Breakfast Menu

Dioditiast mona			
Bagels		Petit Dejeune	r
Bagel Bagel & Cream Cheese Veggie Bagel Pesto Bagel Nutella Bagel Egg Bagel Salmon Bagel Hommos Bagel Hommos Bagel Deli Bagel Ham & Swiss Egg Bagel Sausage, Egg & Cheese E Peanut Butter & Jelly B	1.04 1.84 3.77 4.25 4.25 2.97 6.46 4.25 4.95 4.48 8agel 4.48	Crêpes Eggs & Cheese Ham, Egg & Cheese Egg, Sausage or Bacon & Cheese	4.29

Fresh Salad

All salads served with pita

House Salad 3.68 A crisp bed of romaine lettuce topped with tomatoes, onions,

cucumbers, parsley, carrots and our special house dressing of virgin olive oil, lemon & oregano leaves.

The Mediterranean

4.91

A delightful combination of olives, feta cheese, red onions and tomatoes piled high atop a garden of crisp romaine lettuce.

Spinach Salad 4.91 5.90

Organic baby spinach topped with black olives, red onions, tomatoes and carrots. Recommended with our homemade house dressing.

Caesar Salad 5.90 4.91

Crisp romaine lettuce with croutons, parmesan cheese, tossed in Caesar dressing.

Chef Salad

A delightful combination of ham, turkey breast, Swiss and Provolone cheeses on crisp greens with your choice of dressing.

Waldorf Chicken Salad 6.89

Chilled-grilled chicken breast atop a bed of spring mix with seedless grapes, Granny Smith apples, candied walnuts, celery and Gorgonzola cheese. Tossed with Dijon balsamic vinaigrette.

Fuji Apple Chicken

All-natural citrus-herb chicken, mixed field greens, romaine lettuce, vine-ripened tomatoes, red onions, pecans, Gorgonzola, apple chips & Dijon balsamic vinaigrette.

Vegetarian Specials

All sandwiches served with a dill pickle

Awesome Threesome 6.79	Awesome	Threesome		6.79
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Hommos, Spinach Salad, grilled tofu and onions in a pita.

Low Fat Veggie 5.57

Hommos, lettuce, tomatoes, onions, cucumber, parsley, carrots & our homemade house dressing rolled in pita.

Stuffed Grape Leaves Sandwich 5.57

Rolled in pita with your choice of yoghurt sauce or hommos.

Pesto Melt 5.28 Pesto sauce, mozzarella cheese & tomatoes on grilled Rustic

Italian. 5.80 Spinach Feta Wrap

Baby leaf spinach, red onions, tomatoes, black olives, carrots & oregano leaves rolled in pita with Feta cheese & our homemade house dressing.

Grilled Cheese 4.91

Pick 1 or 2 choices of cheese on grilled Challah.

Tomato & Mozzarella 5.80

Fresh mozzarella, tomatoes, basil and Balsamic vinegar glaze on Rustic Italian.



Non-Veggie Pita Wraps & Sandwiches

All sandwiches served with a dill pickle

5.80 Gyros

Seasoned beef & lamb gyros, served in pita bread with lettuce, tomato and tzatziki sauce.

Chicken Tawook

Strips of marinated chicken served in a toasted pita with garlic spread, pickles & tomatoes.

Pesto Chicken 5.85

Strips of marinated chicken served in a toasted pita with pesto sauce, mozzarella cheese & tomatoes.

Dijon Chicken 5.85

Marinated chicken served in a toasted pita with Dijon, Swiss cheese, lettuce, tomatoes & red onions.

Tuna Salad Sandwich 5.47

The very best white Albacore tuna in our own salad recipe.

Chicken Salad Sandwich 5.47

Tender chunky breast of chicken blended with celery & mayo. Reuben

5.85 Hot corned beef, Swiss cheese, sauerkraut on grilled rye bread

with Russian dressing.

Milano Deliaht

Hot corned beef with mozzarella cheese served with light Dijon, mayo, lettuce and tomatoes on Rustic Italian bread.

Chicken & Turkey

All sandwiches served with a dill pickle

Mediterranean Chicken

Grilled white chicken, mozzarella, tomatoes, red onions, chopped basil & mayonnaise, grilled on hot Rustic Italian.

Turkey Pita 5.85

5.85

Turkey breast, lettuce, tomatoes & Hellmann's mayo served in pita.

Garden Turkey 5.85 Smoked turkey served with light Dijon, mayo, lettuce & tomatoes

on wheat.

Honey Turkey 5.85

Smoked turkey breast, cheddar, honey Dijon, lettuce and tomatoes on Challah.

