

J. MORGANS LUNCH

WE ARE PROUD TO SAY THAT WE PREPARE EVERYTHING TO ORDER
& WE PROUDLY SUPPORT LOCAL VERMONT VENDORS

SALADS OUR WAY

MAKE IT VEGETARIAN WITH TWO BALSAMIC & HERB GRILLED PORTABELLAS
BABY KALE CAN BE INCLUDED OR SUBSTITUTED IN ANY SALAD

SOUP, SALAD AND HALF SANDWICH

Whim soup, sandwich of the day and choice of side salad....\$12

BAYLEY HAZEN BLUE NEW YORK STRIP

Chopped romaine, mesclun, green beans, tomatoes and scallions tossed in our sweet balsamic and herb oil dressing. Topped with sliced Montreal seasoned New York strip, Bayley Hazen blue cheese and shoestring onion rings.....\$18

PESTO SHRIMP

Sautéed pesto shrimp, sun-dried tomatoes, fresh mozzarella balls, Kalamata olives, toasted pine nuts, parmesan cheese and mixed greens in a basil vinaigrette topped with toasted garlic crumbs.....\$16

SEARED AHI TUNA

Seared pepper tuna, marinated olives, grape tomatoes, fresh French beans, herbed potatoes, capers and hard boiled egg on a bed of mesclun greens with a dijon lemon dill vinaigrette.....\$16

SMOKED SALMON & ASPARAGUS

Baby spinach and arugula tossed in a lemon dill vinaigrette with grilled asparagus, grape tomatoes, toasted pine nuts, Vermont goat cheese and smoked salmon.....\$14

THE VERMONTER

Green Mountain Smokehouse chicken, apples, cranberries, golden raisins, Cabot Extra Sharp Cheddar, toasted pecans, cucumbers, red onions and mixed greens in a Vermont maple mustard vinaigrette.....\$15

BRIE & APPLE TURKEY

Mixed greens tossed in a cranberry vinaigrette with fresh roasted turkey, bacon, cucumbers, red onions, avocado, chipotle pecans, sliced apples and Brie cheese.....\$15

THE SOUTHWESTERN

Chopped romaine tossed in our buttermilk peppercorn ranch dressing with buttermilk fried chicken, red onions, scallions, tomatoes, Cabot pepperjack cheese, candied pecans, black beans, corn and fried jalapeños.....\$14

SALADS YOUR WAY

MAKE IT VEGETARIAN WITH TWO BALSAMIC & HERB GRILLED PORTABELLAS
BABY KALE CAN BE INCLUDED OR SUBSTITUTED IN ANY SALAD

OUR GIANT CAESAR WITH YOUR FAVORITE TOPPING

The Classic with anchovies.....\$10 | Cajun ~~-or-~~ Plain Grilled Chicken.....\$12

Fried Calamari ~~-or-~~ Fried Popcorn Shrimp.....\$14 • Grilled Salmon ~~-or-~~ Seasoned Steak.....\$16

THE J.MORGAN'S COBB

Bacon, tomatoes, avocado, scallions, hard boiled egg, cheddar, gorgonzola cheese and chopped romaine served with a creamy honey mustard dressing.....\$12 | Grilled Chicken.....\$14 • Sautéed Shrimp.....\$16

Grilled Steak.....\$18 • Whole Maine Lobster Meat.....\$26

THE CRUNCHY PUB

Crispy chicken tenders or popcorn shrimp tossed in our sweet and glazy hot sauce over romaine with cucumbers, scallions, tomatoes, avocado, bacon and blue cheese dressing | Chicken.....\$14 • Shrimp.....\$16

THE ASIAN SALAD

Mixed greens with carrots, red and white shredded cabbage, scallions, fresh oranges and sesame seeds, tossed in a honey-lime vinaigrette with peanut sauce and crispy wontons | Asian Marinated Chicken.....\$14

Asian Sautéed Shrimp ~~-or-~~ Maple Ginger Salmon.....\$16 • Asian Teriyaki Grilled Flank Steak.....\$18

THE GREEK

Romaine lettuce, Greek olives, red onions, cucumbers, artichoke hearts, tomatoes, roasted red peppers, feta cheese, banana peppers and chickpeas all tossed in a light Greek red wine vinaigrette.....\$10

Grilled Chicken.....\$14 • Sautéed Shrimp.....\$16

PASTAS, BURGERS & CHICKEN

PASTAS

J.MORGAN'S CAPELLINI

Grape tomatoes, fresh basil, baby spinach, onions and garlic in an olive oil white wine butter sauce tossed with 1/3 lb of fresh shrimp and mozzarella balls.....\$16 | Without Shrimp.....\$12

BBQ PULLED PORK MAC & CHEESE

Four cheeses blended together to make the best mac and cheese you have ever had! Topped with garlic butter crumbs and pulled pork.....\$16
Without Pork.....\$12

BURGERS

FRESHLY GROUND FILET, STRIP STEAK, PRIME RIB AND CHUCK | HAND FORMED
SERVED WITH FRIES, MIXED GREENS OR FRESH FRUIT | \$3 PARMESAN TRUFFLE FRIES

CLASSIC STEAK BURGER

Through the garden, LTO.....\$12 | Applewood smoked bacon.....\$2 | Two slices of cheese.....\$2

