

# kestrel

COFFEE ROASTERS

## Ingredient List for Allergy Information

*Last update: September 2025*

Our kitchen is located at 530 Community Drive in South Burlington and contains gluten, nuts, eggs, and other allergens. The list below includes all regular menu items that appear on a frequent basis. For limited-time or one-off specials, please call 802-528-4034 x0 to get in touch with a manager who can get allergen information.

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### BREAKFAST

**Overnight Oats:** oats, almond milk, brown sugar, salt, apples, cinnamon

**Chia Pudding:** almond milk, salt, vanilla extract, maple, topping (pecan, pepitas, sunflower seeds, unsweetened coconut, brown sugar, ginger, cinnamon, olive oil)

**Egg Sammie:** flour, baking powder, salt, sugar, heavy cream, melted butter, ham, cheddar, pepper, butter

**Breakfast Burrito:** Eggs, black beans (olive oil, red onion, diced small, black pepper, cumin, cayenne, garlic powder, onion powder, chili powder, parsley, cinnamon, vegetable stock base, rice wine vinegar), potato (olive, salt), flour tortilla, shredded cheddar cheese, special sauce (mayo, gochujang, maple, rice wine vinegar, pepper), cooked sausage (only for meat version)

## LUNCH

**Peak Sandwich:** Chickpeas, vegan mayo (aquafaba/chickpea liquid + canola oil), sherry vinegar, salt & pepper, dijon mustard, cumin, parsley, celery, red onion, apple, pepitas (pumpkin seeds); sandwich: whole grain bread, cucumber, salt & pepper

**Midnight Snack Noodles:** Sauce: Peanut butter, cilantro, sambal (Korean chili paste), sesame oil, soy sauce, rice vinegar, sugar, garlic, ginger. Pickles: Cucumber, rice wine vinegar, water, sugar, red pepper flakes, salt. Noodles: regular dried pasta (contains flour, no egg)

**Farmstead Sandwich:** Sauce: Mayonnaise, dijon mustard, honey, cayenne. Sandwich: white bread, ham, cheddar cheese, red onion, green apple, salt & pepper

**PB&J:** White bread, peanut butter, either raspberry jam or strawberry jam

**Curry Chicken Salad:** chicken, mayo, curry powder, lemon juice, sambal, apples, celery, red onion, dried cranberries, almond, cilantro, salt, pepper

**Sambal Tuna Sandwich:** Tuna Salad: Tuna packed in water, celery, salt & pepper, garlic powder, onion powder, sambal (Korean chili paste), rice wine vinegar, sesame oil, mayonnaise, cayenne pepper. Sandwich: Whole grain bread, cheddar cheese, cucumbers, salt & pepper

## SOUPS

**Tomato:** olive oil, red onion, garlic, tomato, orange juice, s&p, cinnamon, sherry vinegar

**Ham & Potato:** onion, celery, carrot, butter, s&p, parsley, oregano, cayenne, ham, potato, chicken stock, flour

**White Bean:** olive oil, onion, celery, s&p, garlic (dried and fresh), cumin, cayenne, chili flake, oregano, thyme, parsley, white beans

**Carrot Coconut:** olive oil, onion, salt and pepper, garlic, ginger, celery, carrot, curry powder, coriander, cumin, red pepper flakes, vegetable stock, sherry, honey, coconut milk

**Mediterranean Chickpea:** olive oil, onion, celery, salt and pepper, garlic, curry powder, cayenne, red pepper flakes, chickpeas, vegetable stock, sun dried tomatoes, sherry vinegar

**Black Bean:** olive oil, red onion, salt and pepper, celery, carrot, garlic, cumin, cayenne, black beans, vegetable stock

**Butternut Squash:** butter, butternut squash, onion, vegetable stock, salt and pepper, cayenne, cream cheese

## SWEETS

*Most sweets contain baking powder and/or baking soda*

### MUFFINS & BREADS

**Scones:** The base scone recipe contains: milk, egg, vanilla, salt, flour, baking powder, sugar. Plus the mix-ins (as advertised).

**Pound Cake:** butter, sugar, brown sugar, salt, vanilla, flour, eggs

**Banana Bread:** Banana, vegetable oil, brown sugar, eggs, vanilla, flour, whole wheat flour, salt, cinnamon

**Cinnamon Bread:** flour, sugar, cinnamon, salt, eggs, whole milk, vegetable oil, vanilla extract

**Gluten Free Squash Bread:** squash, olive oil, salt, butter, eggs, rice flour, almond flour, sugar, brown sugar, tapioca flour, cinnamon, ginger, nutmeg, chocolate chips

**Cardamom Orange Coffee Cake:** eggs, sugar, vegetable oil, milk, orange juice, vanilla extract, orange, flour, salt, cardamom, brown sugar, butter

