



Welcome to Lunch at Charlie B's, A True Stowe Classic

Charles Henry Baraw, the original Charlie B., was born in Westfield, Vermont in 1873. In 1903, Charles and his wife Bertha bought a farm at the head of Chelsea Valley, Vermont and moved there to raise Jersey cows, horses and children. The youngest of their eight children, Stuart Winfield Baraw and his wife Bea began the Stoweflake Inn & Resort in 1963. The folks in Chelsea still remember Charlie B's "sugaring-off" parties every Spring when friends came to celebrate the season and another year's harvest. This tradition of memorable times, friends and food continues at the present day Charlie B's.


Soups

Daily Soup Special, Chef's Vegetarian Creation . . . 7

French Onion Soup, Topped with Cabot Cheddar & Swiss Cheese . . . 7

New England Clam Chowder, With Potatoes & Bacon . . . 8


Salads

 **Mixed Greens** ^[GF] *With Carrot, Tomato, Cukes, Red Onion, Vermont Chevre & Maple Balsamic Vinaigrette . . . 9*

 **Classic Caesar Salad** ^[GF] *With a Parmesan Crostini* ^[Non-GF] . . . 9

 **Chopped Salad** ^[GF] *With Hard Boiled Egg, Vermont Salumi Prosciutto, Bacon, Cabot Cheddar, Tomatoes, Carrot, Red Onion & Champagne Vinaigrette . . . 13*

 **Caprese Salad** ^[GF] *With Fresh Maplebrook Farm Mozzarella, Vine Ripe Tomatoes, Kale Pesto & a Balsamic Glaze . . . 13*

 **Smoked Chicken Salad** ^[GF] *Chopped Romaine, Sweet Corn, Black Beans, Bacon, Cajun Spice, Tortilla Strips & Avocado Ranch . . . 13*

 **Asian Chicken Salad, Water Chestnuts, Mandarin Oranges, Crispy Rice Sticks & Asian Vinaigrette . . . 13**

Add to Your Salad: Chicken Breast or Shrimp (6), Salmon or Lobster Salad (9)

Starters

 **Smoked Chicken & Corn Eggrolls, With Cilantro Lime Ranch . . . 12**

 **New England Lobster Salad Wraps** ^[GF] *On Hydro Boston Bib Lettuce . . . 14*

Veggie Fritters, With Sweet Ginger Glaze & a Wasabi Dipping Sauce . . . 11

House-made Spinach & Artichoke Dip, With Warm Pita Chips, Carrots & Celery . . . 9

Maple Bourbon Chicken Wings ^[GF] *With Whole Grain Mustard Slaw . . . 13*

Crispy Buffalo Chicken Wings, With Carrots, Celery & Bailey Hazen Blue Cheese Dipping Sauce . . . 13

 **Fried Sesame Shrimp, With Black Sesame Seeds, Seaweed Salad & Shredded Carrots . . . 13**

 **House-made Kale Hummus Dip, With Warm Pita Chips . . . 9**

Spicy Duck Ninja Roll, Duck Confit & Sushi Rice, With Seaweed Salad, Pickled Ginger, Sriracha & Miso Aioli . . . 12

Vermont Cheddar Cheese Curd Poutine, Choice of Tater Tots, Sweet Potato Fries or French Fries, Maple Brook Farms Cheddar Cheese Curds, Tossed with Cold Hollow Apple Cider Chicken Gravy . . . 10

Vermont Cheese Plate, Vermont Cheeses served with House-Pickled Shallots, Mango Chutney & Crackers . . . 15

Sandwiches & Burgers

All Sandwiches served with your choice of French Fries, Sweet Potato Fries, Potato Chips or Side Salad

^[GF] *All sandwiches can be made Gluten Free*

- Turkey and Avocado Club**, Bacon, Shredded Lettuce, Tomato & Mayo on Wheat Berry Bread . . . **13**
- Cordon Bleu Pita**, With Local Ham, Fried or Grilled Chicken, Swiss Cheese, Pesto Cream, Shredded Lettuce & Tomato . . . **14**
- Housemade Flatbread (Ask server for daily special)** . . . **12**
- Kale & Lentil Quesadillas**, Served with a side of Curry Ranch . . . **12**
- Switchback Braised BBQ Brisket or Vermont BBQ Tofu**, With Vermont Maple BBQ Sauce, Whole Grain Mustard Slaw, stacked on a Buttered Roll . . . **14**
- New England Lobster Roll**, Served on a Bulky Roll with Lettuce & Tomato . . . **19**
- Philly Cheese Steak**, With Shredded Lettuce, Sauteed Peppers & Onions, American Cheese & Chipotle Sauce . . . **14**
- Build Your Own Burger**, Local Angus Beef, Turkey Burger or Beyond the Meat Vegetable Burger served on Country White or Gluten Free Bun . . . **15**

Choice of Two Toppings: Sauteed Mushrooms or Onions, Bacon, "Vermont Butter & Cheese" Goat Cheese, Bailey Hazen Blue Cheese, Maple Brook Farms Mozzarella, Cabot Cheddar, American or Swiss Cheese
Each additional Topping \$0.50

Entrées

- New England Style Fish & Chips**, With French Fries, Whole Grain Mustard Slaw & Tartar Sauce . . . **19**
- Baked Lobster Mac & Cheese**, With Cavatapi Noodles, Cabot Cheddar & Finished with a Panko-Parmesan Crust . . . **25**
- Housemade BBQ Baby Back Ribs**, With French Fries, Whole Grain Mustard Slaw . . . **23**
- Switchback Braised BBQ Brisket**, With Maple Potato Salad & Corn on the Cob . . . **23**
- Vermont Soy Company BBQ Tofu** ^[GF] With Maple Potato Salad & Whole Grain Mustard Slaw . . . **16**

*As a member of the Vermont Fresh Network, Charlie B's is committed to using as many locally grown and produced foods as possible. Combined with Stoweflake's *Spa Cuisine, our team of Chefs take great pride in creating healthy, exciting dishes bountiful with rich flavors & nutritional value.*



[GF]= Gluten Free Items. Please inform your server of any dietary or allergy restrictions. Consuming raw or undercooked meats, poultry, eggs or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

For your convenience, an 18% gratuity is added to parties of six or more & to separate checks.