



KISS THE COW CAFÉ at Silver Lake State Park, Barnard, VT

Summer 2016 Menu – Ingredients are sourced from local farmers or made in Vermont products as frequently as possible.

Food

Hotdogs – Your standard beach food choice \$2.00

Grilled Cheddar Cheese Sandwich –available Monday to Thursdays - Melted Cabot Cheddar Cheese plain or with Sliced Apple on whole grain bread with a touch of Cabot Unsalted butter \$4.00

Egg and Cheese Biscuit Sandwich – Sunday mornings only 9-10:30am – Kiss the Cow Chicken Eggs with Cabot Cheddar Cheese on a flaky biscuit. \$3.75

Chobani Yogurt Flip Cups –\$2.00

Nutty for 'Nana – Banana low-fat yogurt with Honey Roasted Salted Almonds and dark chocolate

Salted Caramel Crunch – Caramel low-fat yogurt with salted pretzels, chocolate and praline pecans.

Snacks

Utz Natural Lightly Salted Kettle Chips \$1.50

Snyders Sourdough Nibbler Pretzels \$1.25

Liz Lovely's Gluten Free Chocolate Moose Dragon Cookie – a chocolate fudge cookie – hard to believe this is gluten free! Made in Vermont \$3.00

Carrot and Celery Sticks - \$2.00

Hummus and Veggies – A large scoop of hummus served with carrots, celery sticks and occasionally cherry tomatoes. \$4.00

Drinks

Cold Drinks –\$2.00 Coke, Diet Coke, Barq's Root Beer, Dr. Pepper,

Regular Iced Tea with Lemon, Fuze Diet Tea with lemon, Apple Juice, Apple/Cranberry/Raspberry Juice, and Water.

Cold Brew Ice Coffee – Vermont Green Mountain French Roast \$2.50

Hot Drinks – \$1.50 Vermont Green Mountain French Roast Coffee, Vermont Green Mountain Country Blend Decaf, Black Tea, Swiss Miss Hot Chocolate

Ice Cream

Wilcox Premium Hard Ice Cream – Vanilla, Chocolate, Mint Chip and Black Raspberry – made in Vermont \$3, \$4, \$5 Small, Medium or Large

Biggy Iggy –2 Chocolate Chip Cookies and Vanilla Ice Cream sandwich – made in Vermont. \$3.50

Chessie Chester –2 Chocolate Chip Cookies filled with Vanilla Custard – made in Vermont \$4.00

Popsicles – Flavors change – \$1.00

FrozeFruit – Chunky Strawberry Fruit Bar – it's like a big Popsicle! \$2.75

Other Items

Ice Cubes – by the 5 lb. bag or the 10 lb. block \$2.00/\$3.00

S'mores Kit – Did you forget the 's'mores? We have kits to go; all you need is a long stick and the campfire. Enough ingredients to make 9 servings. \$5.00