**Raspberry Cream Cheese & Almond Coffee Cake:** flour, sugar, butter, sour cream, eggs, almond extract, salt, cream cheese, frozen fruit, sliced almonds

**Blueberry Muffin:** butter, sugar, eggs, vanilla, salt, flour, milk, blueberries

**Carrot Muffin:** sugar, canola oil, vanilla extract, eggs, flour, cinnamon, salt, fresh carrot

**Citrus Sunrise:** flour, sugar, salt, fresh orange, vanilla, vegetable oil, orange juice, demerara sugar

**Lemon Poppy Muffin:** flour, salt, sugar, eggs, vanilla, butter, lemon juice, lemon zest, poppy seeds

**Lemon Raspberry Muffin:** oil, sugar, eggs, vanilla, sour cream, lemon, flour, salt, raspberries

**Monkey Muffin:** butter, sugar, banana, eggs, vanilla, flour, whole wheat flour, salt, milk, dark chocolate, walnut, demerara sugar

**Orchard Muffin:** butter, eggs, brown sugar, sour cream, flour, vanilla, milk, flour, salt, cinnamon, nutmeg, orange, fruit and nuts (varies)

## OTHER SWEETS

**Gluten Free Brownies:** butter, dark chocolate chips, rice flour, cocoa powder, espresso powder, salt, sugar, vanilla, eggs

**Everything Bagel Pastry:** puff pastry, egg, cream cheese, scallion, pepper, onion powder, garlic powder, sesame seed, poppy seed

**Apple Pastry:** puff pastry, apple, brown sugar, sugar, cinnamon, cloves, salt, cornstarch

**Caramelized Onion Pastry:** puff pastry, onion, butter, salt, balsamic vinegar, egg, poppy seed

**Fruit Oat Bar:** flour, baking powder, salt, oats, brown sugar, butter, fruit jam

## COOKIES

**Apple Oat Cookie:** butter, brown sugar, sugar, eggs, vanilla, Ap flour, salt, cinnamon, nutmeg, ginger, oats, dried apple, cinnamon bits

**Chocolate Chipper:** butter, sugar, brown sugar, vanilla, salt, nutmeg, eggs, dark chocolate, milk chocolate, flour

**Cocoa Cookie:** butter, sugar, eggs, vanilla, flour, cocoa, salt

**Coconut Cookie:** butter, brown sugar, sugar, eggs, vanilla, salt, flour, unsweetened coconut

**Key Lime Pie Cookie:** butter, brown sugar, sugar, eggs, vanilla, salt, flour, unsweetened coconut, lime sugar (citric acid, maltodextrin, sugar, lime oil, lime juice concentrate, sunflower lecithin, gum arabic, silicon dioxide)

**Ginger Cookie:** shortening, sugar, salt, eggs, molasses, flour, ginger, cloves, cinnamon

**Lemon Cardamom Cookies:** flour, cardamom, butter, sugar, eggs, vanilla, lemon extract, lemon zest, cream cheese, confectioner's sugar, salt, milk

**Oat Chocolate Chip:** butter, brown sugar, sugar, egg, vanilla, flour, oats, salt, chocolate chips

**Peanut Butter:** peanut butter, brown sugar, sugar, eggs, vanilla, salt

**Snickerdoodles:** flour, cream of tartar, shortening, salt, butter, sugar, eggs, cinnamon

**Sweet n' Salties:** pecan, brown sugar, granulated sugar, butter, shortening, salt, espresso powder, vanilla, white vinegar, eggs, flour, butterscotch chips

**White Chocolate Macadamia:** white chocolate, sugar, salt, nutmeg, butter, eggs, vanilla, flour, macadamia

## HOMEMADE SNACKS

**Cranberry Almond Biscotti:** Butter, sugar, salt, amaretto, vanilla extract, eggs, flour, almonds, dried cranberries

**Za'atar Roasted Chickpeas:** Chickpeas, olive oil, salt, maple syrup, Za'atar (oregano, sesame, chickpea, salt, mint, fennel, coriander, anise, cumin, citric acid)

**Brown Butter Rice Krispies:** butter, vanilla extract, marshmallow, salt, Rice Krispie Cereal, add-ins as advertised

## SYRUPS

**Caramel:** heavy cream, brown sugar, salt, corn syrup, vanilla

**Chocolate:** water, sugar, cocoa, vanilla, salt

**Maple:** maple syrup from Branon Family Maple

**Vanilla:** water, sugar, vanilla

**Simple Syrup:** water, sugar

**Pumpkin Spice:** cinnamon, nutmeg, ginger, clove, salt, sugar, water, pumpkin puree, vanilla

**Denizen spice mix:** cinnamon, cayenne, salt, nutmeg

**Insta-Graham:** simple syrup, honey, cinnamon, vanilla, salt, nutmeg (drink default contains almond milk and whole milk)