



Sweetwaters

SOUPS

Soups of the Day	\$1.95/\$2.95	Country French Onion Soup	\$4.25
The chef's daily inspirations.			
Soup, Salad & Bread	\$4.95		
A bowl of our soup of the day complemented by our house salad and a French baguette.			

SALADS

There's nothing quite like fresh vegetables, straight from the garden. Whenever they are available, we purchase organically grown produce from Vermont growers.

Norwegian Salad	\$5.95	Café Salad 128 calories	\$3.95
Escalopes of fresh salmon, pan-seared and served warm over a medley of seasonal vegetables.		Crisp seasonal greens, topped with tomatoes, cucumbers, mushrooms, sprouts, croutons, carrots, red onion, and Vermont cheese.	
Hail Caesar! 375 calories	\$4.95	Greek Salad	\$5.50
Romaine, croutons, and freshly grated Parmesan—tossed with our own dressing.		Seasonal greens with a medley of vegetables, Kalamata olives, and Feta cheese with an herb vinaigrette and pita bread.	
with Wood-Grilled Chicken			
485 calories	\$6.95	Bibb & Bleu	\$3.95
Cashew Chicken Salad	\$6.95	Bibb lettuce with cave-aged Bleu cheese, tomato concasse, and a light vinaigrette.	
Sautéed chicken breast, seasonal greens, snow peas, cashews, Oriental noodles, and Mandarin oranges, tossed in a Dijon sherry dressing.		Miskell Tomato, Fresh Mozzarella, and Red Onion Salad	\$4.95
Radiatore Pasta Salad	\$4.95	Served with a balsamic vinaigrette.	
Radiatore pasta blended with a variety of freshly harvested vegetables and a pesto dressing.		Fried Calamari Salad	\$5.95
		Crispy calamari nestled atop summer greens and vegetables tossed with a light vinaigrette.	

Your choice of Bleu Cheese, Cracked Pepper Parmesan, Balsamic Vinaigrette, French Vinaigrette, and Lo-Cal Yogurt and Herb Dressing.
Colavita Extra Virgin Olive Oil and Balsamic Vinegar available upon request.

SIDES

Coleslaw	\$.95	French Fries	\$.95
Rice Pilaf	\$.95	Baked Potato (after 5 pm)	\$1.45
French Baguette \$.95			

WOOD-GRILLED FLATBREAD PIZZA

What's flatbread? Homemade dough, rolled thin and grilled over wood, then topped with a variety of fresh ingredients. Akin to a pizza, yet lighter and, in our opinion, much more interesting.

Mediterranean	\$5.95	All American	\$5.95
Roasted red pepper, black olives, whole roasted garlic, sundried tomatoes and Mozzarella cheese with a light tomato sauce.			
Garden	\$6.25	Southwestern	\$6.95
Seasonal vegetables, roasted peppers, Mozzarella cheese and pesto.			
		Smoked chicken, roasted red pepper, sliced jalapeño, Jack cheese with a barbecue sauce.	

Nous avons menus en français.
indicates Heart Healthy selection.

ENTREES

Available from 5 pm daily.

Hot Thai	\$10.95	Teriyaki Salmon	\$13.95
Strips of sirloin steak or chicken, sautéed with green peppers and snow peas in a spicy soy and sesame oil sauce, tossed with fresh Oriental noodles.		Marinated wood-grilled salmon filet served with our zesty fresh fruit relish.	
Mustard-Glazed Chicken	326 calories \$9.95	Lime Chicken	\$11.95
Chicken breast, marinated in Pommery mustard then wood grilled. 		Lime marinated chicken breast with fresh pineapple relish and sundried tomatoes.	
Teriyaki Steak	\$12.95	Cantonese-style Scallops and Vegetables Stir Fry	\$13.95
A top sirloin, marinated in our teriyaki sauce.		Scallops, walnuts and summer vegetables in an oriental sherry sauce.	
Grilled Sirloin	\$14.50	Tuna Lo Mein	\$13.95
10 oz. aged, choice top sirloin steak with roasted garlic and vegetables.		Fresh Atlantic tuna sautéed with oriental vegetables and tossed with lo mein noodles and stir fry sauce.	

The entrées above are served with a house salad, bread, and your choice of French fries, baked potato, rice pilaf, or coleslaw, unless otherwise noted.

Please be sure to check our daily blackboard specials.

indicates Heart Healthy selection.

