

OPEN MONDAY - SUNDAY
7AM-2PM

TUCKER'S

BREAKFAST SERVED ALL DAY
LUNCH STARTING AT 11AM

COFFEE, TEA, & BEVERAGES

Served with local milk, local cream, almond milk, or gluten-free oat milk.

LOCALLY ROASTED HOT COFFEE

House, Tribal Brew (Dark), Decaf, Hazelnut, or French Vanilla
Free refills (dine-in only) 3.29

HOT COFFEE TO-GO

Small (12oz) 2.75
Medium (16oz) 3.17
Large (20oz) 3.45

ICED COFFEE

Small (20oz) 3.17 or Large (24oz) 3.70

COLD BREW

Freshly brewed daily in-house (20oz) 4.61

ISLAND COCONUT COLD BREW

Freshly brewed daily in-house (20oz) 4.61

COLD FOAM

Unsweetened or Sweetened +1.75

FLAVOR SHOTS

Caramel, Almond, Irish Cream, Strawberry, White Peach, or Pure Cane Sugar +1.10

TWO LEAVES AND A BUD ORGANIC TEA

Earl Grey, Assam Breakfast, Tamayokucha Green Tea, African Sunrise, Chamomile with Lemon Twist, Peppermint Leaves, or Mountain High Chai. 2.76

FRESH BREWED ICED TEA

Free refills (dine-in only) 3.69

ICED TEA TO-GO

Small (20oz) 2.92 or Large (24oz) 3.45

HOT CHOCOLATE

Served with whipped cream 3.45

LOCAL MILK

White or Chocolate
Small 2.63 or Large 3.69

JUICE

Orange, Apple, Cranberry, Tomato, or Grapefruit
Small 2.63 or Large 3.69

FOUNTAIN BEVERAGE

Pepsi, Diet Pepsi, Sierra Mist, Ginger Ale, Mountain Dew, Lemonade, Sobe Life Water, or Soda Water
Free refills (dine-in only) 3.56

BLENDED DRINKS

Served hot, over ice, or frozen.

ORIGINAL CHAI

A blend of black tea, spices and honey. 4.75

SALTED CARAMEL CHAI

Chai blended with salted caramel. 5.29

MATCHA GREEN TEA LATTE

Real Japanese matcha blended with creamy vanilla. 5.62

VANILLA CHAI

A blend of chai, vanilla, and honey. 5.78

MOCHA JAVA

Tribal Brew coffee blended with dark chocolate. 5.94

SALTED CARAMEL COLD BREW

Cold brew blended with salted caramel. Served over ice. 5.89

MOCHA COLD BREW

Cold brew blended with dark chocolate. Served over ice. 5.89

SALTED CARAMEL

Tribal Brew coffee blended with salted caramel. 5.29

SMOOTHIES

Add grass-fed whey or vegan protein. +2.15

STRAWBERRY BANANA SMOOTHIE

Juicy strawberry and creamy banana purées. Made with Stonyfield Organic vanilla yogurt or dairy-free.
(14oz) 5.66 or (20oz) 8.03

MANGO MAGIC SMOOTHIE

Sweet mango, pineapple, and banana purées. Made with Stonyfield Organic vanilla yogurt or dairy-free.
(14oz) 5.66 or (20oz) 8.03

BREAKFAST SPRING SPECIALS



BLUEBERRY BREAD FRENCH TOAST

Three slices of fresh baked blueberry tea bread grilled in French toast batter. Topped with blueberries and drizzled with lemon icing. Served with pure maple syrup from Fuller's Sugarhouse. 13.05

FRESH START SKILLET

Three local eggs scrambled with grilled onions, peppers, broccoli, kale, sharp cheddar, and maple apple chicken sausage. Drizzled with gochujang sauce and served over sweet potato homefries. Served with choice of toast. 13.80

LOADED POTATOES

Choice of our diced house potatoes or shredded hash browns topped with hardwood smoked bacon bits, grilled onions & peppers, and sharp cheddar. 4.95
Upgrade your breakfast side to loaded potatoes. +1.05

BANH MI BENNY

Two local poached eggs, pork belly, arugula, and Micro Mama's Silly Dilly Carrot kimchi on grilled mini ciabatta. Topped with cilantro hollandaise and sriracha. Served with house potatoes. 12.99

