

Anytime **MENU**

Spring - Summer 2026

Millis | Burlington



Toast

AVOCADO BACON & EGG | 12

One egg your way, crispy bacon, & smashed avocado served on our grilled housemade bread.

AVOCADO TOMATO BALSAMIC | 12

Smashed avocado with grape tomatoes, arugula, pickled red onions and drizzled with balsamic glaze on our grilled house made bread.

☉ SAVORY SUNRISE TOAST | 14

House made grilled bread layered with red pepper hummus, slow-roasted pork, fresh cucumber, pickled onions, arugula, and a sunny side egg*.

Eggs

Served with your choice of:

Toast | English Muffin | Bulkie roll
with jam & plant-based buttery spread

Make It Your Way.

Swap your side for something a little extra
Classic Favorites +1: Blueberry Muffin | Home Fries
Twist Signatures + 2: Citrus Arugula Salad
Fresh Pick + 3: Fresh Fruit

THE TRADITIONAL | 9

Two farm-fresh eggs* cooked your way, served with your choice of crispy bacon or housemade sausage, and your pick of sides. A timeless breakfast favorite, simple and satisfying.

SOUTHWEST OMELETTE | 15

Filled with smoky bacon, sharp cheddar, sautéed spinach, and topped with smashed avocado & zesty pico de gallo. Hearty & flavor-packed.

SUNNY BENNY* | 18

Available 8 - 11:30 daily while supplies last.

Two sunny side eggs* with rich hollandaise and savory ham on grilled English Muffins—cut in and let the yolk do the rest. *Deliciously dairy free.*

In Addition...

Home Fries | 6

Housemade Sausage* | 5

Bacon (2 slices) | 3

Two Eggs* | 3

Side of Toast with plant butter & jam | 3

Fresh Fruit | 6

☉ LIMITED EDITION

Crafted with care: Our menu descriptions highlight key ingredients and may not list all components. Please ask your server if you have any questions or specific concerns.



Morning Medley

THE HANDHELD | 7

Our English Muffin with 2 slices of bacon, egg* your style & choice of cheese.
Sub: Housemade Sausage* | +3

THE SUNRISE HANDHELD | 10

We pair our English Muffin with an egg* made your way, add roasted tomato spread, avocado, arugula, pickled red onion and a drizzle of garlic herb sauce.

☉ CHIPOTLE PEACH & SAUSAGE HANDHELD | 14

Sweet roasted peaches, housemade sausage*, egg*, cheddar, spinach, grilled red onions, and fresh jalapeños on our English muffin with a drizzle of smoky chipotle aioli.

BREAKFAST TACOS | 15

Two soft corn tortillas with scrambled eggs*, cheddar or dairy free cheese, bacon, pico de gallo, smashed avocado & arugula. Sub: Chicken or Pork for eggs | + 4

WAKE-UP BOWL | 17

Warm quinoa, roasted red peppers, smashed avocado, corn & chickpea salad, arugula, sliced cherry tomatoes served with a sunnyside up egg* and garlic herb drizzle.

Pancakes & French Toast

*Our own recipe served with real maple syrup and plant-based butter.
Extra Maple Syrup per oz | +1*

THE BREAKFAST | 13

Two fluffy pancakes or two triangles of French toast paired with two eggs* your style and 2 slices of bacon.

Sub: Housemade Sausage* | +3

Sub: Cinnamon Roll Pancakes | + 2

☉ Add: Fresh Blueberries (pancakes only) | + 2

3 STACK PANCAKES | 12

Three fluffy pancakes with plant butter and real maple syrup.

Add: 2 slices Bacon & 2 Eggs* | + 4.50

☉ Add: Fresh Blueberries | + 2

CINNAMON ROLL PANCAKES | 14

Fluffy pancakes swirled with sweet cinnamon filling and finished with a drizzle of creamy vanilla glaze. All the comfort of a cinnamon roll, stacked high for breakfast.

JUST THE TOAST | 12

Four triangles dipped into cinnamon egg custard and served with plant butter and real maple syrup.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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

Twist

Salads & Bowls

Add your choice of protein | + 6

Crispy Chicken* | Honey Buffalo Chicken* | Sautéed Chicken* Sautéed Honey Buffalo Chicken* | Chicken Salad with Grapes | Roasted Pork

HONEY'S SPICY CHICKEN BOWL | 15

Quinoa with sweet & spicy chicken, arugula, chickpea salad, cucumbers & Garlic Herb Drizzle

CAESAR SALAD | 10

Romaine, shaved parmesan or dairy free, herbed croutons with Caesar dressing. Served tossed.