DESSERTS

Chocolate Velvet Cake	\$3.95	Sorbet Three Layer Terrine	\$2.50
1989 Award winner, TASTE OF VERMONT. One of the richest, densest chocolate desserts we've ever made! Served with a raspberry coulis.			
Vermont-made Cheesecake	\$2.95	Angel Food Cake	\$4.95
With strawberries			
	\$3.25	Angel food cake with vanilla ice cream.	
		Choice of fresh strawberries, or strawberry rhubarb sauce, and whipped cream.	
Brownie Sundae	\$3.50	Premium Ice Cream, Sorbets & Frozen Yogurt	\$1.95
Homemade brownie topped with vanilla ice cream, hot fudge, and whipped cream.			
		Ask your server about today's selections.	
		With dessert—Cappuccino	\$1.50 Espresso \$.95

BEVERAGES

Espresso-regular or decaf	\$1.50	Soft Drinks	\$.95
Cappuccino-regular or decaf	\$2.50	Milk	\$.95
Fresh brewed coffee of decaf	\$.75	Mad River Black Cherry Soda	\$1.75
Tea	\$.75	IBC Root Beer	\$1.75
Herb Tea	\$.95	Orangina	\$1.75
Iced Tea	\$.95	Perrier	\$1.75
Lemonade	pint \$1.50	Klarbrunn Sparkling Mineral Water	\$2.00
		Raspberry or Lemon	

In an effort to conserve potable water, a diminishing natural resource, water will be served upon request only. Thanks!

SOUPS



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BURGERS

Our burgers are served on a Kaiser roll with lettuce, tomato, onion, and your choice of coleslaw, French fries, or potato chips.

BEEF

Freshly ground choice lean beef.

BISON

Low-calorie, low-cholesterol from the Perry Farms in Charlotte. We do not recommend cooking more than medium rare to medium.

GARDEN

A delicious meatless patty created from fresh mushrooms, onions, Mozzarella, Cheddar and cottage cheeses, brown rice and natural seasonings.

	BEEF	BISON	GARDEN
Burger	\$4.95	\$5.95	\$5.95
Cheeseburger	\$5.45	\$6.45	\$6.45
Your choice of Vermont Cheddar, Swiss, or Monterey Jack cheese.			
Sweetwaters Burger	\$5.95	\$6.95	\$6.95
Topped with sautéed onions, mushrooms, bacon, and melted Swiss cheese.			
Mexican Burger	\$5.95	\$6.95	\$6.95
With fresh jalapeños, Jack cheese, and spicy salsa.			
May we suggest "Grandma Oliver's" pepper, onion and tomato relish to go with your burger.			

\$.45

SANDWICHES

All hot sandwiches served with your choice of potato chips, coleslaw, or French fries.
All cold sandwiches served with potato chips.

B.L.T.	\$4.50	Andouille Sausage Sandwich	\$5.75
Crisp bacon, lettuce, tomato, and mayo, stacked high and served on toasted bread of your choice.			
The Peep	\$5.95	Shirt Pocket	\$5.95
Wood-grilled breast of chicken, topped with tomato, mayonnaise, and melted Swiss cheese, served on a Kaiser roll.			
The Classic Club	\$5.95	The Vermonter	\$5.95
Freshly roasted turkey, served triple-decker style, with bacon, tomato, and lettuce, on toasted bread of your choice.			
Miskell Tomato & Mozzarella Sandwich	\$5.50	Caribbean Roll	\$5.95
Miskell tomato, onion, arugula and Mozzarella on a baguette.			
Steak Sandwich	\$6.95	Honey Mustard Chicken Salad	\$5.95
Tenderloin sliced and served with caramelized onions on a baguette.			

Join us on your birthday and we'll give you a gift—your age as a percentage off your meal (excluding beverages)! Ask your server for details!
Printed on recycled paper with soy inks.


CAFE MENU

Available 11:30 am to 10 pm daily, Friday and Saturday to 11 pm.

Empanadas	\$3.95	Artichoke Dip	\$5.95
Hand made Mexican turnovers filled with fresh vegetables and refried beans. Served with fresh tomato salsa.			
Tasty Tidbits	\$4.95	Buffalo-Style Chicken Wings	\$5.95
Broiled tenderloin on a skewer, marinated in a honey and soy sauce. Served with a mild horseradish sauce and French fries.			
Mozzarella Sticks	\$4.95		small \$4.95
Freshly breaded and deep fried Mozzarella triangles, served with our homemade marinara sauce.			
The Skins		Chicken Fingers	\$5.95
Piled high with melted Vermont Cheddar and Jack cheeses, served with sour cream.			
Veggie Skins —topped with fresh tomato, scallion and black olives	\$4.95	Chinese Tootsie Rolls	\$5.95
Jammed Skins —topped with crumbled bacon.	\$4.95	Egg rolls filled with shrimp, scallions, and cream cheese. Served with a spicy sweet and sour sauce.	
Nachos Grandes	\$6.95	Blackened Tuna Sashimi	\$7.95
Topped with guacamole, sour cream, chopped tomato, black olives, and salsa.			
Cheese Nachos	\$4.95	Line caught tuna, rolled in hot spices, seared extra rare, chilled, sliced and served with wasabi and soy sauce.	

