



The Blue Benn Diner
Bennington's Dining Room since 1948

We serve breakfast all day!

Breakfast

Eggs and Scrambles

- One egg w/home fries & choice of toast.....\$4.95
- Two eggs w/home fries & choice of toast.....\$5.95
- Three eggs w/home fries & choice of toast.....\$6.95
- Two eggs w/home fries, toast, & choice of ham, bacon, or sausage.....\$7.95
- Corned beef hash w/two eggs, home fries, & toast.....\$8.95
- Sausage gravy & biscuits.....\$8.95
- w/two eggs.....\$10.95
- Breakfast Burrito: scrambled eggs w/refried beans, topped w/salsa & cheddar cheese, & wrapped in a flour tortilla.....\$8.95
- w/spicy sausage.....\$9.95
- Texas Burrito: scrambled eggs w/choice of black or refried beans, topped w/beef chili & pepper jack cheese, & wrapped in a flour tortilla.....\$10.95
- Denver Scramble: scrambled eggs, ham, onion, & cheddar cheese.....\$8.95
- Garden Scramble: scrambled eggs w/broccoli, spinach, tomatoes, onions, mushrooms, peppers, & topped w/ cheddar cheese.....\$9.95
- Huevos Rancheros: Two corn tortillas w/choice of refried or black beans, topped w/two poached eggs, cheddar cheese, tomato, avocado, green chiles & salsa.....\$9.95
- Tofu Scramble (no eggs!): tofu, soy sausage, & veggies w/curry.....\$9.95
- Breakfast Sandwich: Egg on an English muffin, w/ choice of ham, bacon, or sausage and American cheese.....\$6.25
- Bagel melt: choice of plain or everything bagel, w/ham, fried egg, American cheese. Served w/home fries.....\$8.95

Blue Benn Signature Omelettes

Served with home fries and choice of toast

- Marcus' Creation: bacon, onion, cheddar & apple.....	\$10.95
- Richie's Rubeen Omelet: corned beef, Swiss cheese, & sauerkraut.....	\$10.95
- Sir Benn Omelette: chicken, broccoli, mushrooms, cheddar cheese & topped with hollandaise.....	\$10.95
- Smoke House Omelette: smoked ham, bacon, & smoked cheddar cheese.....	\$10.95
- Western Omelette: diced ham, peppers,& onion.....	\$9.95
- Philly Cheesesteak Omelette: shaved steak, w/onions mushrooms, peppers, and American cheese.....	\$10.95
- Smoked Salmon Omelette: smoked salmon, sour cream, & fresh dill.....	\$9.95
- Farmer's Omelette: sausage, peppers, onions, & potato.....	\$10.95
- Ham & Cheese Omelette: choice of cheese.....	\$9.95
- California Omelette: avocado, tomato, sprouts, & sour cream.....	\$9.95
- Greek Omelette: feta cheese, tomato, onion & Mediterranean spices.....	\$9.95
- Mexican Omelette: tomato, chiles, cheddar cheese, & topped w/guacamole.....	\$9.95
- Chicken Fajita Omelette: grilled chicken, cheddar cheese, peppers, onions & salsa.....	\$10.95
- Spinach Pesto Omelette: spinach & pesto sauce (basil, parmesan cheese, garlic, walnuts, & olive oil.....	\$9.95
- Margherita Omelette: tomato, mozzarella, & basil.....	\$9.95
- Fresh Herb & Sour Cream Omelette.....	\$8.95
- Veggie Clili Omelette: veggie chili, & Monterey jack cheese, topped with guacamole.....	\$9.95
- Apple Cheddar Omelette.....	\$8.95
- Spinach & Sour Cream Omelette.....	\$8.95
- Mushroom & Broccoli Omelette.....	\$8.95

Or build your own!

