

3 SAMPLE MENUS ITEMS CHANGE WITH THE SEASONS

Breakfast Daily 7:30-9:30 am



INN AT LONG TRAIL



BREAKFAST MENU

TOP OF THE MORNING TO YOU!

HOUSE-GUESTS, PLEASE CHOOSE ONE ITEM FROM EACH SECTION

- | | |
|--|------|
| 1. JUICES: ORANGE, GRAPEFRUIT, V-8, OR APPLE | 1.75 |
| CHILLED FRUIT CUP | 2.~ |
| 2. HOUSE FAVORITES: | |
| FRENCH TOAST - MADE WITH EGGS, VANILLA, NUTMEG AND CINNAMON. SERVED WITH WARM MAPLE SYRUP | 5.~ |
| BUTTERMILK PANCAKES - LIGHT & FLUFFY, SERVED WITH WARM MAPLE SYRUP | 5.~ |
| CHEF'S SPECIAL OMELETTE - ASK SERVER FOR DETAILS WITH HOME-FRIES & TOAST | 6.75 |
| TWO EGGS - ANY STYLE, WITH HOME-FRIES & TOAST | 5.~ |
| EGG SANDWICH - ON ENGLISH MUFFIN WITH VT CHEDDAR | 5.~ |
| HOT OATMEAL - A HOT TREAT, WITH TOAST, SYRUP & RAISINS | 5.~ |
| COLD CEREAL - ASSORTMENT, SERVED WITH TOAST & FRUIT | 4.~ |
| HOMEMADE GRANOLA - WITH GREEK YOGURT & DRIED FRUIT | 5.~ |
| LIGHT CHOICE - OUR IRISH SODA BREAD, & FRESH FRUIT | 6.50 |
| 3. MEATS: BACON, SAUSAGE OR HAM | 2.~ |
| 4. BEVERAGES: COFFEE, TEA OR MILK | |
| HOT CHOCOLATE OR CHOCOLATE MILK | 1.50 |

Substitute gluten free bread 1~

ENJOY YOUR STAY IN VERMONT!

Warning: consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.



Rosemary's

Restaurant

Hours 6-9pm - Nights Vary Depending on Season

Salads

House Salad ~5~

Dressings:

Ranch, Maple Balsamic,
or Raspberry Vinaigrette

add gorgonzola crumbles
~1.50~

Classic Caesar Salad ~11~

Romaine & parmesan cheese,
tossed in caesar dressing,
served with croutons
with Chicken or Shrimp ~16~

Baby Spinach Salad ~13~

Tomatoes, onions, peppers
all tossed in our Inn made
maple balsamic vinaigrette,
topped with
dried cranberries, candied
almonds and gorgonzola
With Chicken or Shrimp ~18~

Entrees

Maple Leaf Farm Duck Breast ~31~
with rosemary, red wine poached pears
and a spiced red wine glaze **GF**

Rosemary's Pork Tenderloin ~24~
apple-cranberry chutney, and essence of fig **GF**

Hanger Steak ~30~
with a rich demi-glaze and oven roasted garlic **GF**

Lemon Thyme Scented, Roasted Half Chicken ~22~
with a thyme pan jus **GF**

Truffled Wild Mushroom Risotto ~24~
Creamy arborio rice, an array of mushrooms, baby spinach, VT creme fresh, parmesan cheese & white truffle oil **GF**

Pan Seared Salmon ~26~
with our wild ramp pesto aioli and a roasted red pepper coulis **GF**

Lamb Loin Chop ~32~
with Inn-made apple mint jelly and Kalamata olive tapenade **GF**

Creamy Vermont Cheddar "Mac & Cheese" ~23~
Cavatappi pasta with Vt crème fraiche, extra sharp Cabot cheddar, gouda, and oven roasted tomatoes, garnished with roasted garlic and crispy prosciutto.