Pesto Turkey 5.85 Delicious turkey breast served in a toasted pita with pesto

sauce, mozzarella cheese and tomatoes.

California Turkey 5.85

Premium turkey breast and cream cheese with lettuce, tomatoes and red onions on whole wheat bread.

Turkey BLT 5.85 Smoked turkey, bacon, Cheddar cheese, Romaine lettuce,

thinly sliced tomatoes, mayonnaise on Rustic Italian.

5.85 **Goat Turkey** Turkey breast, roasted red pepper, goat cheese & fresh basil on

Rustic Italian with Balsamic vinegar glaze. Turkey Reuben 5.85

Smoked turkey, Swiss cheese, sauerkraut & Russian dressing on rye.

Crêpes Salées

Tomazzarella Crêpes	5.99
Break your fast with our favorite popular crêpe of	f crisp garden
vogetables folded with meggaralla choose	

5.99 **Crêpes Epinard**

This old fashion recipe has always been a favorite for its healthy mix of our famous spinach salad with feta cheese and our home-made house dressing.

Crêpes Dindon (Turkey) 6.98

Smoked turkey breast and provolone cheese melted in a crêpe over a bed of fresh garden vegetables with a low-calorie house dressing.

Crêpes Jambon (Ham)

An old-time favorite sandwich, ham and Swiss melted in a crêpe over a bed of fresh garden vegetables with a low-calorie house dressing.

Raspberry Chicken 6.98

Grilled chicken breast, spinach, sun-dried tomatoes, red onions and melted mozzarella cheese, topped with raspberry preserves and

Italian Chicken Pesto

Marinated chicken, mozzarella cheese, tomatoes and pesto sauce.

Pestorella 6.98

Fresh mozzarella, tomatoes and pesto sauce.

Crêpes Sucrées

Crêpes Citron 3.68

A fresh, light tasting crêpe served with a squeeze of lemon and topped with a sprinkle of sugar.

Crêpes Sucre 3.68

A crisp fresh crêpe topped with a sprinkle of sugar.

Cinnamon & Sugar 3.68

Simply a crêpe sucré with a sprinkle of ground cinnamon.

Assorted Jelly Crêpes 4.20

To satisfy your sweet-tooth, simply ask for strawberry or raspberry jelly rolled in a crêpe.

Naughty Nutella 4.20

The rich mellow flavor of that famous gourmet hazelnut chocolate spread, Nutella, layered in a thin crispy crêpe.

6.98 Nutella Split

A combination of Nutella spread and bananas that is hard to resist, especially after we top it with vanilla ice cream & whipped

Ricotta Berries

Crêpe topped with ricotta cheese, honey, strawberries, blueberries, raspberries, accompanied by our raspberry sauce and a dusting of powdered sugar.

Specialty Fruit 5.99

A medley of fresh strawberries, blueberries, raspberries and bananas, accompanied by our raspberry sauce. Topped with ice cream or whipped cream and powdered sugar.

Pies

Pita Spinach Pie 2.25 **Meat Pie** 2.70

Homemade Soups & Sides

2.36 3.49 **Lentil Soup** Soup of the Day 2.36 3.49 Pita with Hommos 4.75

Classic Coffees

1.79	2.26	
2.26	2.97	
2.26	2.45	
2.17	2.36	
1.79	2.45	2.97
2.26	2.78	3.25
2.35	3.07	3.68
2.26	2.78	3.25
2.26	2.78	3.25
2.59	3.07	3.68
1.46	1.70	1.98
	2.26 2.27 1.79 2.26 2.35 2.26 2.26 2.59	2.26 2.97 2.26 2.45 2.17 2.36 1.79 2.45 2.26 2.78 2.35 3.07 2.26 2.78 2.26 2.78 2.27 2.78

Other Hot Drinks

Hot Tea	1.65		
Chai	2.26	2.78	3.45
Hot Chocolate	1.98	2.45	2.97
Hot Apple Cider (seasonal)	2.97		

Iced Coffee Drinks

Iced Cap	2.78	3.05
Mocha Frappe	2.99	3.45
Iced Brewed Coffee	1.79	1.98
Iced Chai	2.65	3.45
Espresso Banana Shake		3.66
Chai Mocha Shake		3.66

Cold Drinks

Pepsi Products	16 oz 1.27	22oz 1.60
Italian Soda	2.36	3.25
Milk	1.25	1.79
Iced Tea		20oz 1.60
Bottled Water	1.42	

Smoothies

(Mango, Guava, Peach, Orange & Cranberry)

Snapple, Red Bull & Nantucket available

Raw juice mixed with: bannana, strawberries & honey



