

BEVERAGES

	SM	MED	LARGE
DARK ROAST	1.50	2.00	2.50
LIGHT ROAST	1.50	2.00	2.50
TEA			2.50
TEA LATTE			3.50
STEAMERS	2.00	2.50	3.00
HOT COCO	2.50	3.00	3.50
Iced Coffee (16 oz.)			\$3.50
Iced Tea (16 oz.)			\$3.50
Add a flavor shot for .50			

ESPRESSO DRINKS

	SINGLE	DOUBLE	TRIPLE
ESPRESSO	2.50	3.00	3.50
AMERICANO	2.50	3.00	3.50
LATTE	3.00	3.50	4.00
CAPPUCCINO	3.00	3.50	4.00
Mocha	3.50	4.00	4.50
SOY, HEMP, ALMOND, COCONUT MILKS AVAILABLE FOR .50			

BAKED GOODS

CHOCOLATE CHIP COOKIES	1.25
APPLESAUCE OATIES	1.25
COCONUT MACAROONS	1.50 (GF)
CINNAMON BUNS	2.99
BROWNIES	2.50
BROWNIES (GFV)	2.99
SCONES	2.25
BLUEBERRY MUFFINS	1.25
BAGELS	2.00 (3.00 WITH C.C)
ENGLISH MUFFINS	2.00
PEANUT BUTTER BAR	2.99 (GF)
WHOLE PIES	14.99
WHITE OR WHEAT BREAD	4.75
ROSEMARY OR CINNAMON BREAD	4.75

all of our baked goods are made from scratch, in house, using only the finest of ingredients and lots of love. ENJOY!

SMOOTHIES

RASPBERRY raspberries, bananas, apple juice. 6.50

2.50 **STRAWBERRY** strawberries, bananas apple juice. 6.50

FUNKY MONKEY bananas, peanut butter, chocolate syrup, almond milk 6.50 add a shot of espresso for \$2.50

GREEN MACHINE seasonal greens, banana, almonds, honey, spirulina, almond milk 6.50

BANANA ALMOND bananas, almonds, honey, vanilla, almond milk 6.50

RED VELVET organic cacao, maine raspberries, avocado, honey, vanilla, coconut milk 6.95

HALE TO THE KALE organic pear, avocado, local kale, hemp milk, honey 6.95

TRIPLE BERRY BLISS blueberries, strawberries, raspberries and banana with apple juice 7.50

MANGO LASSI coconut milk, mangoes, honey, vanilla 6.95

Fresh squeezed Juices

Orange or Grapefruit
5.95

Add protein powder, chia, or flax to any smoothie for .50

The Local Hub



Market•Café•Bakery

BREAKFAST•LUNCH•DINNER

Local Produce, Meats, Dairy, Eggs,
Honey, Maple Syrup, Crafts
Organic foods

Cozy Atmosphere

Grab and Go and Heat and Eat
Meals

OPEN 7 DAYS A WEEK

207.875.0011

224 Main Street
Greenwood, Maine 04255

Breakfast

(Served all day)

THE PILE two farm fresh local eggs scrambled, topped with baby spinach, roasted garlic, onion, carrot, and tomato, piled on home-fries 7.00

THE BREAKFAST two farm fresh local eggs cooked the way you like them, with baked home-fries, choice of meat and toast 7.50

THE SANDWICH farm fresh local egg over hard with choice of cheese on Hub made English muffins or choice of toast 3.50

THE NEW SANDWICH DELUXE farm fresh egg, over hard with spinach, goat cheese, tomato, pesto and roasted garlic on an English muffin or your choice of bread 4.75

THE WRAP Three farm fresh eggs, scrambled, with choice of cheese 6.00

BREAKFAST BURRITO two farm fresh eggs scrambled, black beans, spicy veggie burrito mix, cheese and salsa 7.50

LA FRENCH TOAST two thick cut slices of our cinnamon swirl bread with Abbott's Family Farm organic maple syrup 7.50