Guinness Stew ~19~
homemade beef stew
flavored with Ireland's own Guinness Stout

Vermont Fresh Pasta's
Ravioli Du Jour ~23~



Rosemary's

Restaurant

Starters

McGrath's Irish Pub Libations



On Tap

Guinness
Harp
Smithwick's
Long Trail Ale
(LTA)
Half & Half
(Harp &
Guinness)
The Vermont Half
(LTA & Guinness)

In Bottles

Budweiser
Coors Light
Amstel Light
Corona
Michelob Ultra
Kaliber (non-
alcohol)

Ciders

Magner's (20oz)

Inn Made Soup du Jour

cup ~4~ or bowl ~6~

French Onion Soup au Gratin ~7~

Sweet white onions slow cooked,
Our Inn made french bread croutons, & swiss cheese

Duck Trap Smoked Salmon ~13~

capers, preserved lemon, pickled red onions,
lemon caper aioli, French bread crostini

Bangers & Boxty ~9~

Our interpretation of Irish Sausages,
traditional potato pancakes, & Guinness onions

Mussels Du Jour ~12~ GF

Steamed mussels with a daily inspired sauce,
ask your server

Dry Rubbed St. Louis Style BBQ Ribs ~11~

Our own Bourbon BBQ sauce, cole slaw

Rosemary's Candied Pork Belly "BLT" ~13~

Rosemary Scented Pork Belly with crust French
bread,
baby spinach, oven roasted tomatoes
and Vermont Maple and Cider Glaze

Sautéed Shrimp, Artichoke & Asparagus ~12~

over puff pastry with tomato, white wine, garlic,
butter,
and herbs in a light cream sauce



Gluten Free

Open Daily summer/fall 11:30 am to close &
winter 3pm to close



Lighter Fare

GARDEN SALAD 8~

Dressings: ranch, maple balsamic, or raspberry vinaigrette
small 5~
add gorgonzola crumbles 1.50~

BABY SPINACH SALAD 12~

Inn made maple balsamic vinaigrette,
tomatoes, peppers, red onions, dried cranberries,
candied almonds, and gorgonzola

CAESAR SALAD 10~

A classic crisp romaine tossed with caesar dressing,
parmesan and croutons

Dress up your salad: add grilled chicken or shrimp 5~

FRESH FRUIT SALAD 9~

Fresh seasonal fruits, greek yogurt, maple syrup

Sandwiches 9~

Your choice of white, wheat, or rye,
choice of chips or house made slaw (or both 1~)

Smoked Turkey

Corned Beef

BLT

***add: cheese 1~ or bacon 1.50
gluten free bread 1~**

Pub Favorites

McGrath's GUINNESS STEW

A hearty beef stew simmered in Ireland's own Guinness Stout with
fresh potatoes and veggies in a decadent gravy 13~ (Cup 8~)

SHEPHERD'S PIE 13~

Ground beef & corn
in gravy topped with
whipped potatoes

IRISH REUBEN 11~

Corned beef (or turkey) red cabbage
& melted swiss on rye bread
with mustard

TURKEY APPLE MELT 12~

Served on our Inn made soda bread
with fresh apple slices
& VT Cabot Cheddar

"PADDY" MELT 12~

Hand made 1/3 lb. burger topped with Guinness
braised onions, Guinness & mushroom ketchup
on grilled rye with melted swiss

Reggie's PULLED PORK SANDWICH 11~

Inn marinated, hand pulled and finished
with a bourbon BBQ sauce, & topped with Vermont Cabot Cheddar.

After 5 dinners specials

Chicken Pot Pie 18~

Long time favorite, tender white meat, aromatic vegetables in chicken gravy topped with a flaky pie crust.

Corned Beef & Cabbage 19~

Traditional Irish dish of tender boiled corned beef served with carrots, cabbage and red potatoes

Cavatappi Pasta 12.50~ choice of sauce (add chicken or shrimp \$17.50)

Creamy Alfredo A Classic parmesan & cream sauce

or

Basil Pesto tossed with white wine, extra virgin olive oil and chopped tomato



Hot From the Grill

BURGERS

Juicy 1/3 lb fresh hand packed hamburgers topped with lettuce & tomato, choose your style:

LONG TRAIL HAMBURGER 10~

LONG TRAIL CHEESEBURGER 11~

With Vermont Cabot Cheddar

BLEUS BURGER 12~

With gorgonzola

BACON CHEESEBURGER 12.50

With applewood smoked bacon

CHICKEN SANDWICHES

Tender 6oz chicken breast served with lettuce & tomato choice of:

CLASSIC GRILLED CHICKEN 10~

CHEDDAR CHICKEN 11~

BLACKENED CHICKEN 12~

With goat cheese

NATURE BURGER

Classic Veggie Burger served with lettuce & tomato 9~

~served on a kaiser roll with a pickle & choice of chips or slaw (or both 1~)

DEER LEAP GRILL CHEESE

Swiss, cheddar or American 7~

HOT DAWG 6~

DOUBLE DAWG 9~