

J. Morgan's Lunch

BE SURE TO FIND OUT ABOUT TODAY'S SPECIALS

We are proud to say that all of our food is made to order. Quality is never sacrificed.

Lettuce Entice You

Our GIANT Caesar with Your Favorite Topping

The Classic with anchovies. 8 Blackened or Grilled Chicken 11

Fried Calamari, Fried Popcorn Shrimp, Grilled Salmon or Marinated Steak 14

Soup, Salad and Half Sandwich ~ Whim soup, choice of house salad and sandwich of the day. 10

The Chopped Italian Salad ~ Shredded lettuce, thinly sliced Roma tomatoes, sliced black olives, banana pepper rings and diced red and green peppers. With julienned salami, Capicola and provolone cheese. Drizzled with house Italian. 12

"The Greek" ~ Yogurt marinated grilled chicken, grape tomatoes, cucumbers, celery, green pepper, red onions, Kalamata olives, capers and Feta cheese all tossed with an oregano, lemon and olive oil dressing. 13

The Mediterranean Salad ~ Romaine lettuce, black olives, red onions, cucumbers, artichoke hearts, tomatoes, roasted red peppers, Feta cheese & chick peas all tossed in a light Greek red wine vinaigrette. Plain 10 ~ Grilled Chicken 13 ~ Sautéed Shrimp 14

Pesto Shrimp Salad ~ Sautéed pesto shrimp, sundried tomatoes, fresh mozzarella, Kalamata olives, pine nuts, parmesan cheese and toasted garlic crumbs all tossed with mixed greens and basil vinaigrette. 14

Vermont Salad ~ Vermont smoked chicken, apples, golden raisins, cranberries, toasted pecans, Cabot sharp cheddar, cucumber, red onions, grape tomato, mixed greens with a Vermont maple mustard vinaigrette. 12

Steak Tip Salad ~ Chopped romaine, mescaline, green beans, tomatoes, scallions and gorgonzola cheese, tossed in our sweet balsamic and herb oil dressing. Topped with grilled sirloin steak seasoned with Montreal seasoning and shoe string onion rings. 14

The Asian Salad ~ Mixed greens with carrots and red & white shredded cabbage, scallions, fresh oranges and sesames. Tossed in a honey-lime vinaigrette and drizzled with peanut sauce and crispy wontons. Tandoori Marinated Chicken 12 ~ Asian Sautéed Shrimp 14

Buffalo Chicken Salad ~ Chunks of buttermilk fried chicken tossed with candied pecans, corn, red onion, scallions, tomatoes, shredded cheddar, chopped romaine and our own buttermilk peppercorn ranch dressing. Served with a side of spicy Buffalo sauce for dipping. 12

Strawberry & Mango Salad ~ Baby spinach and arugula, sweet strawberries and mangos, Chevre cheese, toasted pine nuts, red onions and sliced smoked chicken breast. Served with maple balsamic vinaigrette. 12

J.Morgan's Cobb ~ Bacon, tomatoes, avocado, scallions, egg, cheddar, gorgonzola cheese and chopped romaine. Served with a creamy honey mustard dressing.

Plain 10 ~ Grilled Chicken 13 ~ Sautéed Shrimp or Grilled Steak 14 ~ Fresh Maine Lobster Meat 18

Barbecued Shredded Chicken ~ Romaine, tomatoes, cucumbers, avocado, fresh corn & black beans. Tossed in our ranch dressing topped with barbecued shredded chicken. Served with jalapeño corn bread. 12

Flatbreads & Pastas

Stone Cooked Pizzas

Prosciutto & Fig Flatbread ~ Fontina and Mascarpone cheese, sweet fig balsamic glaze and a side baby arugula salad. 14

Margarita Flatbread ~ Fresh basil, fresh mozzarella, grape tomatoes and EVOO. Served with our classic Caesar or our house salad. 12

The Greek Flatbread ~ Olive oil and garlic rubbed crust, Feta cheese, Kalamata olives, sundried tomatoes and red onions. Served with a Greek side salad. 12

Polo Loco Chicken ~ Grilled boneless chicken in a parsley butter garlic sauce. Tossed with grape tomatoes and penne pasta. 12

J.Morgan's Pasta ~ Grape tomatoes, fresh basil, onions, garlic and baby spinach in an olive oil white wine butter sauce. Tossed with 1/3rd lb of fresh shrimp & baby mozzarella balls. Shrimp 14 ~ Plain 9

The Best Mac & Cheese Ever ~ Five cheeses blended together to make the best Mac and cheese you have ever had! Sprinkled with garlic butter crumbs and served over Cavatappi pasta. \$9 With the meat of a half Maine lobster for \$8 more.

