

*Made with Local & Organic Ingredients
Whenever Possible*

Breakfast

-Early Bird-

Bacon, ham or sausage, egg, cheddar cheese

-Western-

Ham, egg, peppers, onion, cheddar cheese

-Mexican-

Bacon, egg, Mexicali cream cheese

-Spanish Fiesta-

Sausage, egg, salsa, pepper jack cheese

-Spicy Librarian-

Ham, egg, peppers, onions, jalapeño,
Mediterranean cream cheese

-Tomato Florentine-

Egg, tomato, spinach, mozzarella cheese

-Salmon Delite-

Lox slices, onion, tomato, capers, cream cheese

-Egg & Cheese-

Egg and your choice of cheese

Lunch

-Honey Ham-

ham slices, cheese, choice of condiments

-B.L.T.-

bacon, lettuce, tomato

-Veggie Galore-

choice of 4 veggies

-Hot Momma-

All-natural grilled chicken breast, buffalo sauce,
pepper jack cheese, side of ranch or bleu

-Uncle Bob-

All-natural grilled chicken breast, bacon, BBQ
sauce, cheddar cheese

-Bee's Knees-

All-natural grilled chicken breast, bacon, honey
mustard, swiss cheese

-Mama Mia-

All-natural grilled chicken breast, sun-dried
tomato pesto, mozzarella cheese

-Chicken Bacon Ranch-

All-natural grilled chicken breast, bacon, ranch
dressing

Bagel Flavors

-Plain-

-Multi-grain-

-Poppy-

-Everything -

-Sesame-

-Jalapeño Cheddar-

-Spinach Cheddar-

-Onion-

-Salt-

-Garlic-

-Garlic & Salt-

-Cheddar Cheesy-

-Cinnamon Raisin-

-Orange Cranberry-

Cream Cheese - Rotating Availability

-Plain-

-Veggie-

-Chive/Scallion-

-Olive-

-Roasted Garlic & Herb-

-Honey Raisin Walnut-

-Mexicali- Jalapeño, red peppers, cayenne,
cumin, chili powder

-Mediterranean- olives, feta cheese, sun
dried tomatoes, garlic, chives & seasonings

-Tofutti-(v)

Other Toppings

-Butter-

-Peanut Butter-

-Jelly-

Add-ons

- Veggies-(Organic/Local)

-Meat-

-Lox Slice-

-Cheese Slice (pepperjack, cheddar, or
mozzarella)

-Cream Cheese-

-Mayo-

-Mustard-

-Honey Mustard-

-Sun-dried Tomato Pesto-(v)

Carrabassett Coffee - Local & Organic

- Big Carry Org.-(French Roast)
- West Branch Org.-(Light/Medium)
- Peruvian Org. Decaf-
- Hazelnut-
- River Runner Org. Espresso-(Hot or Iced)

Coffee & Tea

- Lattes-
- Cappuccinos-
- Americanos-
- Fair-Trade Cold Brew Coffee-
- Hot Tea-
- Hot Chocolate-
- Chai-(Hot or Iced)

*Whole Milk, Oat Milk or Almond Milk
Available*

New York Style Bagels
Baked Fresh Daily!

Contact Info

GM@GoodTern.Coop

Hole in the Wall Bagels

Part Of the
Good Tern Food Co-op



754 Main Street
Rockland, ME