SUMMER PEACH BOWL | 16

Arugula, quinoa and cucumbers tossed in our citrus vinaigrette, loaded with sliced avocado, pickled red onions, roasted peaches, plant-based feta, fresh jalapeños, cherry tomatoes, and fresh blueberries. Fresh, bold, and beautifully balanced — this bowl is summer in full bloom.

MAC & CHEESE | 16

Creamy macaroni and cheese made with four cheeses, tossed to order and topped with buttery herbed breadcrumbs.

Sandwiches are served with your choice of:

Sea Salt Kettle Chips or Corn & Chickpea Salad

Make It your Way

Swap your side for one of our house made favorites:

Classic Favorites +1: Golden Slaw | Caesar Salad | Potato Salad

Twist Signatures +2: Mac & Cheese | Home Fries

Fresh Picks +3: Arugula Salad | Fresh Fruit

The Quesadillas

PICO QUESADILLA | 17

Crispy chicken, cheddar or dairy free cheese, roasted red peppers, smashed avocado & pico de gallo.

CAESAR'S QUESADILLA | 15

A Twist on a classic! Crispy chicken, romaine, 4 cheeses or dairy free, choice of crispy or sautéed chicken, & caesar dressing. Add: Bacon & Smashed Avocado | +3.50

In Addition...

Roasted Corn & Chickpea Salad (4 fl oz) | 3

Chickpeas, roasted corn and red onions, cumin & lime dressing.

Golden Honey Slaw | 5

Crisp cabbage, carrots, scallions and red onions tossed in our lightly sweet honey dressing.

Citrus Arugula Salad | 6

Arugula, red onions, plant feta, dried cranberries in our slightly sweet citrus dressing

Caesar Side Salad | 4.50

Fresh romaine, seasoned croutons, shaved parm and our housemade Caesar dressing

Potato Salad | 6

Red bliss potatoes, eggs, celery, onions, dill and house made mayo

Mac & Cheese (side) | 6

The Classics

CHICKEN SALAD SANDWICH | 14

In honor of our friend Joan who shared this recipe, our chicken salad has been a guest favorite since 2011. Chicken breast tossed in a creamy dressing with scallions, celery, and fresh grapes, topped with lettuce & tomato, and served on our house made bulkie roll.

BLAT | 14

Bacon, lettuce, smashed avocado, mayo & fresh tomato served on our grilled sandwich bread.

Crispy Chicken | + 6 Add Turkey or Ham | +3

CHICKEN SANDWICHES | 16

Crispy Chicken: Our handbreaded chicken served on our grilled house made bulkie roll, mayo, lettuce, tomato, red onion & pickles.

Honey Buffalo: Crispy sweet & spicy chicken on our bulkie roll, with mayo, lettuce, tomato, pickles & red onion.

GARDEN VEGGIE SANDWICH | 16

Red pepper hummus, avocado, cucumber, tomato, pickled red onion, carrots and spinach layered on grilled sandwich bread with basil garlic sauce. Sub: EF/YF Wrap to make egg free.

ROASTED PORK & SLAW | 14

Roasted pork, swiss cheese, pickles, and crisp coleslaw stacked high on our house made grilled bulkie roll & finished with a drizzle of chipotle aioli.

ROASTED RED TURKEY SANDWICH | 16

Roasted turkey, red pepper hummus, roasted red peppers, romaine, and basil garlic sauce on grilled housemade bread.

The Melts

MEATBALL PANINI | 16

Housemade meatballs, slow roasted for hours in marinara. Topped with 5 cheeses or dairy free. Grilled to perfection.

ITALIAN CHICKEN PANINI | 16

Crispy chicken, provolone or dairy free, roasted red peppers, tomato, arugula & drizzled with housemade balsamic glaze.

BASIL CHICKEN MELT | 13

Tender grilled chicken layered with melted 5 cheeses or dairy free, and finished with a savory basil garlic sauce on perfectly toasted bread. A cheesy, flavorful bite of Italy!

ULTIMATE GRILLED CHEESE | 10

Cheddar, Swiss, Provolone, Mozzarella & Parmesan or dairy free cheese. Customize it with our varied toppings.

CLASSIC CUBAN | 16

House roasted pulled pork* served on grilled sandwich bread, layered with swiss or dairy free cheese, ham, half-sour pickles and drizzled with spicy mustard.

Twist

