BEVERAGES

COFFEE
Regular
Decaffeinated

HOT CHOCOLATE
No sugar added (.5) 7.5 g

JUICE
Apple (1) 15 g
Cranberry (1) 15 g
Orange (1) 15 g
Pineapple (1) 15 g
Prune (2) 30 g
Tomato
V-8

LEMONADE

MILK
Chocolate (2) 30 g
Lactaid (1) 12 g
Low Fat (1) 12 g
Skim (1) 12 g
Vanilla Soy (1) 12 g
Whole (1) 12 g

WATER
Cucumber Sage

TEA
Apple, Cinnamon, Cranberry, Mint
Chamomile
Earl Grey
Green
Lemon
Lipton
Unsweetened Ice Tea

APD is proud to support local farms, local producers, and the local economy. Here are a few of the 70+ local producers we support through our menu.

- Beaver Pond Farm, Newport, NH
- Boggy Meadows Farm, Walpole, NH
- CMC Mushrooms, Keene, NH
- Deep Root Organic, Johnson, VT
- Green Mountain Blue Cheese, Highgate, VT
- Hemingway Farms Charlestown, NH
- King Arthur Baking Company, Norwich, VT
- Laroque Farm, Randolph, VT
- McNamara Dairy, Plainfield, NH
- Misty Knoll Farm, New Haven, VT
- Pierson Farm, Bradford, VT
- Scott Farm Orchard, Dummerstone, VT
- Thistle Hill Farm, North Pomfret, VT

We follow the Mediterranean diet, which includes legumes, seeds, and olive oil as the building blocks of meals. The diet emphasizes fresh produce including vegetables, fish, and fruits. These are a rich source of vitamins, fiber, minerals, healthy fats, and phytochemicals, helping achieve a healthy body. The diet is based on the eating habits of long-living adults from the Mediterranean and offers guidelines regarding what foods to eat regularly and what to eat less often than other foods.
BREACKFAST

CEREAL
Cheerios (1) 15 g or Honey Nut Cheerios (1.5) 22.5 g
Corn Flakes (1) 15 g
Cream of Rice (2) 30 g
Cream of Wheat (2) 30 g
Oatmeal (2) 30 g
Raisin Bran (2) 30 g
Rice Chex (1) 15 g
Low Fat Granola (2.5) 37.5 g

FRUIT
FRESH Apple (2) 30 g Banana (2) 30 g Orange (2) 30 g Grapes (1) 15 g Applesauce (1) 15 g Mango Applesauce (1) 15 g CANNED Peaches (1) 15 g Pears (1) 15 g Mandarins Oranges (1) 15 g Prunes (1) 15 g Seasonal Fruit Cup (1) 15 g

YOGURT
Regular Style or Greek Style Plain (.5) Vanilla (1) 15 g Yogurt and Fruit Parfait (2) 30 g Add any FRUIT from above

BREACKFAST SIDES
English Muffin (2) 30 g Home Fries (1) 15 g White, Wheat, or Cinnamon Raisin Toast (1) 15 g Plain Bagel (4) 60 g Cinnamon Raisin Bagel (4) 60 g Hard Boiled Egg, Peanut Butter, Cottage Cheese Banana Bread (2) 30 g Muffin of the Day (2) 30 g Cream Cheese (Regular, Strawberry, or Vegetable)

SOUP
Chicken Noodle (.5) 7.5 g Lentil Stew (2) 30 g Tomato (1.5) 22.5 g Vegetable (1.5) 22.5 g

SIDE SALADS AND DRESSINGS
Garden Salad, Caesar Salad, Cottage Cheese
Oil & Vinegar, Ranch, Fat Free Ranch (1) 15 g Golden Italian, Balsamic Vin, Raspberry Vin (.5) 7.5 g

