

BREAKFAST IS AVAILABLE
Mon-Fri til 11:00 am; Noon on Saturday

Breakfast Entrees

🍷 Pastry upgrade for \$1.00

We offer healthier options and are happy to substitute:

- ♥ Brown rice or sweet potatoes for breakfast potatoes;
- ♥ whole grain bread, ♥ tortillas or ♥ bagels as applicable.

You may also request egg whites, fat-free plain yogurt, fat-free cottage cheese, fat-free and low-fat or soy milk, low-fat feta cheese.

Two Eggs, Any Style \$7.95

With breakfast potatoes and toast

Pork Sausage, Bacon or Canadian bacon add \$2.00

Corned Beef Hash \$9.95

A saute of corned beef and breakfast potatoes topped with two poached eggs, served with toast – try with sweet potatoes for a delicious change!

Richard's Special \$10.95

Two eggs (any style), two pancakes with warm berry compote and your choice of pork sausage, bacon or Canadian bacon

Sub. ♥ Yogurt Pancake or 🍷 French Toast, add \$1.00

Potato Pancakes (Latkes) \$8.95

Potatoes, onions, spices, eggs and matzo meal

Served with sour cream and house-made applesauce

Gabe's Salsa Eggs \$9.95

Sautéed fresh tomatoes, onions, peppers and mushrooms with two poached eggs & jack cheese, Served with pan fried potatoes and toast

South of the Border \$9.50

Chicken breast, black beans, two eggs (any style) on corn tortillas with jack and cheddar cheese, avocado, cilantro and side of salsa

Breakfast Burrito \$8.95

Bacon, breakfast potatoes, cheese and eggs in a flour tortilla

Salsa, guacamole & sour cream on the side

Lox, Bagel & Cream Cheese Platter \$10.50

Toasted plain bagel, slices of lox, whipped cream cheese, capers, tomatoes, red onions, pickles, Calamata olives and seasonal fruit

Power Burst Breakfast \$8.50

Six egg whites scrambled, cup of fruit, sliced tomato & dry toast

Cindy's Breakfast \$7.95

Cup of each: ♥ oatmeal, fresh fruit and non-fat plain yogurt (or 2 eggs)

♥ Lance's Ultimate Oatmeal \$6.95

Topped with dried fruit medley, warm berry compote and

🍷 caramelized walnuts or almond slivers

♥ Whole Grain Yogurt Pancakes (3) \$8.25

No fat, no sugar, made with whole grains and fresh apples

Served with a side of warm berry compote Short Stack (2) \$7.00

Bistro Pancakes (3) \$7.00

Served with warm berry compote Short Stack (2) \$6.00

🍷 Cheese Blintzes (Our Own Recipe) \$9.50

Three fresh crepes filled with farmer's cheese, sugar and eggs.

Served with warm berry compote and sour cream

🍷 French Toast \$7.95

Fresh eggs, milk, sugar, cinnamon & vanilla; side of berry compote

Omelets

Choose 2 sides: breakfast potatoes, sweet potatoes, ♥ brown rice, sliced tomatoes, cottage cheese, plain yogurt, fruit, toast, flour or ♥ whole grain tortilla, or 🍷 muffin (♥ oatbran).

Ben's Omelet \$9.95

Green chilies, jack cheese, sour cream & tomatoes

Cindy's Omelet \$9.95

Zucchini, broccoli, mushrooms, & jack cheese

Alex's Omelet \$9.95

Ham, jack cheese, avocado & salsa

Joe's Scramble \$9.95

Italian sausage, spinach, mushrooms, onions & grated Romano

Lox and Eggs Scramble \$9.95

Sautéed red onions, bell pepper, tomatoes and lox scrambled

Rosie's Scramble (can substitute eggs for tofu) \$9.95

Tofu, garlic, spinach, mushrooms, zucchini, tomato, garlic and broccoli

Plain or Build Your Own Omelet \$8.25

We start you off with three eggs...add any combination of the following items at the indicated price per item:

