marinara - \$6.49

Jumbo Breaded Chicken Tenders (3) with Fries - \$8.99

Dipping sauces: BBQ, honey mustard, sweet and sour and ranch

Open 7 days a week.

Store hours fluctuate seasonally

Call us or check online!

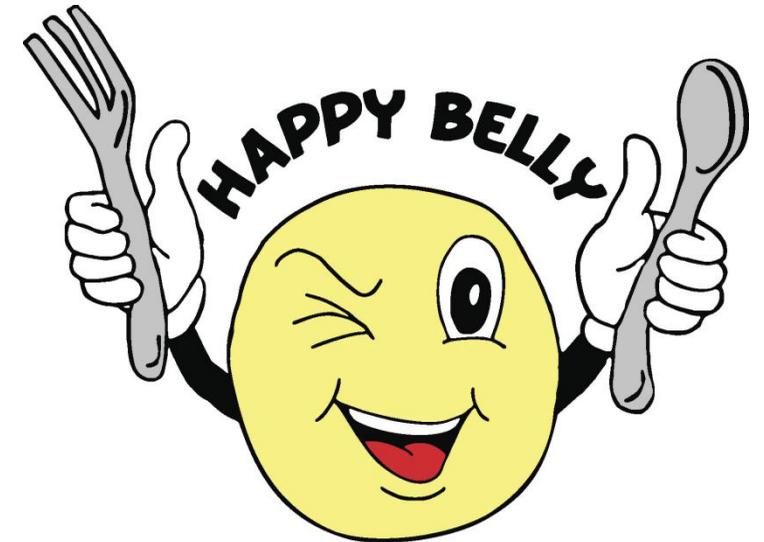
We accept debit, credit and EBT.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Prices subject to change – up AND down!

12/2017

**Welcome to the culinary
adventure known as**



DELI & GRILL

**Specials & Soups
Updated Daily on**

facebook

**65 Winooski Falls Way
HappybellyVT.com
802-655-5003**

Breakfast

*Served on a bulky roll or a Bagel
7 to 11 AM Monday-Friday, Weekends 'til Noon*

Maple Spinner: Served on a plain bagel with sausage, 2 eggs, hashbrown and maple syrup - \$5.49

Morning Spinner: 2 Eggs, sausage, hash brown, cheddar, and strawberry jam - \$5.49

Breakfast Sandwich: 2 Eggs, cheese, and choice of bacon, sausage or ham - \$4.49

Big Breakfast Burrito: Two scrambled eggs, choice of bacon, sausage, or ham with onions, peppers, spinach and shredded cheese - \$6.49

Hashbrown - Only \$.99!

Bagel: Plain or Everything: Served with cream cheese, butter or jelly - \$2.49

Coffee: Green Mountain AND Speeder & Earl's available.

Treats: Muffins, fresh baked cookies and desserts available daily.

Paninis

Served on Klingers Bread or as indicated

Cuban: Ham, roasted pork, swiss, pickles and mustard on a sub roll - \$8.99

VT Caprese: The classic Italian salad made into a panini with mozzarella, tomato, basil pesto and maple balsamic vinegar on sourdough - \$6.49

King Club: Ham, turkey, bacon, swiss, apples, spinach, garlic mayo, light mustard, on sourdough - \$9.49

Club: Turkey, bacon, swiss, spinach, and sun-dried tomato mayo on sourdough - \$8.49

Reuben: Corned beef, sauerkraut, swiss, Russian dressing on rye - \$8.49

Rapids Roast Beef: Roast beef, Cheddar, roasted red peppers, red onions, sun-dried tomato mayo on wheat - \$8.99

Southwest Turkey: Turkey, roasted red peppers, pepper jack cheese, chipotle mayo on sourdough - \$8.49

Grilled Cheese: The simple classic on sourdough with lots of cheddar! - \$4.99

Burgers and more

Our 1/2 pound hand formed burgers are served on a grilled locally baked bun - Add bacon or cheese - \$1.50

Vermont Burger: Bacon, apple, cheddar, BBQ sauce - all drizzled with VT maple syrup and served with fries - \$10.99

Hamburger: Top with any traditional toppings - \$6.99

Black Bean Chipotle Burger: 1/4 pound, Mild heat, full flavor! - \$7.49

Colossal BBQ Burger: Bacon, cheddar, BBQ sauce and onion rings on top - \$10.99

Poutine Burger: Our giant burger topped with local cheese curds, our poutine gravy and fresh cut fries - oh my! - \$9.49

Southwest Burger: ½lbs of ground beef topped with pepperjack, grilled onions, salsa and southwest spices - \$8.99

Buffalo Meltdown: A fried chicken patty tossed in our buffalo sauce, topped with lettuce, ranch, and melted pepperjack with a side of fries. \$7.99

The Evan: A veggie burger with mozzarella, onions, lettuce, tomatoes, and garlic mayo - \$7.49

Burger of the Month: Call or check Facebook to see our Burger of the Month!

Build Your Own Sandwich

Choice of:

Protein: Turkey, Roast Beef, Black Forest Ham and Bacon.

Cheese: American, Swiss, Provolone, VT Cheddar, Pepper Jack and Mozzarella

Bread: Round Bulky, 6" Sub Roll, White or Wheat Wrap, Sourdough, Wheat, Gluten Free Bread, or a Bagel.

Veggies: Lettuce, Tomatoes, Onions, Green Peppers, Pickles, Banana Peppers, Cukes, Spinach and Roasted Red Peppers

Condiments: Mayo (Regular, House Made Sun-Dried Tomato, Garlic or Chipotle) Mustard, Honey Mustard, Ranch, BBQ Sauce, Salsa and Pesto

Small - \$6.99

LARGE 12" White Sub roll, DOUBLE of everything! \$10.99

Grab and Go

We offer a selection of salads, sandwiches, yogurts, fruit and more to eat on the run – be sure to check out our deli case!