

OPEN MONDAY - SUNDAY
7AM-2PM

TUCKER'S
GOOD EATS • GREAT PEOPLE

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 Island Coconut from Mill City Roasting Company
Free refills (dine-in only) 3.37

HOT COFFEE TO-GO

Small (12oz) 2.82, Medium (16oz) 3.25, or Large (20oz) 3.54

ICED COFFEE

Small (20oz) 3.25 or Large (24oz) 3.79

COLD BREW

Freshly brewed daily in-house (20oz) 4.73

FRENCH VANILLA COLD BREW

Freshly brewed daily in-house (20oz) 4.73

COLD FOAM

Unsweetened or Sweetened +1.79

FLAVOR SHOTS

Caramel, Almond, Irish Cream, Strawberry, White Peach, or Pure Cane Sugar +1.13

TWO LEAVES AND A BUD ORGANIC TEA

Earl Grey, Assam Breakfast, African Sunrise, Tamayokucha Green Tea, Chamomile with Lemon Twist, Mountain High Chai, or Peppermint Leaves 2.83

FRESH BREWED ICED TEA

Free refills (dine-in only) 3.78

ICED TEA TO-GO

Small (20oz) 2.99 or Large (24oz) 3.54

HOT CHOCOLATE

Served with whipped cream 3.54

LOCAL MILK

White or Chocolate from Contoocook Creamery at Bohanan Farm
Small 2.70 or Large 3.78

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) 3.65

BLENDED DRINKS

Served hot, over ice, or frozen.

ORIGINAL CHAI

A blend of black tea, spices and honey. 4.87

SALTED CARAMEL CHAI

Chai blended with salted caramel. 5.42

MATCHA GREEN TEA LATTE

Real Japanese matcha with creamy vanilla. 5.76

VANILLA CHAI

A blend of chai, vanilla, and honey. 5.92

MATCHA LEMONADE LATTE

Matcha green tea and tangy lemonade with choice of milk or oat milk.* 5.99

*Unable to be served hot.

MOCHA JAVA

Tribal Brew coffee blended with dark chocolate. 6.09

SALTED CARAMEL COLD BREW

Cold brew blended with salted caramel. Served over ice. 6.04

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Cold brew blended with dark chocolate. Served over ice. 6.04

SALTED CARAMEL

Tribal Brew coffee blended with salted caramel. 5.42

SMOOTHIES

Made with Stonyfield Organic vanilla yogurt or dairy-free. (14oz) 5.80 or (20oz) 8.23

Add grass-fed whey or vegan protein. +2.20

STRAWBERRY BANANA

Juicy strawberry and creamy banana purées.

MANGO MAGIC

Sweet mango, pineapple, and banana purées.

GUAVA & PASSION FRUIT

White guava and tropical passion fruit purées.

BREAKFAST SERVED ALL DAY



LOADED POTATOES

Choice of our diced house potatoes or shredded hash browns topped with hardwood smoked bacon bits, grilled onions & peppers, and sharp cheddar. 5.07
Upgrade your breakfast side to loaded potatoes. +1.10

MAPLE BOURBON BACON

Four pieces of thick-cut bacon sourced locally from North Country Smokehouse. Candied with brown sugar, ground pepper, and bourbon. Drizzled with pure NH maple syrup from Fuller's Sugarhouse. 8.99

FROM THE GRIDDLE

★ Add pure New Hampshire maple syrup from Fuller's Sugarhouse. +2.00

BELGIAN WAFFLE

Golden malted waffle topped with fresh blueberries, strawberries, whipped cream, and powdered sugar. 10.85

CAKES

Three buttermilk cakes made from scratch. 9.77 Add blueberries +1.75 or chocolate chips +1.00

FRENCH TOAST

Three slices of our thick sliced Challah bread French toast topped with powdered sugar. 10.09

POWER CAKES

Organic gluten-free pancakes made with ground flax and chia seeds. Served with pure NH maple syrup. 12.18 Add blueberries +1.75 or chocolate chips +1.00