Meats & Avocado \$1.00 each

Ham, bacon, sausage, turkey, corned beef, chopped lox

Cheeses 75 cents each

Jack, cheddar, cream cheese, bleu cheese, Swiss, feta

Veggies and Sides 50 cents each

Mushrooms, spinach, zucchini, bell pepper, broccoli, tomatoes, green chili, green onions, salsa, sour cream, pesto, grated Romano

From Our Own Bakery

All pastries are made from scratch using butter, eggs, fruit & sugar

🍷 Lemon Bars, Brownies or Cookies \$2.00

🍷 Apple Strudel or Bread Pudding \$3.95

Puff dough, fresh Granny Smith apples, cinnamon & sugar

🍷 Muffins: Blueberry, Raspberry, Banana-nut, Apricot \$1.80

🍷 Sweet Rolls & Buns \$2.00

Cinnamon, Morning & Pecan Buns

🍷 Snack Breads \$2.25

Zucchini, Carrot-Raisin & Coffee Cake

🍷 Stuffed Dark Chocolate Croissant \$3.50

Scones: Berry or Chocolate Chip (low sugar) \$2.00

Veggie & Cheese Stuffed Croissant (savory) \$3.50

Stuffed Meat Croissants (savory) \$4.00

Ham & Cheese, Turkey & Jack or Sausage & Spinach

Healthier Options:

♥ Whole Grain Muffins: \$1.80

Plain "Oat Bran" or with raisins (low sugar)

♥ Power Scones Whole grain, no fat, no sugar \$2.00

♥ Banana-Dark Chocolate Chip Snack Bread \$2.25

Low fat, low sugar and whole grain

A La Carte

♥ Plain Oatmeal Cup \$3.50 Bowl \$5.25

Toasted Bagel with Cream Cheese \$3.25

(♥ Whole Grain or Plain)

One Egg, Any Style \$1.50

Breakfast Potatoes \$3.95

Bacon, Sausage or Canadian Bacon \$2.50

Toast, English Muffin, Bagel \$2.25

One Pancake \$3.50

♥ One Whole Grain Yogurt Pancake \$4.25

🍷 One Piece of French Toast \$4.50

One Potato Pancake \$3.95

🍷 Home-style Cheese Blintzes (each) \$3.95

Seasonal Fresh Fruit Cup \$3.95 Bowl \$5.95

♥ Cup of Brown Rice or Sweet Potato \$2.50

Cup of Roasted or Steamed Vegetables \$3.95

Cup of Black Beans \$3.25

Cup of Soup or Dinner Salad \$3.25

Cup of Potato Salad \$2.25

Cup of Cashew Chicken or Tuna Salad \$4.25

Cup of Cottage Cheese or Plain Yogurt (nf) \$2.25

Chicken, Salmon, Lox, Turkey or Corned Beef \$5.25

Children's Menu \$4.75

All meals come with 8 oz milk, juice spritzer or 🍷 juice

Fresh fruit, Bistro applesauce, celery & carrots

or a green salad

Breakfast (Served til 11 am, Noon on Saturday)

One Egg Any Style

Plus one: Potatoes, ♥ brown rice, pancake, ♥ oatmeal or toast

Three Fun-Size Pancakes (regular or ♥ whole grain)

🍷 French Toast

Breakfast Burrito: eggs, potato and cheese

(♥ Whole grain or flour tortilla)

Bagel & Cream Cheese (♥ whole grain or plain)

Add one pork sausage or two bacon \$1.50

Lunch & Dinner (Served after 11 am, Noon on Sat)

Turkey or Tuna Sandwich on ♥ whole grain bread

Grilled Cheese Sandwich on ♥ whole grain bread

Chicken Soft Taco

Chicken Caesar Salad

Cheese Quesadilla

Grilled Chicken, ♥ Brown Rice and Broccoli

Mini-Burger (add an extra burger for \$2.50)

(add cheese N/C)

Mac 'N Cheese