- 3 eggs*.....	\$7.95
- Choice of meat.....	add \$1.50
- Choice of cheese.....	add \$1.00
- Choice of veggies.....	add \$1.00
*Egg beaters or egg whites available upon request.....	add \$1.75

Blue Benedicts

- Eggs Benedict: two poached eggs on an English muffin topped w/Canadian bacon & hollandaise sauce.....\$10.95
- Country Benedict: two poached eggs on a biscuit w/sausage & topped w/country gravy.....\$10.95
- California Benedict: two poached eggs on an English muffin, topped w/tomato, avocado, black beans, sprouts, & guacamole hollandaise.....\$10.95
- Southwestern Benedict: Two Poached Eggs on a grilled corn muffin, topped w/tomato, avocado, black beans, salsa hollandaise.....\$10.95
- Popeye Benedict: Two Poached Eggs on an English Muffin, topped with Spinach and Hollandaise Sauce.....\$9.95

Pancakes & French Toast

- Plain Pancakes (3).....\$6.50
- Blueberry Pancakes.....\$7.50
- Blueberry almond Pancakes.....\$7.95
- Crunch Berry Pancakes (raspberries & granola).....\$7.95
- Banana Walnut Pancakes.....\$7.95
- Matheson's Creation: (chocolate chip and raspberry).....\$7.95
- French Toast.....\$6.25
- Swirl Cinnamon or.....\$7.25
- Sourdough French Toast.....\$7.25
- Corn Bread Fresh Toast.....\$7.25

Real Vermont maple syrup:.....\$1.50

- Single plain pancake.....\$2.25
- Single specialty pancake.....\$3.00

Side orders

- Homemade Donuts: (each).....\$2.00
- Toast (white whole wheat, rye.....\$1.50
- Homemade Biscuit, or English Muffin.....\$2.25
- Bagel w/Cream Cheese (plain or everything).....\$3.25
- Homemade Muffins (of the day).....\$3.25
- Homemade Cinnamon Bun.....\$4.00
- Sourdough, Cinnamon Swirl, or Gluten Free Toast.....\$2.50
- Home Fries.....\$3.50
- Bacon, Ham, Pork or Turkey Sausage.....\$3.95
- Soy Sausage (vegan).....\$2.95
- Corned Beef Hash.....\$4.95
- Canadian Bacon.....\$4.95

- Cheerios or Rice Krispies.....\$3.50
- Oatmeal: Cup.....\$2.95 Bowl.....\$3.50
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Lunch

Sandwiches

Served on your choice of white, wheat, rye, or hard roll w/pickles and chips!

Choice of cheese, (cheddar, smoked cheddar, Swiss, American, muenster, havarti, pepper jack, mozzarella)
add \$1.00

- Ham & Egg.....\$7.25
- Western: (ham & onion).....\$7.25
- Roast Beef.....\$7.95
- Roast Turkey.....\$7.95
- Bacon, Lettuce & Tomato.....\$7.25
- Baked Ham.....\$7.25
- Chicken Salad.....\$7.95
- Tuna Salad.....\$7.95
- Egg Salad.....\$7.25

Specialty Sandwiches from the Grill

- Smoked Cheddar w/Tomato on Sourdough.....\$8.25
- Havarti Cheese Melt on Sourdough w/Sprouts, Tomato, & a side of coleslaw.....\$8.25
- Blue Benn Rubeen: corned beef, sauerkraut, & Swiss cheese on rye.....\$9.95
- Grilled Mesa Sandwich: smoked turkey w/ pepper jack, avocado, lettuce and tomato on
sourdough.....\$9.95
- Chicken breast w/Swiss & BBQ sauce.....\$8.95
- w/sauteed mushrooms and onions.....\$9.95
- Chicken breast w/Monterey jack, lettuce, tomato, & garlic mayo on a hard roll.....\$9.95
- Smoke house ham & smoked turkey w/cheddar on sourdough.....\$9.95
- Tuna melt w/ muenster.....\$9.25
- Ham & American cheese.....\$7.25
- Grilled Cheese: (with choice of American, Swiss, muenster or cheddar.....\$6.95
- Foot-long hotdog.....\$5.95
- w/sauerkraut, add .50

