

Sandwiches*

All sandwiches and panini come with a pickle and chips, or side of mesclun greens.

The Cutlery 7.52

roasted turkey, thinly sliced local apple, vermont cheddar, organic mesclun greens, mayo and mango chutney on peasant wheat

The Brassworks 7.52

roast beef, red onion, roasted red pepper, organic mesclun greens, mayo and horseradish sauce on peasant wheat

The Button Factory 7.52

our homemade curried chicken salad with sliced almonds, red onion, organic mesclun greens and mango chutney on country white

The Broadcloth 6.48

mashed avocado, vermont cheddar, organic mesclun greens and mango chutney on country white

The Silk Mill 6.48

our homemade organic hummus with cucumber, roasted red pepper, shredded carrots and organic mesclun greens in a wrap

The Mill River 6.48

tuna salad, organic mesclun greens, tomato and monterey jack cheese on country white

***Gluten Free Option!** 6.35

try a slightly smaller version of any sandwich or panini served on a gluten-free roll or in a rice wrap

Panini (Grilled Sandwiches)*

The Easthampton 7.71

turkey, vermont cheddar, bacon and organic baby spinach with spicy mustard on rye

The Haydenville 7.71

roast beef, monterey jack cheese, organic baby spinach and horseradish sauce on country white

The Chesterfield 7.71

ham and swiss cheese with spicy mustard on rye

The Florence 7.52

fresh mozzarella, tomato and pesto with olive oil on a baguette

The Goshen 7.52

roasted red peppers, organic baby spinach, goat cheese and balsamic vinaigrette on a baguette

Salads & Stuff

House Salad 4.25

organic mesclun greens, shredded carrot, cukes, red onion

Roasted Beet Salad 6.50

roasted beets, honey-glazed walnuts and goat cheese on a bed of organic baby spinach with balsalmic vinaigrette

Chef's Salad 7.71

organic mesclun greens topped with turkey, ham, cheddar cheese, cukes, carrot, red onion, chickpeas

Hummus Plate 5.50

organic hummus with carrot sticks, cukes and pita wedges

Sesame Noodles 4.95

soba noodles in our signature sauce served with shredded carrot and cucumber

dressing choices: house shallot vinaigrette, balsalmic vinaigrette, buttermilk ranch, ginger miso

Kid's Corner

Miss Merry Mac 3.00/4.48

our homemade, healthy mac & cheese

Squirrel Nutkin 2.95

cashew butter & strawberry jam on country white

Monkey in the Middle 2.95

bananas snuggled between cashew butter and honey on country white

Jack and Dill 2.95

grilled monterey jack cheese on country white with a pickle on the side

Johnny Apple Cheese Plate 4.52

wedges of crisp local apple with cheddar and monterey jack cheese

Big Bad Wolf Plate 6.00

deli cuts of roast beef, turkey, ham, cheddar and monterey jack cheese with a pickle

Half a Grownup 5.00

any regular sandwich or panini in half size with chips and a pickle

Madhatter's Tea Party 1.95

a pot of warm herbal tea, served with small tea cups

Please check our deli case for daily specials and gluten-free items.

Choice of Soup Daily 3.04/4.44

Half & Half 6.48

half a sandwich with a cup of soup or small house salad

Breakfast Specials

Muffins, scones and pastries made fresh daily!

Egg Sandwich	2.50		
on a bagel, toast, tortilla, or gluten-free roll (extra charge)			
Add cheddar, swiss or jack cheese	.60		
Add goat cheese or mozzarella	1.00		
Breakfast Burrito	4.53		
egg, cheese, salsa and avocado in a tortilla			
New York Bagel Special	6.78		
bagel with cream cheese, lox, tomato and red onion			
Homemade Granola (organic grains)			
with milk	4.25		
with homemade yogurt and organic bananas	6.00		
Gus and Paul's Bagels	1.50		
plain, sesame, everything, multigrain or cinnamon-raisin			
Bagel & Egg Sandwich Toppings			
red onion, shredded carrots, jam	.30		
capers, salsa	.50		
mesclun greens, spinach, tomato,			
cukes, roasted red pepper	.60		
cream cheese, cashew butter, pesto	.75		
bacon	1.00		
mashed avocado, hummus	1.25		
Ham, Turkey, Roast Beef	2.00		
lox	3.75		
Specialty Drinks*	12oz.	16oz.	20oz.
coffee	1.68	1.96	2.15
hot chocolate/steamer	2.14	2.76	3.09
cafe au lait	2.10	2.57	3.04
chai latte	2.71	3.43	4.14
tea latte	2.10	2.57	3.04
loose leaf tea (1 size)		1.73	
	1 shot	2 shots	3 shots
espresso	1.50	2.12	2.74
cappucino	2.62	3.33	4.05
cafe latte	2.71	3.43	4.14
cafe mocha	3.09	3.81	4.52
americano	1.68	2.30	2.92
*Most coffee and tea drinks can be iced			
Milkshake (16oz)	3.50		
Bart's ice cream & Mapleline milk			
Add 2 shots espresso or our Chai concentrate	4.90		
Homemade Smoothies (16oz)	3.78		
homemade yogurt, bananas, vanilla soymilk, OJ and fruit			

Our Mission

To provide delicious and nutritious food in a family-friendly atmosphere.

We believe in shopping locally. We are proud to serve:

Appalachian Naturals, specialty dressings
Goshen, MA
 Bart's Homemade, ice cream
Greenfield, MA
 Bashista Orchard, Apples & Cider
Southampton, MA
 Bread Euphoria, sourdough breads
Haydenville, MA
 Dean's Beans, organic, fairly traded coffee
Orange, MA
 Dufresne's Sugar House, maple syrup
Williamsburg MA
 Gus and Pauls, New York style bagels
Springfield, MA
 Hall Poultry Farm, eggs
Pelham, MA
 Hot Mama's Gourmet, pesto
Springfield, MA
 Mapleline Farm, milk and cream
Hadley, MA
 Springfield Smoked Fish, Lox
Springfield, MA
 TeaGuys, loose leaf tea
Hatfield, MA

...and a variety of local produce seasonally

A Note on Gluten-Free Items:

We make gluten-free foods but do not claim to be a gluten-free facility.

Peanut Policy

While we cannot guarantee the safety of our food for individuals with allergies, we make every reasonable effort to avoid the use of peanuts. We would be happy to provide additional ingredient information upon request.



**1 North Main Street, Suite #2
 Florence, MA 01062
 www.cupandtop.com**

Give yourself a timeout!

Call ahead for orders to go
 ph. 413.585.0445

Before placing your order, please inform your server if a person in your party has a food allergy.

Prices subject to change.