

THE SPOT

surFing killEr griNdage eveRydaY

☾ **breakFast, luNch & dinnEr**
tuesday through saturday - 7am to 9pm

☾ **breakFast & luNch**
sunday and monday - 7am to 3pm

210 Shelburne Road
Burlington, VT 05401



802 540-1778

www.thespotvt.com



Breakfast Specials

Each morning we get our groove on by offering up some crazy tasty sounding breakfast special. Be sure to check "the board" on your way in or just ask your server for today's excellence.

Eggs & Omelettes

The Quiver

2 Eggs any style with choice of ham, sausage, chorizo, veggie sausage, or bacon and choice of toast and homefries*.
\$10

Huevos Rancheros

2 Fried eggs on a big 'ol pile of beans with house-made corn tortilla, cheddar cheese, salsa, sour cream, and guacamole..... \$11

The Triple Crown

Two fried eggs and cheddar on english muffin with choice of ham, sausage, chorizo, veggie sausage, or bacon..... \$6
add home fries..... \$2.75

The Rincon

Scrambled eggs, rice, black beans, salsa, cheddar, and avocado in choice of wrap and homefries*..... \$10

The Banzai Pipeline

Omelette with tomato, avocado, black beans, cheddar
Comes with choice of toast and homefries*..... \$10

Da Hui

Omelette with bacon, spinach, bleu cheese. Comes with choice of toast and homefries*..... \$11

The Channel Island

One pancake, two eggs any style with choice of ham, chorizo, sausage, veggie sausage, or bacon..... \$10

The Tsunami

A messy breakfast burrito stuffed with eggs, cheddar and homefries topped with salsas, sour cream, and guacamole.....\$10
add breakfast meat \$3

The Ole

Tacos for breakfast! 2 flour tortillas with beans, scrambled eggs, cheddar cheese, choice of meat, salsa, sourcream and guacamole..... \$11

* substitute tropical fruit for home fries (add \$1.25)

THE SURF SHOP



Heading out for a paddle after your 'nosh? Check out our surf lifestyle shop, **WND&WVS** located just around the corner. Its fully stocked with boards, gear, clothing and accessories to get you out on the lake and building your hunger for that afternoon Peahi!

Carbs (2 get U fueled up)

The Point Break

2 Crepes stuffed with bananas, strawberries, blueberries topped with german chocolate and whipped cream... \$9

The Lopez

Yogurt and granola with side of fruit and bacon..... \$11

The Jalama (HA-LA-MA)

Toasted open-faced bagel topped with cream cheese, smoked salmon, red onions, sliced tomato and capers... \$9

Pancakes

Two big and fluffies and browned to perfection and served w/ VT maple syrup and a side of fruit..... \$10

Sides

Tropical Fruit..... cup \$4 / bowl \$7
Two Eggs any style..... \$3
Homefries..... \$2.75
Yogurt and Granola..... \$4.50
Breakfast Meat..... \$3
(ham, sausage, chorizo, veggie sausage or bacon)
Chips and Salsa..... \$6
Guacamole..... sm \$1.25 / lg. \$3.25
Soup..... \$5
House Salad..... \$3.5
Bagel..... \$1.50 w/ cream cheese \$3
Toast..... \$1.25
Gluten Free Bread..... \$2.25

morNing SurFari

Feeling creative and adventurous?

Build your own omelette or egg wrap from the ingredients below. Includes home fries and toast. \$6.00**

(1. add 95¢ for each veggie)

<input type="checkbox"/> Spinach	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Red Onions
<input type="checkbox"/> Black Beans	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Peppers
<input type="checkbox"/> Salsa	<input type="checkbox"/> Black Olives	<input type="checkbox"/> Banana Hots
<input type="checkbox"/> Avocado	<input type="checkbox"/> Jalapenos	<input type="checkbox"/> Basil
<input type="checkbox"/> Tomatoes		

(2. add \$1.25 for each of the following)

<input type="checkbox"/> Asiago	<input type="checkbox"/> Swiss	<input type="checkbox"/> Cream Cheese
<input type="checkbox"/> Cheddar	<input type="checkbox"/> American	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Bleu Cheese	<input type="checkbox"/> Feta	<input type="checkbox"/> Pesto

(3. add \$2.95 for each meat/protein)

<input type="checkbox"/> Ham	<input type="checkbox"/> Sausage	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Bacon	<input type="checkbox"/> Chorizo	<input type="checkbox"/> Chicken
<input type="checkbox"/> Lox	<input type="checkbox"/> Veggie Sausage	<input type="checkbox"/> Tofu

** includes choice of white/wheat/rye bread or white/wheat wrap, english muffin, bagel, or gluten-free bread (add \$1).

Sandwiches

The Peahi (PEE-AH-HEE)

2 fish tacos topped with mango salsa, chipotle sauce, and lime wilted red cabbage on a blend of shredded nappa and red cabbage and romaine in warm flour tortillas.
full order **\$13** / half order **\$8**

The Hamilton

Big tasty cheesesteak from locally raised beef with peppers, onions, and american cheese on a fresh baguette..... small **\$9** / large **\$14**

The Maverick (aka Jeff Clark)

