

## Sandwiches

**The Cutlery** 6.76  
roasted turkey, thinly sliced organic apple, vermont cheddar, organic mesclun greens, mayo and mango chutney on peasant wheat

**The Brassworks** 6.76  
roast beef, red onion, roasted red pepper, organic mesclun greens, mayo and horseradish sauce on peasant wheat

**The Button Factory** 6.76  
our homemade curried chicken salad with sliced almonds, red onion, organic mesclun greens and mango chutney on country white

**The Broadcloth** 5.71  
seasoned avocado, vermont cheddar, organic mesclun greens and mango chutney on country white

**The Silk Mill** 5.71  
our homemade organic hummus with cucumber, roasted red pepper, shredded carrots and organic mesclun greens in a wrap

**The Mill River** 5.71  
tuna salad, organic mesclun greens, tomato and monterey jack cheese on country white

**Choice of Soup Daily** 2.86/4.29

**Half & Half** 5.71  
half a sandwich with a cup of soup or small house salad

*All sandwiches and paninis come with a pickle and chips, or lightly dressed greens.*

*Organic breads: french baguette, country white, peasant wheat, rye. We also have wraps.*

## Paninis (Grilled Sandwiches)

**The Easthampton** 6.95  
turkey, vermont cheddar, bacon and organic baby spinach with spicy mustard on rye

**The Haydenville** 6.95  
roast beef, monterey jack cheese, organic baby spinach and horseradish sauce on country white

**The Chesterfield** 6.95  
ham and swiss cheese with spicy mustard on rye

**The Florence** 6.76  
fresh mozzarella, tomato and pesto with olive oil on a baguette

**The Goshen** 6.76  
roasted red peppers, organic baby spinach, goat cheese and balsamic vinaigrette on a baguette

## Salads

**House Salad** 3.24  
organic mesclun greens with shredded carrot, sliced cucumber, red onion and your choice of dressing

**Roasted Beet Salad** 5.33  
roasted beets, honey-glazed walnuts and goat cheese on a bed of organic baby spinach with balsamic vinaigrette

**Chef's Salad** 7.24  
organic mesclun greens topped with turkey, ham, cheddar cheese, cucumbers, carrot, red onion, chickpeas and your choice of dressing

*dressing choices: our house shallot vinaigrette, balsamic 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** 4.00  
slices of crisp organic apple with cheddar and monterey jack cheese

**Big Bad Wolf Plate** 5.48  
deli cuts of roast beef, turkey, ham, cheddar and monterey jack cheese with a pickle

**Half a Grownup** 4.00  
any regular sandwich or panini in half size with chips and a pickle

**Madhatter's Tea Party** 1.95  
enjoy a pot of warm herbal tea, served with four small tea cups

**Hummus Plate** 4.76  
our homemade organic hummus with carrot sticks, cucumber and pita wedges

*Please check our deli case for daily specials.*

## Breakfast Specials

Egg and Cheese Sandwich 4.52

with your choice of 3 toppings on a bagel, toast  
or in a tortilla

Breakfast Burrito 4.29

egg, cheese, salsa and avocado in a tortilla

New York Bagel Special 5.71

bagel with cream cheese, lox, tomato and red onion

Homemade Granola (organic grains) 5.24

served with organic yogurt and organic bananas

Gus and Paul's Bagels 1.00

plain, sesame seed, everything, multigrain or  
cinnamon-raisin

## Bagel Toppings

red onion, capers	.29/ea.
tomato, roasted red pepper	.52/ea.
cream cheese, fruit jam	.52/ea.
bacon	.95
seasoned avocado, hummus	1.52/ea.
lox	3.57

## Coffee\* and Tea

	12oz.	16oz.	20oz. (to go)
coffee	1.43	1.71	1.90
hot chocolate	2.14	2.43	2.71
cafe au lait	1.90	2.38	2.86
chai latte	2.14	2.76	3.09
loose leaf tea (1 size)		1.43	
	1 shot	2 shots	3 shots
espresso	1.29	1.81	
cappucino	2.62	3.33	4.05
cafe latte	2.71	3.43	4.14
cafe mocha	3.09	3.81	4.52
americano	1.48	1.91	2.52
extra shot of espresso	.62		
flavor shot	.62		

\*Deans Beans coffee - organic and fairly traded

Coffee and tea drinks can be iced

100% Organic Smoothies (16oz) 3.76

yogurt, banana, vanilla soymilk, OJ and choice of fruit  
(strawberries, blueberries and/or raspberries)

## Our Mission

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

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

Dean's Beans, organic, fairly traded coffee

Orange, MA

TeaGuys, loose leaf tea

Hatfield, MA

Bread Euphoria, organic breads

Haydenville, MA

Mapleline Farm, milk and cream

Hadley, MA

Diemand Farm, eggs

Wendell, MA

Gus and Pauls, New York style bagels

Springfield, MA

Appalachian Naturals, specialty dressings

Goshen, MA

*Pastries, muffins, scones and cookies*

*made fresh daily!*

## 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.



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[www.cupandtop.com](http://www.cupandtop.com)

Call or Fax ahead for orders to go

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