LUNCH AND DINNER

SMALL PLATES
Chips and Salsa (1) 15 g
Crudités Broccoli, Carrots, and Cherry Tomatoes, served with your choice of dressing
Hummus Plate House-made Garlic Hummus, served with oven toasted pita chips (1) 15 g
Quesadilla Beans and Cheddar, vegetarian or add chicken (3.5) 52.5 g
SIDES Baked Potato Wedges (2) 30 g Baked Sweet Potato Wedges (2) 30 g Baked Potato (2) Dinner Roll (1) Fresh Mashed Potato (1)
Steamed White or Brown Rice (3)

ENTRÉE SALADS
Chef Salad Lettuce mix with carrots, cucumbers, tomatoes, turkey, egg, and cheddar cheese
Caesar Salad Your choice of traditional, chicken, salmon, or shrimp with house-made croutons
Spinach Baby spinach, strawberries, blueberries and almonds (2) 30 g Caprese Salad Fresh Mozzarella, tomatoes, basil, and extra virgin olive oil served with baguette slices (1) 15 g

CREATE YOUR OWN SANDWICH (WHOLE OR ½)
Chicken Salad, Egg Salad, House-made Hummus, Tuna Salad Turkey (Low Sodium or Oven Roasted) Peanut Butter & Jelly Cheddar, Swiss, White, Whole Wheat, Rye (2) 30 g Kaiser Roll (3) 45 g Tortilla (3) 45 g Sub Roll (2) 30 g Crackers, Oyster Crackers (1) 15 g

FROM THE CHARBROILER
Served on a kaiser roll with lettuce, tomato, and pickle
Garden Burger (4) 60 g Grilled Chicken Breast (3) Hamburger (3)

SNACKS
Baked Potato Chips (1.5) 22.5 g Cabot Cheddar, Cheddar Goldfish (1) 15 g Cheddar Popcorn (1) 15 g Chee Mix (2.5) 37.5 g Fig Bar (1.5) 22.5 g Fruit and Nut Bar (1.5)22.5 g Graham Cracker (1) 15 g Peanut Butter, Pretzel Goldfish (1) Raisins or Craisins (2) Rice Krispie Treat (2) Saltine Crackers (1) 15 g Silvered Almonds, Sunflower Seeds, Tortilla Chips (2) 30 g

BREAKFAST ENTRÉES
Scrambled Eggs
Egg and Cheese Sandwich, served on an English muffin (2) 30 g
Omelets or Frittata, made with your choice of cheddar, Swiss, mushrooms, peppers, onions, tomatoes, or broccoli
Southwestern Breakfast Wrap, made with eggs, cheddar cheese, black beans, onions, and peppers (3.5) 52.5 g
Pancakes (3) 45 g Vermont maple syrup (2.5) 37.5 g
Seasonal French Toast (3) 45 g Vermont maple syrup (2.5)

LUNCH AND DINNER HOUSE SPECIALTIES
Chef’s Special (Ask operator or your server for details)
Lemon Parmesan Quinoa Bowl Vegetarian, chicken or shrimp, substitute quinoa with rice (2) 30 g
Vegetable Stir Fry Local vegetables tossed with tofu, chicken, or shrimp served over white or brown rice (3) 45 g
Shrimp Scampi with garlic, tomatoes, white wine and linguini (3) 45 g
Lemon & Herb Baked White Fish
Salmon Filet grilled plain or lemon thyme marinade, served with a zesty house-made salsa
Turkey Tortellini Pesto with tomatoes (3) 45 g
Roast Turkey and pan gravy
Grilled Honey Ginger Pork Chops (1) 15 g
Pasta Bar spaghetti, whole wheat penne (3) 45 g or cheese tortellini (3) 45 g with choice of marinara, pesto, alfredo and/or meatballs

On the Side: Vegetable of the day, carrots, broccoli, green beans, baby spinach, fresh beets, cole slaw

Controlled consistent carbohydrate diets. (#) equals the number of carbohydrates per serving. Choose 4 carbohydrates per meal. 1 serving = 15 grams.