Hot Open-Faced Sandwiches

- The traditional favorite! With your choice of roast beef, hamburger, or turkey.* Served with either
mashed potatoes or fries, a vegetable, & served on white bread w/homemade gravy.....\$11.95

*All white turkey meat.....add \$1.50

Burgers

- 1/4lb hamburger w/choice of cheese, lettuce & tomato.....\$7.00*
- Blue Benn Burger: 8oz Burger w/choice of cheese, lettuce, tomatoes w/ fries.....\$9.95*
- Patty Melt: 4oz burger w/Swiss cheese & sautéed onions on Rye w/fries.....\$8.50*
- Blue Benn Veggie Burger: w/lettuce, tomato, onion, & avocado. Served in pita with a special sauce.....\$9.25
- Blue Benn Nut Burger: w/ cheddar cheese lettuce, tomato, onions & sprouts. Served in pita w/our herb sauce.....\$9.25

- *additional items (bacon, sautéed mushrooms and/or onions, or green chiles.....\$1.00

Wraps (all served in a soft, flat bread round)

- Blue Benn: w/grilled mozzarella, roasted red peppers, & spinach.....\$9.50
- Cape Cod: w/turkey, bacon, lettuce, tomato, & cranberry mayo.....\$10.95
- California: w/avocado, cheddar, tomatoes, sprouts, & guacamole mayo.....\$10.95
- Buffalo: w/spicy chicken tenders, pepper jack, peppers, onions, & served w/ blue cheese dressing.....\$10.95
- Ranch: w/chicken tenders, Monterey Jack, romaine lettuce, peppers, onions, & served with ranch dressing.
- Southwest: turkey, tomato, green chiles & chipotle mayo.....\$8.95

Club Sandwiches

The classic double-stack! Your choice of ham, turkey, or roast beef, w/ bacon, lettuce, tomato, & mayonnaise, stacked between toasted white bread. Served w/french fries,\$12.95

Veggie Corner

- Blue Benn Veggie Burger: w/lettuce, tomato, onion, & avocado. Served in pita with a special sauce.....\$9.25
- Blue Benn Nut Burger: w/ cheddar cheese lettuce, tomato, onions & sprouts. Served in pita w/our herb sauce.....\$9.25
- Margherita Sandwich: mozzarella, tomato & basil, served on sourdough.....\$8.25
- Falafel: w/hummus, tomato, green peppers, & sliced cucumber, served in pita w/ tahini sauce.....\$9.25
- Spinach Melt: spinach, cheddar cheese, mushrooms, onions, & sprouts, served on pita.....\$9.25
- Syrian Roll-up: avocado, Swiss cheese, tomato, & sprouts, served in a pita.....\$8.95
- Veggie Quesadilla: choice of black or refried beans, cheddar cheese, tomato, chiles, sprouts and salsa in a crispy tortilla shell.....\$9.25
- Veggie Burrito: Sauteed vegetables, choice of black or reared beans, cheddar cheese & salsa wrapped in a flour tortilla.....\$9.95
- Veggie Chili served w/a corn muffin.....\$9.95
- Veggie Stir Fry: served w/ brown rice.....\$10.95
- Grilled Marinated Portobello Mushroom: Topped with onions and mozzarella cheese.....\$9.25

Kiddie Corner (children under 13)

- Spaghetti w/marinara.....\$6.50
- w/meatballs.....\$7.50
- Grilled cheese.....\$6.50
- Chicken Tenders (2).....\$6.95

House Specials

- Roast Turkey Dinner: white and dark meat, served with mashed potatoes, homemade dressing & cranberry sauce.....\$14.95
(All white meat, add \$1.00)