STRAWBERRY CHEESECAKE STUFFED FRENCH

Four pieces of French toast stuffed with strawberry cheesecake filling. Topped with fresh strawberries and powdered sugar. 13.25

WHITE CHOCOLATE RASPBERRY CAKES

Three buttermilk cakes topped with white chocolate chips and a raspberry sauce drizzle. 10.99

BENNIES & BOWLS

CLASSIC BENNY

North Country Smokehouse Canadian bacon, two local poached eggs, and hollandaise on a grilled English muffin. Served with house potatoes.* 13.03

TJ'S IRISH BENNY

TJ's signature homemade corned beef hash, two local poached eggs, and hollandaise on a grilled English muffin. Served with house potatoes.* 13.31

SMASHED AVOCADO BOWL

Two local eggs scrambled with onions, peppers, tomatoes, and cheddar jack cheese over house potatoes. Topped with smashed avocado, hollandaise, house pickled red onions, and everything bagel seasoning. Served with grilled mini naan. 12.50

CARNITAS BOWL

Two local eggs scrambled with pulled pork grilled with local salsa, sweet potatoes, black beans, corn & poblano blend (corn, poblano peppers, onions), and sharp cheddar. Topped with smashed avocado, cilantro pesto, and queso chipotle hollandaise. Served with grilled mini naan.* 15.61

CLASSICS

TUCKER'S CLASSIC

Two local eggs, house potatoes, choice of toast.* 8.91 Add bacon, sausage links, or sausage patties +3.75

TUCKER TIME

Two local eggs, house potatoes, choice of two French toast slices or two cakes.* 12.47 Add bacon, sausage links, or sausage patties +3.75

DROP BISCUITS & GRAVY

Scratch-made drop biscuits topped with our homemade crankin' sausage gravy. Served with two local eggs any style and hash browns.* 12.18

SKILLETS

Made with three local scrambled eggs. Served with choice of toast.

SEDONA

Grilled onions, piquante peppers, and pepper jack cheese over crispy hash browns. Topped with guacamole, Southwest seasoning, and a chipotle aioli drizzle.* 13.38

HARVEST

North Country maple sausage with sharp cheddar over quinoa hash browns and sweet potatoes. Topped with hollandaise.* 14.50

HOLD THE GLUTEN

Diced tomatoes, mushrooms, spinach, and cheddar jack over house potatoes. Topped with basil pesto and shaved parmesan.* 14.11

MEAT LOVERS

Hardwood smoked bacon, sausage, Canadian bacon, sautéed onions & peppers, and American cheese.* 12.50

OMELETS

Made with three local eggs. Served with choice of house potatoes, hash browns, or baked beans, and choice of toast.

VEGGIE

Grilled onions, peppers, broccoli, tomatoes, mushrooms, and cheddar jack.* 12.18

POPS

Hardwood smoked bacon, sausage, Canadian bacon, grilled onions, peppers, and American cheese. Topped with hollandaise.* 12.99

HOUSE HASH & CHEESE

Homemade corned beef hash and American cheese. Topped with hollandaise.* 13.38

WESTERN

Grilled onions, peppers, Canadian bacon, and American cheese.* 12.50

BURRITOS

Made with two local scrambled eggs in a white or wheat wrap.

TUCK'S

Cheddar jack, grilled hash browns, green peppers, onions, black beans, pico sauce, and piquante peppers* 9.77

BANH MI

Pork belly, arugula, cilantro pesto, house pickled red onions, Micro Mama's Silly Dilly Carrot kimchi, and sriracha. 12.50

KOREAN BBQ

Pulled pork, sharp cheddar, Tuck's Kickin' Korean barbecue sauce, quinoa & brown rice, cucumbers, and Micro Mama's Silly Dilly Carrot kimchi. 13.00

VEGGIE

Sharp cheddar, spinach, fire roasted tomatoes, balsamic glaze, and basil pesto. 8.15