CAPRESE BOWL

Two local poached eggs on quinoa and brown rice, spinach, tomatoes, and mozzarella. Topped with basil pesto and balsamic glaze. Served with grilled mini tandoori naan. 13.03

CLASSICS

TUCKER'S CLASSIC

Two local eggs, house potatoes, choice of toast.* 8.69

TUCKER TIME

Two local eggs, house potatoes, choice of two French toast slices or two cakes.* 12.17

EGGSTRA SPECIAL

CRANKIN' BISCUITS & GRAVY

Grilled scratch-made biscuits topped with our homemade crankin' sausage gravy. Served with two local eggs any style and hash browns.* 11.88

THE SUNRISE

Two poached local eggs over grilled hash browns with peppers, onions, hardwood smoked bacon, homemade sun-dried tomato pesto, and hollandaise. Served with fresh fruit or baked beans, and choice of toast.* 14.83

RANCHEROS

Three local eggs scrambled with onions, peppers, black beans, and cheddar jack cheese over house potatoes. Topped with chipotle aioli and Southwest seasoning. Served with homemade chili and grilled cornbread rounds.* 13.77

OMELETS

Made with three local eggs. Served with house potatoes and choice of toast.

VEGGIE OMELET

Grilled onions, peppers, broccoli, tomatoes, mushrooms, and cheddar jack.* 11.88

POPS OMELET

Hardwood smoked bacon, applewood smoked ham, sausage, grilled onions, peppers, and American cheese. Topped with hollandaise.* 12.48

WESTERN OMELET

Grilled onions, peppers, applewood smoked ham, and American cheese.* 11.88

HOUSE HASH & CHEESE OMELET

Homemade corned beef hash and American cheese. Topped with hollandaise.* 13.05

FROM THE GRIDDLE

Add pure New Hampshire maple syrup from Fuller's Sugarhouse. +1.95

CAKES

Three buttermilk cakes made from scratch. 9.53 Add blueberries +1.75 or chocolate chips +1.00.

FRENCH TOAST

Three slices of our signature, thick sliced, Challah bread French toast topped with powdered sugar. 9.84

BELGIAN WAFFLE

Golden malted waffle topped with fresh blueberries, strawberries, whipped cream, and powdered sugar. 10.59

POWER CAKES

Organic gluten-free pancakes made with ground flax and chia seeds. Served with pure NH maple syrup. 11.88 Add blueberries +1.75 or chocolate chips +1.00.

BANANA NUT BREAD FRENCH TOAST

Fresh baked banana nut bread grilled in French toast batter. Topped with bananas, maple glazed walnuts, whipped cream, and powdered sugar. 13.05

BREAKFAST BOWLS

Served with grilled mini tandoori naan.

TRIBAL BOWL

Two local eggs any style on baby kale, sweet potatoes, quinoa hash browns, mushrooms, caramelized onions, maple sausage, and sharp cheddar. Drizzled with balsamic glaze.* 14.26

CARNITAS BOWL

Two local eggs any style on braised pulled pork, sweet potatoes, black beans, corn & poblano blend (corn, poblano peppers, onions), smashed avocado, tomatoes, sharp cheddar, cilantro pesto, and queso chipotle hollandaise.* 15.23

VILLAGE HASH

Two local eggs any style on house potatoes, caramelized onions, tomatoes, bacon, smashed avocado, and sharp cheddar. Drizzled with gochujang sauce.* 13.03

SKILLETS

Served with choice of toast.

SEDONA SKILLET

Three local eggs scrambled with onions, pepper jack cheese, and piquante peppers over crispy hash browns. Topped with guacamole, Southwest seasoning, and a chipotle aioli drizzle.* 13.05

HOLD THE GLUTEN SKILLET

Three local eggs scrambled with tomatoes, mushrooms, spinach, and cheddar jack over house potatoes. Topped with basil pesto and shaved parmesan.* 13.77

MEAT LOVERS SKILLET

Three local eggs scrambled with hardwood smoked bacon, sausage, applewood smoked ham, sautéed onions & peppers, and American cheese over house potatoes.* 11.88

HARVEST SKILLET

Two poached local eggs on roasted sweet potatoes, red quinoa hash browns, and North Country maple sausage. Topped with hollandaise.* 13.77

BENNIES

Made with two poached local eggs on a grilled English muffin. Served with house potatoes.