The State of Vermont requires that all restaurants post the following notice: ****consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions****

For parties of six or more and for parties with separate checks, an 18% gratuity will be added to your bill

Sandwiches & More

A choice of French fries, Sweet Potato Fries, Seasonal Fruit Salad

Crispy Boneless Chicken Fingers ~ Buttermilk fried tenders with BBQ dipping sauce. 10
Hot “n” Crunchy Chicken Or Shrimp tossed in our sweet and glazy pub sauce, served with blue cheese apple bacon slaw and celery. **Chicken** 11 ~ **Shrimp** 14

Southern Fried Chicken Sandwich ~ Buttermilk battered for a crispy juicy chicken with sliced pickles, shredded lettuce and a touch of mayo on Challah roll. 10

Ultimate Grilled Chicken Sandwich ~ Grilled chicken topped with crisp lettuce, tomato, onion, avocado, apple wood smoked bacon and served on a grilled Challah roll with roasted garlic mayo. 12

Chicken Quesadilla ~ Flour tortilla filled with grilled chicken, Pepper Jack cheese, scallions, black beans and corn. Served with a cilantro sour cream and salsa. 11

Tandoori Wrap ~ Tandoori grilled chicken in a soft white wrap with julienned radish, shredded lettuce, cabbage, carrots, fresh cilantro, scallion and peanut sauce. Topped with fried ginger noodles. 11

Barbecue Pulled Pork Sandwich ~ BBQ pulled pork, apple bacon blue cheese slaw and melted Pepper Jack cheese on a soft roll. 10

Lobster Club Sandwich ~ A whole fresh Maine lobster tossed with a touch of mayo and lemon on a butter grilled roll. Served with shredded lettuce, bacon and fresh avocado. An Amazing Sandwich! 17

Crispy or Grilled Fish Taco ~ Crispy fried or gilled white fish with a fresh avocado cilantro & lime vinaigrette slaw in a chipotle wrap with creamy adobe sauce. 12

J.Morgan’s Plaza Club ~ No Sandwich is bigger. Fresh roasted and hand carved turkey breast with apple smoked bacon, lettuce and tomato on three layers of our toasted cranberry pecan bread. Mayo & cranberry chutney add the finishing touch. 11

Turkey VT ~ Maple turkey, apple smoked bacon, granny smith apples and cheddar cheese with a cranberry mayo dressing on top of cranberry pecan bread. 10

Our Crazy B.L.T. ~ Add Brie cheese and avocado to the original bacon, lettuce, tomato and mayo on a toasted baguette. Now that’s Crazy! 10

The Perfect Grilled Cheese ~ Smooth fontina, parmesan and provolone cheeses with, fresh herbs, garlic and 100% EVOO. Grilled crispy on homemade Italian bread. 8 **With Ham and Tomato** 11

Cordon Bleu Panini ~ Grilled chicken, black forest ham, Swiss cheese, red onion, baby spinach and maple whole grain mustard on crisp baguette. 10

Smoked Chicken & Grilled Asparagus ~ Green Mountain smoked chicken breast, grilled asparagus, sundried tomatoes, herbed goat cheese and balsamic glaze. 11

Chicken Pesto Panini ~ Fresh grilled chicken, baby spinach, sun dried tomatoes, roasted garlic, marinated portabella and mozzarella cheese with a pesto spread. 11

Tuna Melt ~ Our all white meat tuna with fresh lemon, dill, capers, red onion and a touch of mayo placed on top of homemade rye toast. Topped with melted cheddar, tomatoes and sprouts. 9

The Classic Reuben ~ Tender corned beef, sauerkraut, Russian dressing and Swiss cheese. 10

J.Morgan’s Burgers

Our steak burgers are made from filet, NY strip steak, prime rib and chuck, ground fresh, hand formed and served on a grilled Challah roll. All burgers are a generous ½ lb.

J.Morgan’s Steak Burger ~ Through the garden. 11

Bacon Mushroom Onion Cheese Burger ~ Topped with sautéed sweet onions, button mushrooms, apple wood smoked bacon and two slices of your favorite cheese. 13

The All American Double Cheese Burger ~ Two 4oz burgers topped with lettuce, tomato, onions, pickles, American cheese, ketchup & mustard. 12

Steakhouse Crock Burger ~ Our grilled burger served in a crock with our French onion soup, melted Swiss and toasted bun. Like a French Dip just better. 14

Cowboy Burger ~ BBQ sauce, bacon, fried onion rings and cheddar cheese. 13

Montreal Seasoned Burger ~ Seasoned with Montreal steak seasoning topped with Dijon mustard and gorgonzola cheese. 12

Southwestern Jalapeño Burger ~ Fresh avocado, pepper jack cheese, lettuce and fried jalapeños. Served with a side of cilantro sour cream and house made salsa. 13

Vermont Turkey Burger ~ Misty Knoll turkey seasoned, grilled and served on a soft grilled Challah roll with roasted garlic mayo, peppered bacon, Cabot cheddar cheese, avocado and LTO. 14

Wasabi Grilled Mahi Sandwich ~ Teriyaki marinated, grilled and served with paper thin pickled cucumbers and red onions on a Challah roll with Wasabi cucumber mayo. 12

Salmon Dill Sandwich ~ Fresh Atlantic salmon seasoned with lemon & herbs, topped with a fresh dill tarter sauce. Served on a grilled Challah roll with crisp lettuce. 14

Vegetarian Portabella Burger ~ Grilled portabella, veggie burger, VT goat cheese, tomatoes, baby spinach and roasted red pepper aioli. 12

Order Dessert Now, Please!