BREAKFAST SANDWICHES

ERICA'S BREAKFAST MELT

One local fried egg, sharp cheddar, smashed avocado, piquante peppers, and chipotle aioli on grilled ciabatta.* 9.77

KEVIN'S CLASSIC

One local fried egg, American cheese, and choice of bacon, sausage, or Canadian bacon on a plain bagel, English muffin, or ciabatta.* 6.51

HALE'S

One local fried egg, sausage patty, sharp cheddar, and chipotle aioli on grilled cinnamon raisin bread. 6.95

THE MITCH

One local fried egg, Canadian bacon, hash browns, and sharp cheddar on grilled sourdough.* 8.68

BAGEL & LOX

Garlic & herb cream cheese, cucumbers, arugula, smoked salmon, house pickled red onions, and capers on a toasted plain bagel. 13.25

TUCK'S PICKS

LOOK FOR TUCK ON THE MENU TO CHECK OUT ALL-NEW FLAVORS & DISHES WITH AN ELEVATED TWIST.



Before placing your order, please inform your server of any food allergies. Please be aware that many of our products (even those considered to be gluten-free friendly) may contain or contact common allergens, including but not limited to: wheat, soy, fish, shellfish, eggs, peanuts, tree nuts, dairy/milk. Each station on our line contains ingredients that contain or may contact these common allergens. We will do our best to keep allergen orders separate, use clean and sanitized utensils, and package food in a manner that prevents any future cross contamination.

SIDE ORDERS



HOUSE POTATOES

Gluten-free, vegan diced Idaho potatoes roasted with a seasoning blend of onion, garlic, red pepper, green pepper, and parsley. 3.74

QUINOA HASH BROWNS

Gluten-free, vegetarian shredded Idaho potatoes with quinoa, kale, sharp cheddar, and sea salt. 5.02

HASH BROWNS

Gluten-free 3.74

SWEET POTATO HOMEFRIES

Gluten-free 4.46

BAKED BEANS

Gluten-free 3.73

PLAIN BAGEL & CREAM CHEESE

3.75

FRESH CUT WATERMELON

4.46

TOAST

White, Wheat, Sourdough, Cinnamon Raisin, Marble Rye, Gluten-Free, or English Muffin 2.36

DROP BISCUIT

A grilled buttermilk biscuit made from scratch. 2.36

BLUEBERRY MUFFIN

3.49

SIDE PLAIN PANCAKE

3.74

SIDE FRENCH TOAST

3.74

BERRIES

5.18

HOLLANDAISE

1.54

ONE LOCAL EGG

Sourced locally from family farms in New Hampshire and prepared any style. 1.23

HARDWOOD SMOKED BACON

3.75

SAUSAGE LINKS

3.75

SAUSAGE PATTIES

3.75

MAPLE SAUSAGE

4.77

HOUSE CORNED BEEF HASH

5.02

CANADIAN BACON

4.77

QUESO CHIPOTLE HOLLANDAISE

1.79



Choose any two from below.

Served with chips or an apple, and a pickle. 12.73

HALF SANDWICH

Choose from: The Club, Austin 2.0, West Coast Club, Grilled Cheese, Greenhouse, or Veggie Caprese (on grilled sourdough)

HALF HOUSE SALAD

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

HALF MEDITERRANEAN SALAD

Local greens, cucumbers, cherry tomatoes, feta, roasted red pepper hummus, artichoke hearts, mushrooms, and fire roasted tomatoes. Served with Italian dressing.

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

LUNCH STARTING AT 11AM

SANDWICHES

Served with chips or an apple, and a pickle.