CLASSIC BENNY

North Country Smokehouse Canadian bacon and hollandaise.* 12.71

SMASHED AVOCADO BENNY

Smashed avocado, grilled tomatoes, hollandaise, house-pickled red onions, and everything bagel seasoning.* 12.71

TJ'S IRISH BENNY

TJ's famous homemade corned beef hash and hollandaise.* 12.99

CARNITAS BENNY

Braised pulled pork on grilled cornbread rounds. Topped with queso chipotle hollandaise and cilantro pesto.* 12.79

For our customers with food allergies and/or sensitivities, please alert your server prior to ordering. We will make every effort to accommodate your request. All of our dishes are made fresh and prepared-to-order, so individual foods may come into contact with one another due to shared cooking and preparation areas/utensils. We cannot guarantee that cross-contact with foods containing gluten, dairy, eggs, soy, or nuts will not occur as these ingredients are present in our kitchens but will make every effort to avoid it. *Consuming raw or undercooked meats, poultry, or eggs may increase your risk of foodborne illness.

BREAKFAST SANDWICHES

KEVIN'S CLASSIC

One local egg, American cheese, and choice of ham, bacon, or sausage on a plain bagel, English muffin, ciabatta.* 6.35

TUCK'S MORNING BURRITO

Two local eggs scrambled with cheddar jack, grilled hash browns, green peppers, onions, black beans, pico sauce, and piquante peppers in a flour tortilla.* 9.53

ERICA'S BREAKFAST MELT

One local egg, sharp cheddar, smashed avocado, piquante peppers, and chipotle aioli on grilled ciabatta.* 9.53

THE MITCH

One local egg, Canadian bacon, hash browns, and sharp cheddar on grilled sourdough.* 8.47

MORNING PANINI

One local egg, hardwood smoked bacon, fresh mozzarella, and homemade sun-dried tomato pesto on focaccia.* 9.12

GOOD EATS GREAT PEOPLE

SIDE ORDERS

HOUSE POTATOES

Gluten-free, vegetarian diced Idaho potatoes roasted and seasoned with a blend of onion, garlic, red pepper, green pepper, and parsley. 3.65

QUINOA HASH BROWNS

Gluten-free, vegetarian shredded Idaho potatoes with quinoa, kale, sharp cheddar, and sea salt. 4.90

HASH BROWNS

3.65

SWEET POTATO HOMEFRIES

4.35

BAKED BEANS

3.65

ONE LOCAL EGG

Sourced locally from family farms in New Hampshire and prepared any style. 1.20

FRESH CUT FRUIT

4.35

BERRIES

5.05

TOAST

White, Wheat, Sourdough, Cinnamon Raisin, Marble Rye, Gluten-Free, or English Muffin 2.30

BANANA NUT TEA BREAD

3.40

BLUEBERRY TEA BREAD

3.40

BLUEBERRY MUFFIN

3.40

BLUEBERRY COFFEE CAKE

4.05

SIDE PLAIN PANCAKE

3.65

SIDE FRENCH TOAST

3.65

PLAIN BAGEL & CREAM CHEESE

3.65

HOLLANDAISE

1.50

QUESO CHIPOTLE HOLLANDAISE

1.75

HARDWOOD SMOKED BACON

3.10

SAUSAGE LINKS

3.10

SAUSAGE PATTIES

3.10

MAPLE SAUSAGE

4.65

MAPLE APPLE CHICKEN SAUSAGE

3.85

HOUSE CORNED BEEF HASH

4.90

APPLEWOOD SMOKED HAM

3.10



LUNCH SPRING SPECIALS



BUFFALO CHICKEN QUESADILLA

House braised chicken, signature buffalo sauce, corn and poblano blend (corn, poblano peppers, onions), black beans, and cheddar jack cheese in a crisp flour tortilla. Served with house made blue cheese dressing. 12.45

BANH MI SANDWICH

Pork belly, Micro Mama's Silly Dilly Carrot kimchi, cucumbers, arugula, cilantro aioli, and sriracha on grilled ciabatta. Served with chips or an apple, and a pickle. 14.83

TJGF (aka TJ'S GLUTEN-FREE)