THE ALL AMERICAN CHEESE BURGER

LTO, pickles, ketchup and mustard, surrounded by American cheese.....\$14

COWBOY BURGER

BBQ glaze, bacon, shoestring fried onion rings, shredded lettuce and cheddar cheese.....\$15

BACON, MUSHROOM & ONION CHEESEBURGER

Sautéed sweet onions, button mushrooms, bacon, shredded lettuce and your favorite cheese.....\$15

BACON BLUE VERMONT TURKEY BURGER

Vermont's Misty Knoll turkey seasoned, grilled and served on a soft challah roll with roasted garlic mayo, bacon, Bayley Hazen blue cheese, sweet caramelized onions and LTO.....\$15

BBQ PULLED PORK BISCUIT

Slow roasted and piled high on a buttermilk biscuit with pickled jalapeños and blue cheese bacon slaw.....\$13

CHICKEN

SERVED WITH FRIES, MIXED GREENS OR FRESH FRUIT | \$3 PARMESAN TRUFFLE FRIES

CRISPY BONELESS CHICKEN FINGERS

Buttermilk fried tenders with BBQ dipping sauce.....\$10

PUB CHICKEN

Fried tenders tossed in our sweet and glazy hot sauce with celery and our bacon blue cheese slaw.....\$13

JOSÉ'S JALAPEÑO {CAJUN CHICKEN TENDER SANDWICH}

Cast iron grilled cajun chicken tenders with red onions, fresh jalapeños, sweet banana peppers, avocado, swiss cheese and roasted garlic aioli on a ciabatta, panined to perfection.....\$12

CHICKEN PESTO PANINI

Fresh grilled chicken, baby spinach, sun-dried tomatoes, roasted garlic, marinated portabella and mozzarella cheese with a pesto spread.....\$12

ULTIMATE GRILLED CHICKEN SANDWICH

Grilled chicken topped with LTO, avocado, bacon and roasted garlic mayo.....\$12

ASIAN CHICKEN WRAP

Asian marinated grilled chicken in a soft wrap with Asian slaw, fresh cilantro, scallions, orange segments, house-made peanut sauce and crispy wonton ginger noodles.....\$12

SANDWICHES & MORE

FLATBREADS & QUESADILLAS

PUB CHICKEN FLATBREAD

Grilled chicken, bacon and mozzarella cheese with a sweet and glazy hot sauce, topped with a blue cheese salad.....\$14

MARGARITA FLATBREAD

Grape tomatoes, fresh basil, garlic, mozzarella and EVOO topped with a balsamic glaze served with our classic Caesar or house salad.....\$12

GARDEN FRESH QUESADILLA

Spinach, portabella, red onions, red peppers, grilled zucchini and monterey jack cheese, balsamic served with mixed greens.....\$12

BBQ PULLED PORK QUESADILLA

BBQ pulled pork, bacon, red onions, pickled jalapeños and pepperjack cheese served with mixed greens.....\$12

GREEK FLATBREAD

Baby spinach, artichokes, sun-dried tomatoes, feta cheese, Kalamata olives, red onions and fresh herbs served with a Greek side salad.....\$14

CHICKEN QUESADILLA

Grilled chicken, Cabot pepperjack cheese, scallions, black beans and corn served with a cilantro sour cream, house salsa and mixed greens.....\$12

CLASSIC SANDWICHES

ALL SANDWICHES ARE SERVED WITH FRIES, MIXED GREENS OR FRESH FRUIT
\$3 PARMESAN TRUFFLE FRIES

TURKEY VERMONT

Maple turkey, bacon, granny smith apples and Cabot cheddar. Served open face with cranberry mayo on top of La Panciata cranberry pecan bread.....\$12

J.MORGAN'S PLAZA CLUB

Freshly roasted hand-carved turkey breast with bacon, lettuce, tomato and mayo on three layers of our toasted La Panciata cranberry pecan bread. Homemade cranberry chutney adds the finishing touch.....\$14

THE CLASSIC REUBEN

Tender NY deli style corned beef piled high with sauerkraut, Russian dressing and swiss cheese on Klinger's rye.....\$11

PORTABELLA BAGUETTE

Balsamic marinated grilled portabella, Vermont goat cheese, tomatoes, caramelized onions, baby spinach and a roasted red pepper aioli on a grilled baguette.....\$12

OUR CRAZY B.L.T.

Add Brie cheese and avocado to the original bacon, lettuce, tomato and mayo on a toasted baguette....\$12

THE PERFECT GRILLED CHEESE

Smooth fontina, parmesan and provolone cheese with our perfect herb and garlic spread on Red Hen ciabatta bread.....\$10 | Add Black Forest ham and tomato.....\$12

SANDWICHES FROM THE SEA

CRISPY HADDOCK SANDWICH

Fresh haddock fried crispy with shredded lettuce and house-made tartar sauce.....\$12

GRILLED FISH FAJITA

Grilled white fish with fresh avocado, slaw and cilantro lime vinaigrette in a grilled tortilla wrap with creamy adobe sauce.....\$12

LOBSTER CLUB SANDWICH

A whole fresh Maine lobster tossed with a touch of mayo and lemon on a grilled buttered roll with shredded lettuce, bacon and fresh avocado.....\$22