Substitute a cup of chili, soup or mac & cheese +2.55, or side of coleslaw or local greens. +1.99

MICRO MAMA'S REUBEN

Thin-sliced grilled corned beef, melted Swiss, local sauerkraut, and Russian dressing on grilled marble rye. 15.67

PARISIAN

Sliced grilled chicken, sweet fig spread, bacon, Brie cheese, and baby spinach on grilled focaccia. 15.20

WEST COAST CLUB

Roasted turkey, hardwood smoked bacon, melted sharp cheddar, tomatoes, local lettuce, house pickled red onions, and guacamole on toasted sourdough. 12.99

AUSTIN 2.0

Braised barbecue chicken, sharp cheddar, sliced tomatoes, house coleslaw, and French onions on grilled sourdough. 13.50

CAPE CRANBERRY CHICKEN

Sliced grilled chicken breast, hardwood smoked bacon, local lettuce, melted sharp cheddar, tomatoes, and cranberry aioli on focaccia. 15.20

BUFFALO CHICKEN

Sliced buffalo grilled chicken, hardwood smoked bacon, sharp cheddar, sliced tomatoes, local lettuce, and Micro Mama's Silly Dilly Carrot kimchi on grilled focaccia. Served with a side of house blue cheese dressing. 15.20

THE CLUB

Roasted turkey, sharp cheddar, local lettuce, hardwood smoked bacon, tomatoes, mayo, and honey dijon on toasted sourdough. 12.50

BANH MI SANDWICH

Pork belly, Micro Mama's Silly Dilly Carrot kimchi, cucumbers, arugula, cilantro aioli, and sriracha on grilled ciabatta. 15.20

GRILLED CHEESE

Melted sharp cheddar on grilled sourdough. 8.68

GREENHOUSE

Roasted red pepper hummus, Micro Mama's Silly Dilly Carrot kimchi, cucumbers, arugula, sliced tomatoes, feta, and tzatziki on grilled ciabatta. 13.75

CAJUN CHICKEN PANINI

Braised cajun chicken, melted sharp cheddar, hardwood smoked bacon, piquante peppers, and chipotle aioli on sourdough. 14.45

HOMEGROWN WRAP

Sliced grilled chicken, cucumbers, spinach, fire roasted tomatoes, mushrooms, and artichoke hearts tossed in Italian dressing, tzatziki, feta, Micro Mama's Silly Dilly Carrot kimchi, and roasted red pepper hummus in a white or wheat wrap. 15.05

VEGGIE CAPRESE

Spinach, fresh mozzarella, tomatoes, basil pesto, and balsamic glaze on focaccia. 10.85

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. 16.58

CBR SALAD

Grilled chicken with a drizzle of barbecue sauce served over local greens with diced bacon, cucumbers, organic hardboiled egg, shredded sharp cheddar, tomatoes, and smashed avocado. Served with house ranch dressing. 16.58

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. 16.58

MEDITERRANEAN BOWL

Served on a bed of local greens or quinoa & brown rice, grilled chicken, cucumbers, arugula, fire roasted tomatoes, mushrooms, and artichoke hearts tossed in Italian dressing, roasted red pepper hummus, Micro Mama's Silly Dilly Carrot kimchi, feta, and tzatziki. Served with grilled mini tandoori naan. 16.58

SOUPS & MAC

Choose a cup or bowl. 5.76/8.26

NEW ENGLAND CLAM CHOWDER

An award-winning, two-time Boston Chowdapest Champion from Boston Chowda Co. A blend of tender sweet whole surf clams, clam broth, fresh cream, and natural cut potatoes.

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

IT TAKES A VILLAGE TO BRING YOU THE GRANITE STATE'S BEST-TASTING, LOCALLY SOURCED BREAKFAST AND LUNCH. MEET OUR PARTNERS WHO HELP MAKE IT POSSIBLE.



MILL CITY ROASTING CO.
LAVALLEY FARMS
TRAILBEND FARM
CONTOOCOOK CREAMERY
OASIS SPRINGS FARM
MICRO MAMA'S
FULLER'S SUGARHOUSE
ROBIE FARM
BACKYARD BREWERY
FIREKING BAKING CO.
NORTH COUNTRY SMOKEHOUSE
MITCHELL'S FRESH
RENEWAL GARDEN & COMPOST