Grilled chicken, sharp cheddar and parmesan cheese, spinach, house pickled red onions, and cilantro aioli on pressed gluten-free cauliflower panini bread. Served with chips or an apple, and a pickle. 15.95

SILLY DILLY CARROT KIMCHI

A blend of organic carrot, organic garlic, organic dill, and Himalayan pink salt fermented locally by our partners and friends at Micro Mama's (Weare, NH). 3.94

SANDWICHES

Served with chips or an apple, and a pickle. Substitute a cup of chili or mac & cheese +2.50 or a side of local greens. +1.95

MICRO MAMA'S REUBEN

Thin-sliced grilled corned beef, melted Swiss, local sauerkraut, and Russian dressing on grilled marble rye. 15.29

AUSTIN

House braised chicken, smokey barbecue sauce, tomatoes, and melted sharp cheddar on sourdough. 11.88

CAJUN CHICKEN PANINI

Braised cajun chicken, melted sharp cheddar, hardwood smoked bacon, piquante peppers, and chipotle aioli on sourdough. 14.10

PARISIAN

Grilled chicken, sweet fig spread, bacon, Brie cheese, and baby spinach on focaccia. 14.83

VEGGIE CAPRESE

Spinach, fresh mozzarella, tomatoes, basil pesto, and balsamic glaze on focaccia. 10.59

CAPE CRANBERRY CHICKEN

Grilled chicken breast, hardwood smoked bacon, local lettuce, melted sharp cheddar, tomatoes, and cranberry aioli on focaccia. 14.83

THE CLUB

Roasted turkey, sharp cheddar, local lettuce, hardwood smoked bacon, tomatoes, mayo, and honey dijon on toasted sourdough. 11.65

WEST COAST CLUB

Roasted turkey, hardwood smoked bacon, melted sharp cheddar, tomatoes, local lettuce, house pickled red onions, and guacamole on toasted sourdough. 11.93

GRILLED CHEESE

Melted sharp cheddar on grilled sourdough. 8.47

GODDESS WRAP

Grilled chicken, kalamata olives, feta, artichoke hearts, piquante peppers, tomatoes, mushrooms, local greens, tzatziki sauce, and house goddess dressing in choice of wrap. 15.11

BOWLS & GREENS

COBB SALAD

Local greens topped with an organic hardboiled egg, grilled chicken, smashed avocado, sharp cheddar, diced tomatoes, and cucumbers. Served with homemade ranch dressing and a fresh baked baguette. 16.18

PESTO POWER BOWL

Served on a bed of local greens or quinoa and brown rice. Topped with grilled chicken, superfood greens, fire roasted tomatoes, artichokes, basil pesto, parmesan, and tzatziki. Drizzled with balsamic glaze. Served with grilled mini tandoori naan. 16.18

GREEK GODDESS BOWL

Served on a bed of local greens or quinoa and brown rice. Topped with grilled chicken, cucumbers, tomatoes, house-pickled red onions, feta, artichoke hearts, piquante peppers, mushrooms, and Kalamata olives. Served with house goddess dressing and grilled mini tandoori naan. 16.18

PICK TWO

Choose any two from below. Served with chips or an apple, and a pickle. 12.42

HALF SANDWICH

Choose from: The Club, Austin, West Coast Club, Grilled Cheese, or Veggie Caprese (on grilled sourdough)

HALF HOUSE SALAD

Local greens, cucumbers, tomatoes, and superfood slaw. Served with choice of dressing.

HALF GREEK GODDESS SALAD

Local greens, cucumbers, tomatoes, house-pickled red onions, feta, artichoke hearts, piquante peppers, mushrooms, and Kalamata olives. Served with house goddess dressing.

CUP OF SOUP, MAC & CHEESE, OR GRASS-FED BEEF CHILI

SOUPS & MAC

Choose a cup or bowl. 5.62/8.06

THAI CHICKEN SOUP WITH RED CURRY

Slow-simmered chicken, brown rice, red and green peppers, and bamboo shoots in a lemongrass and coriander-infused chicken stock with red curry, ginger and chopped scallions (gluten-free, dairy-free).

GRASS-FED BEEF CHILI

Our signature chili recipe made from scratch using grass-fed beef (gluten-free, dairy-free).

MAC & CHEESE

Cavatappi pasta in a creamy blend of sharp cheddar and Monterey Jack (vegetarian).

EAT LOCAL