LIGHT ENTREES

Garlic Chicken 230 calories	\$7.95	Our Own Summer Chicken	\$7.95
Chunks of chicken breast, stir-fried in safflower oil with toasted garlic, julienne carrots, bamboo shoots, and water chestnuts. Served with rice pilaf. 			
Teriyaki Steak	\$9.95	Salmon in Fumée	\$8.95
Just the right size for lunch! Top sirloin, marinated in our teriyaki sauce. Served with your choice of French fries, coleslaw, or potato chips.			
Fajita	\$8.95	Pasta Jardinière	\$7.95
Strips of chicken or sirloin sautéed with peppers, onions, and tomatoes in a lime coriander butter. Served with a platter of Mexican garni so you can roll your own.			
Smoked Chicken	\$8.95	Bowties with a Vegetable Medley	\$7.95
Apple and cherry wood-smoked half chicken with caramelized red onions.			

Sweetwaters is pleased to participate in the Creative Cuisine Program of the Vermont Department of Health and the Vermont Affiliate of the American Heart Association. Menu items marked with this  symbol have been reviewed by a registered dietitian and are lower in fat, cholesterol, and sodium than other menu items.

HOUSE DRINKS

Join us Monday through Friday for Hungry Hour 5:00-7:00 pm.
Ask your server for daily cocktail specials.

Burlington Sunset	\$4.00	Piña Colada	\$4.00
Vodka, Champagne, and orange juice with a float of grenadine.			
Banana Shake	\$4.25	Person Overboard	\$4.00
Light Rum, Banana Liqueur, teamed with a fresh banana, cream, and crushed ice.		A potent blend of Southern Comfort, Bacardi Dark Rum, 151 proof Rum, and pineapple juice. Stirred, not shaken, so it doesn't explode.	
Strawberry Scream	\$4.00	Jamaican Dream	\$4.00
Amaretto, Light Rum, and strawberries blended with crushed ice.		Tia Maria, White Rum, pineapple juice, orange juice, and coconut cream, blended with crushed ice.	
Orange Dreamsicle	\$4.25	Raspberry or Strawberry Daiquiri	\$4.00
Amaretto, Triple Sec, orange juice, half & half, and grenadine, blended until frothy.			

BEER

DRAFT		BOTTLED BEER	
	Glass/Pint		
Budweiser	\$1.75/\$2.50	Budweiser Light	\$2.25
Miller Lite	\$1.75/\$2.50	Rolling Rock	\$2.25
Labatt Light	\$2.00/\$3.00	Labatt's Blue	\$2.50
Foster's Lager	\$2.25/\$3.00	Coors Light	\$2.50
Molson Red	\$2.50/\$3.25	Michelob Light	\$2.50
Long Trail Ale	\$2.50/\$3.75	Molson Golden	\$2.75
Otter Creek Bock	\$2.75/\$3.75	Dos Equis	\$3.00
New Amsterdam	\$2.75/\$3.75	Amstel Light	\$3.25
Catamount Porter	\$2.75/\$3.75	Heineken	\$3.25
Bass Ale	\$3.00/\$4.00	Beck's	\$3.25
		Sierra Nevada	\$3.50
		ALCOHOL FREE	
		Sharps	\$2.25
		Kalibur	\$2.50

HOUSE UNDRINKS

Mango Tango	\$3.00	Coconut Palm	\$2.50
Orange mango, pineapple, lime, and coconut, blended with crushed ice.		Cream, coconut cream, and pineapple, blended with crushed ice.	
Fruit Freeze	\$2.75	Hawaiian Orchid	\$2.75
A non-alcoholic version of our frozen daiquiris! Your choice of strawberry or raspberry.		Pineapple juice, cranberry juice, orzata, and cream, shaken.	

All of the drinks above are available with liquor added for an additional \$1.25.

We trust you enjoyed your dining experience.

Your comfort and pleasure are our concern.

Please share your feelings with the Management...
or fill out a comment card. We'll be listening!

Please, no cigars or pipes in the restaurant.

We do not accept personal checks.

Mastercard, Visa, American Express, and Diners' Club cheerfully accepted!