



Starters

- Prosciutto Wrapped Baby Salad Greens with Shaved Fennel and Scallion Vinaigrette 10
- Roasted Beets, Endive and Arugula Salad with Blue Cheese Vinaigrette 9
- Mediterranean Salad with Green Beans, Olives, Onion, Celery, Arugula and VT Feta 10
- Summer Sweet Corn Soup with Vermont Smoked Bacon and Chives 9
- Cast Iron Seared Scallops with Cauliflower Puree, Blood Orange and Local Pea Shoots 12/26
- Smoked Chicken Wings with House Rub and Agave Nectar Glaze 8
- Red Hen Bread Tartine with Smoked Pork, Pickled Onions and Cheddar Fondue 9
- Grilled Flatbread with Duck Confit, Vermont Blue Cheese, Baby Swiss and Black Figs 13
- Penne with Stony Pond Farm Veal, Pancetta and Roma Tomato Ragu "Bolognese" 13/22

Entrees

- Seared Atlantic Salmon with Parsley Risotto and Chive Crème Fraiche 23
- Grain Fed Roasted Chicken Breast with New Potato Salad and Grilled Corn and Tomato Salsa 23
- Pepper Crusted Lac Brome Duck Breast with Leg Confit, Carrots, Mushrooms and Poached Black Figs 25
- Grilled Hanger Steak with Blue Cheese Butter and Hand Cut Yukon Gold Fries 23
- Herb Grilled Sirloin Steak with Basil Smashed Potatoes and Green Beans 28
- Summer Sweet Corn and Roasted Mushroom Risotto with Local Pea Shoots and Parmesan 20

Sides

- Roasted Brussels Sprouts 5
- Hand Cut Yukon Gold Fries with Sea Salt 6
- Baby Salad Greens with Scallion Vinaigrette 6
- Buttered Green Beans 5
- Creamed Corn 6

Join us Tuesday Evenings for Championship Barbeque!

JOHN DELPHA
CHEF & OWNER

Whole Suckling Pig Dinners Call Ahead

CAITLIN BILODEAU
OWNER

4 PARK STREET, ESSEX JUNCTION, VERMONT 05452

802.316.3883 www.beltedcowvt.com

PLEASE, NO SEPARATE CHECKS

18% GRATUITY WILL BE ADDED TO ALL PARTIES OF SIX OR MORE

EATING RAW OR UNDERCOOKED FOODS IS POTENTIALLY DANGEROUS TO YOUR HEALTH

