

FARM TO FORK

SUPPORT FOOD EDUCATION & LOCAL FARMS

JOIN US ON TUESDAYS FOR TAKE-OUT!

Tuesdays 4:30 - 6:30 pm

\$16 per entrée

Wheeler House

1100 Dorset St, South Burlington

Maple Wind Farm, Rugg Brook Farm
Bread & Butter Farm

October 6

Pork Tacos Al pastor style braised pork shoulder shaved thin served over VT Tortilla company tortillas (3), pickled onions, shaved cabbage, and a scallion cream. Accompanied with house-made black beans and cilantro rice.

Vegetarian Al pastor style Fall squash oven charred and served over VT Tortilla company tortillas(3), pickled onions, shaved cabbage, and a scallion cream. Accompanied with house-made black beans and cilantro rice.

October 13

Chili Bread and beef stewed with peppers, onions, roasted veggies, and kidney beans. Delicately spiced with ancho, chili powder, smoked paprika, cumin, coriander, and fresh herbs. Accompanied with a farm-fresh salad this is a classic that you don't want to miss out on.

Vegetarian Roasted butternut squash chili with peppers, onions, roasted veggies, and kidney beans. Delicately spiced with ancho, chili, smoked paprika, cumin, coriander, and fresh herbs. Accompanied with a farm-fresh salad.

October 20

Shepards Pie Roasted Fall veggies, accompanied with bread and butter braised beef, stewed in red wine, tomato, and beef gravy. This thick and hearty stew topped with buttery golden mashed potatoes and toasted in the oven until golden brown.

Vegetarian Roasted Fall veggies, stewed in red wine, tomato, and charred onion gravy. This thick and hearty stew topped with buttery golden mashed potatoes and toasted in the oven until golden brown.

October 27

Ramen Japanese style Pork Ramen – House-made chicken bone broth (maple wind farms), infused with soy, toasted sesame, mirin, and ginger. Accompanied with house-made ramen noodles, 7-minute egg, braised pork loin, and roasted local shaved veggies.

Japanese style Veggie Ramen – House-made roasted veggie broth, infused with soy, toasted sesame, mirin, and ginger. Accompanied with house-made ramen noodles, 7-minute egg, and roasted local shaved veggies.

November 3

Chicken Pot Pie Chicken thighs braised with white wine, veggies, and hearty winter herbs. Tossed in a creamy chicken gravy with charred winter veggies and potatoes. Topped with a house-made buttery pie crust.

Vegetarian Roasted sweet potatoes tossed with Moroccan spices, maple syrup, and hearty winter herbs. Tossed in a creamy onion gravy with charred winter veggies and potatoes. Topped with a house-made buttery pie crust.

We appreciate your ordering online through our website. Thank You. Our team happily takes walk-ins as we make limited extra meals each week. Ready to serve you at our white tent. We have certified organic veggies for you! See you soon ~ Chef Zack



802.652.0188 • INFO@COMMONROOTS.ORG • www.commonroots.org/farmtofork

Nourish to Flourish