- Chicken Fried Steak w/ Country Gravy: served w/potato & vegetable of the day, or w/a homemade biscuit & two eggs.....\$10.95
- Roast Beef Melt: roast beef w/sauteed mushrooms and onions, melted cheddar cheese, and a horseradish sauce. Served on a hard roll with a side of coleslaw.....\$10.95
- Beef Chili: w/cheddar cheese & a corn muffin.....\$9.95
- Fish & Chips.....\$10.95
- French Dip: roast beef on a hard roll, served w/au jus.....\$10.95
- Grilled Marinated Chicken Breast: served w/brown rice & a tossed salad.....\$10.95

Continued)

- Gyro Sandwich: Sliced lamb on pita w/lettuce, onions, sprouts, & our herb sauce.....\$9.95
- Chicken or Veggie Chimichanga: served with brown rice & a tossed salad.....\$9.95
- Chicken Burrito: grilled chicken, cheddar cheese, refried beans & salsa.....\$9.95
- Chicken & Black Bean Quesadilla.....\$9.95
- Chicken Parmigiana: Breaded chicken cutlet, fried and topped with marinara & mozzarella cheese. Served with spaghetti.....\$11.95
- Cuban Beans and Rice.....\$7.95

Daily Specials

Monday - Enchilada Platter: your choice of chicken or veggie, w/refried beans and brown rice.....\$10.95

Tuesday - Baked Meatloaf: served w/french fries or mashed potatoes & vegetable of the day.....\$10.95

Wednesday - Chicken & biscuits: served w/french fries or mashed potatoes & vegetable of the day.....\$10.95

Thursday - Baked Mac & Cheese: w/the vegetable of the day.....\$9.95

Friday - Broiled or Fried Haddock: served w/french fries or mashed potatoes & vegetable of the day.....\$10.95

House Salads*

- Tossed Salad.....\$4.95
- Chef Salad: lettuce, tomato,Black olives, mushrooms, julienned slices of ham & turkey, egg wedges, American & Swiss cheese, and dressing.....\$10.95
- Veggie Chef Salad: lettuce, tomato, Black olives, mushrooms, onions, peppers, egg wedges, American & Swiss cheese, and dressing.....\$9.95

- Greek Salad: lettuce, tomato, feta cheese, black olives & Greek dressing.....\$9.95
- Chicken Fajita Salad: grilled chicken, cheddar, peppers, onions, & salsa.....\$10.95

* Server with choice of dressing: Italian, balsamic vinaigrette, honey mustard, ranch, blue cheese, Greek, Russian, or tahini

Side Kicks

- Hand-cut French Fries.....\$4.95
- Sweet Potato Fries.....\$5.95
- Mashed Potatoes.....\$4.95
- Onion Rings.....\$5.95
- Vegetable of the Day.....\$3.95
- Soup of the Day: cup.....\$3.25 bowl.....\$4.25

Dessert

- Homemade Tapioca Pudding.....\$6.50
- Homemade Fudge Pudding.....\$6.50
- Homemade Pumpkin Bread Pudding.....\$6.50
- Homemade Indian Pudding: served warm w/a scoop of vanilla ice cream.....\$7.00
- Homemade Apple Crisp.....\$6.50
- Homemade Pie.....\$6.00 a la mode.....\$7.00

Beverages

- Brewed, Fresh Ground Coffee (with refill).....\$1.75
- Decaffeinated Coffee (with refill).....\$1.75
- Iced Coffee.....\$2.95
- Tea (regular or decaf).....\$1.75
- Iced Tea.....\$2.95
- Hot Chocolate w/Whipped Cream.....\$2.50
- Chilled Juices: (orange, grapefruit, cranberry, tomato & V-8) small.....\$2.50 large.....\$3.00

- Soft Drinks: (Coke, Diet Coke, Sprite, Root Beer, Powerade, Club Soda, Lemonade)
small.....\$1.50 medium.....\$2.00 large.....\$2.50 (w/refill on all)