YOGURT PARFAIT High View Farms Yogurt, Abbotts Farm Maple Syrup, Hub Made Granola (GF), Fresh Fruit 8.95

OATMEAL served with fresh fruit and maple syrup. 7.95

THE LOX house made bagel, smoked salmon, tomato, red onion, capers with choice of plain or herb cream cheese 9.95

add ons and choices

Extra egg. 1.00

English Muffin, Bagel, or Gluten Free sub 1.00/
add on 2.00

\$2.00 Bacon, Sausage, Ham

\$3.00 Applegate Farm Chicken Sausage
Amys Veggie Sausage

\$2.50 Sweet & Red Potato Rosemary Home-Fries

*** Consuming raw or undercooked meats, poultry, or eggs may increase your risk of food borne illness***

COLD SANDWICHES

THE BEEF roast beef, swiss, organic greens, caramelized onions, horseradish mayo 9.25

THE CHICKEN finely chopped antibiotic/hormone free chicken, mixed with light mayo, red onion and celery served with organic greens and local tomatos 9.25

THE HUMMUS organic greens, red onions, local tomatoes, organic carrots, cucumber, house made hummus, and magic dressing. 8.95

HOT SANDWICHES

THE CAPRESE fresh mozzarella, tomatoes, basil pesto, roasted red peppers, and balsamic reduction. 8.95

THE BGT bacon, greens, and tomato, toasted with mayo 7.95

THE PORTOBELLO marinated portobellos, red onion, roasted red peppers, pesto, organic spinach, and goat cheese 8.95

THE LOAF harvarti, caramelized onions, Pineland Farms beef, hub made meatloaf, ketchup and mayo 9.95

THE TBCR turkey, bacon, cheddar, house made ranch dressing, greens, and tomato 9.95

THE HAM ham, havarti, red onion, organic apples, honey dijon 8.95

SALADS AND WRAPS

THE MEDITERRANEAN Organic greens, kalamata olives, red onion, cucumbers, tomatoes, roasted red peppers, feta cheese, olive oil and vinegar 8.50

THE BEET roasted beets, goat cheese, maple candied walnuts, organic arugula with Balsamic and EVOO 8.50

THE APPLE arugula, organic apples, dried cranberries, candied walnuts, parmesan cheese \$8.50

Homemade Breads: White, Wheat, Rosemary
Gluten Free Bread or Wrap for \$2.00

FLATBREAD PIZZAS

(all pizzas are approximately 10")

BEETZA roasted beets, arugula, goat cheese, EVOO, balsamic reduction 10.50

MEDITERRANEAN pesto, roasted garlic, roasted red peppers, caramelized onions, kalamata olives, feta cheese 10.50

HAWAIIAN ham, bacon, pineapple, red onions, serrano peppers 10.50

PIZZA MARGHERITA EVOO, fresh basil, fresh tomatoes, fresh mozzarella, balsamic reduction 10.50

BUILD YOUR OWN(starts at \$6.50)

.50 onions, peppers, tomatoes, kalamata olives, roasted garlic, serrano peppers, caramelized onions, pineapple, green peppers 1.00 fresh mozzarella, goat cheese, pesto, pepperoni

BURRITOS & QUESADILLAS

VEGGIE BURRITO filled with rice, beans, spicy veggie mix, mozzarella cheese, and salsa 7.50

CHICKEN BURRITO filled with rice, beans, spicy veggie mix, mozzarella cheese, seasoned chicken, and salsa 9.00

QUESADILLA with mozzarella cheese, black beans, and salsa 6.50

ADD ON'S

Fresh Avocado 1.00

Spicy Zesty Secret Sauce .75

Sour Cream .50

Sriracha .50

Seasoned Spicy Veggie 1.50

Seasoned Chicken 2.50

ALLERGY WARNING

Please let someone know if you have a food allergy, we will do our best to accommodate, however we can not guarantee the risk of cross-contamination