

BENEFITS OF GRASS-FED BEEF

The ground beef in our burgers comes from the Meadow View Farm right here on Darling Hill, where they raise Belted Galloways, the cows with the white stripe around the middle. Some folks refer to them as “Oreo Cookie” cows! What makes their beef so good for you? Meadow View Farm raises all of their cattle strictly on grasses, and finish them on grass as well. This has proven to produce the highest CLA count in the beef. CLA’s (conjugated linoleic acids), are important for suppressing the formation of cancer cells and reduce vascular blockage in humans. Omega 3’s also reach high, healthy levels while the cattle are on pasture, and plummet dramatically when that beef is moved to the feedlot, which Meadow View Farm never does with their beef cattle.

Cattle are ruminants, meaning that they have multiple chambers in their stomachs, enabling them to digest grasses, which humans cannot. They are not designed to be raised in feedlots where their diet consists almost entirely of corn, and actually causes them a great deal of illness and discomfort. In order to counteract these negative effects, feedlot animals are given large amounts of antibiotics.

This unnaturally rich diet of corn undermines a steer’s health while fattening his flesh, but it also undermines the health of the humans who will eat it. **Studies have shown** that this overuse of antibiotics can lead to their ineffectiveness in humans, and lead to super-resistant strains of bacteria in animals, which could then culminate in serious human health problems.

Thank you for dining with us!

Sincerely,

Jim and Mary O’Reilly

BURGER AND BEER

JUST \$10.00!

A juicy grass-fed Beltie burger with lettuce, tomato and onion on a regular, whole wheat or gluten-free bun and your choice of a nice cold draft of Trout River’s Rainbow Red, Trout River Chocolate Oatmeal Stout, Trapp Family Golden Helles, or a Switchback Ale.

Served with a pickle and Juniper fries!

*Our **BURGER and BEER** special supports the mission of our **FARM to TABLE** program by featuring local beef from the **Meadow View Farm** right here on Darling Hill Road, and **Trout River Beer** from the brewery in Lyndonville! Enjoy!*

CHANGE IT UP A BIT

Substitute Applegate Farm’s Organic Turkey Burger \$1.00

Add these toppings:

Double Burger 4.00	Mushrooms .50
Cheddar Cheese 1.00	Caramelized Onion .50
American Cheese 1.00	Banana Peppers .50
Swiss Cheese 1.00	Roasted Red Peppers .50
Blue Cheese 1.00	Buffalo Sauce .50
Cheddar Sauce 1.00	BBQ Sauce .50
Bacon 1.00	Ranch Dressing .50
Fried Egg 1.00	Pesto .50
Onion Rings .75	

Substitute Beer and Wine

Draft Beer Sampler 3.00
Any Bottled Beer n/c
Glass of Wine 3.00

(ask your server for selections)

Substitutes for Fries

Onion Rings 2.50
Sweet Potato Fries 2.50
Side Salad 2.50