Big 'ol hunk of locally raised beef with Vermont cheddar, lettuce, and tomato on a fresh brioche roll.... **\$12**

The Ground Swell

Murray's Family Farm chicken sandwich served w/ avocado, tomato, onion, lettuce, and garlic mayo on choice of bread.. **\$11**
add bacon **\$3**

The Machado

Grilled sandwich with roasted veggies, tomato, mozzarella, pesto on choice of bread..... **\$11**
add chicken **\$4** add avocado **\$1**

The Grommet

Grilled tuna melt with red onion, tomato, cheddar cheese on choice of bread..... **\$11** add avocado **\$1**

The Bull

Vermont Smoke and Cure ham and Cabot cheddar with honey mustard on choice of griddled bread..... **\$9**

Mola Mola Madness

Our home made black bean burger served with cheddar, onion, lettuce, and tomato..... **\$11** add avocado **\$1**

The Mahalo

Vermont Smoke and Cure bacon, lettuce, tomato, avocado sandwich with mayo on choice of grilled bread..... **\$11**

The Waimea Bay (WHY-A-MAY-A)

Cheese quesadilla served with house-made salsa and sour cream..... **\$8**

add guacamole..... **\$1**

add grilled chicken..... **\$4**

add roasted veggies.... **\$2**

bread options: white, wheat, rye, or gluten-free (add **\$2**)

Salads

The Cloudbreak Salad

Grilled chicken, hard boiled eggs, blue cheese, avocado, tomato, and bacon served on a bed of mixed greens with house-made balsamic vinaigrette..... **\$13**

Livin the Dream

Golden and red beet salad with goat cheese and spiced nuts over arugula tossed with lemon pepper dressing..... **\$10**
add grilled chicken **\$4**

The Half Moon Bay Salad

Grilled chicken, black beans, peppers, onions, tomatoes, avocado, and cheddar cheese served on a bed of mixed greens with ranch dressing..... **\$12**

The Sunset Salad

Juicy oranges, red onion, and bleu cheese served on a bed of mixed greens with citrus vinaigrette..... **\$9**
add grilled chicken **\$4**

The Cabarete Salad

Fresh hearts of romaine, asiago cheese, croutons, and our house-made caesar dressing..... **\$9**
add grilled chicken **\$4**

taco SurFari

Pysched for authentic Mexican tacos? Here's your chance to create your own from the list of main ingredients below..... **one \$8 / two \$13**

- _ **Local Beef**
- _ **Roasted Pork**
- _ **Murray's Chicken**
- _ **Firm Seared Tofu**
- _ **Sautéed Sweet Potato**

All tacos are served on warm flour or corn tortillas with lime wilted red cabbage, fresh salsa, and cheddar cheese on top of nappa/red cabbage and romaine blend and served with a side of refried beans and rice.

feEL good vibe

People love the ambiance we've created at The Spot. And we love it too. Outside of the bamboo cladding, the fish tank, the palm tree tables and overall surfy vibe, there are some less visible things going on that we're very proud of as well. For starters, we've got a very healthy and nutritious menu sourced as local as possible and prepared without the use of mircrowaves or fryolaters. We're also committed to reducing our waste by removing unnecessary packaging from staple front-of-the-house items like sugar, jams, salt, pepper, and drinking straws. And finally, we're tapping into wind and rays using our turbine and 8KW solar array to offset all of the cooling required to run a small restaurant. Hope you had a great visit with us. Mahalo!

Grommets (Kid's Menu)

Single Fin

One egg and toast..... \$2.75

Sand Dollar

One pancake with VT maple syrup..... \$3.50

The Shorebreak

Grilled cabot cheddar cheese on choice of bread
w/ chips and pickle*..... \$7

Peanut Butter and Jelly

Who doesn't love these? Ok for adults too*..... \$5

Kids Burger

Locally raised beef with Vermont cheddar cheese,
lettuce and tomato served w/ chips and pickle*.... \$8

* substitute tropical fruit for chips and pickle for \$1.25

nightly sPecials

Wednesday - Wing Night (50¢ a wing)

Thursday - Peahi Night (\$10.00 fish tacos)

Saturday - Burger Night (\$8.00 burgers)



Tuesday through Saturday nights from 5:00 to 9:00

Drinks

Fruit smoothies.....\$5.50

Strawberry - Banana - Mango,
Strawberry - Banana - Blueberry,
Banana - Pineapple - Orange.
\$5.50

Green Smoothie.....\$7

Avocado, spinach, pineapple, mango, banana.

Milkshakes.....\$5

Vanilla, Chocolate, Strawberry, Coffee, or Coconut

Soft Drinks.....\$2.5

Root Beer, Coke, Diet Coke, Ginger Ale, Sprite,
Shirley Temple.

Juices.....\$2.5

Orange, Pineapple, Tomato, Grapefruit, Apple, Cranberry.

Other Beverages.....\$2.5

Milk, Chocolate Milk, Hot Chocolate, Hot Tea,
Iced Tea, Lemonade, Coffee, Iced Coffee.

Beer, Wine, and Cocktails

Check out our drink menu for our selection of
beers, wines, and signature Spot cocktails.



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Eating raw or under cooked food can make you ill