



431 Route 130 North, East Windsor, NJ 08520 Tel 609.443.8222 Fax 609.443.0412 www.towndinernj.net

Like Us On



# Soups

Please ask your server for soup of the day

Cup 2.99 • Bowl 3.99 French Onion Soup 6.99

Soup to-go (16 oz) 3.99 • (32 oz) 7.99

# Jo Start

**The Number One Wing** (Regular or Boneless) **9.99** served with Celery Sticks & Bleu Cheese Dressing With your choice of sauce: Oriental, Buffalo, Chipotle, Jerk, Cholula or BBQ

#### Pierogies 8.49

Pan-fried with onions, served with sour cream

#### Mozzarella Sticks 8.99

Fried golden brown with our marinara dipping sauce

### Fried Calamari 10.49

Tender calamari breaded & lightly fried, served with our marinara sauce

#### **Loaded Potato Skins 8.49**

Stuffed with bacon, cheddar cheese and sour cream

#### **Chicken Fingers 8.49**

Fried golden brown with our honey mustard dipping sauce

#### **Ultimate Sampler 16.99**

Chicken quesadillas, mozzarella sticks, chicken fingers and loaded potato skins, served with your favorite dipping sauces

#### Patron Quesadilla 14.99

Skirt steak, pico de gallo & avocado stuffed inside a corn tortilla

### Ultimate Chili Nachos 10.99

Piled high with melted cheeses, chili, shredded lettuce, sour cream and pico de gallo add chicken **3.50 extra** 

#### Quesadillas 8.29

Grilled corn tortillas stuffed with cheeses, served with shredded lettuce, sour cream, guacamole and Pico de Gallo with Fresh Veggies 9.99 with Chicken 10.99 with BBQ Chicken 10.99 with Refried Beans 10.99 with Blackened Shrimp 11.99

#### BBQ Pulled Pork Quesadilla 9.99

Slow roasted pork with BBQ sauce and melted cheddar cheese on a roll

**Bowl of Homemade Chili 8.49** 

# Fork n' Good Fries

#### **NEW** Mariachi Fries 9.99

French Fries, chorizo, pico de gallo, sour cream, guacamole, cheddar jack cheese & cheese sauce

#### **NEW** Yankee Fries 9.99

Hot dog, bacon, sour cream, cheddar jack cheese & cheese sauce

#### Disco Fries 5.99

with melted mozzarella and brown gravy

### **NEW** Texas Fries 9.99

Chili, cheddar jack cheese & cheese sauce

# Salads...

All Salads can be served with: Chicken Salad 3.99 • Tuna Salad 5.99 • Shrimp Salad 5.99 Grilled Shrimp 7.99 • Grilled Chicken 3.99 • Sliced Steak 9.99 • Grilled Salmon 8.99

#### Garden Salad 8.99

Mixed field greens, diced tomatoes, peppers, onions, cucumbers, croutons and garnish, served with your choice of dressing

#### Taco Salad 13.99

Seasoned ground beef with cheddar jack cheese, diced tomatoes, Pico de Gallo, jalapeños and lettuce in a creamy avocado lime dressing, topped with onion & sour cream

#### **Buffalo Calamari Salad 14.99**

Buffalo style fries calamari, over baby greens in our house made bleu cheese dressing

### Sesame Chicken Salad 12.99

Sesame chicken, avocado, black beans, corn salsa, scallions and noodles

#### Chef's Salad 13.99

Turkey, ham, roast beef and Swiss atop lettuce, diced tomatoes, peppers, olives, cucumbers, egg and red onion, served with choice of dressing

#### Greek Salad 12.99

Chopped romaine lettuce tossed with feta cheese, onions and tomatoes, black Kalamata olives, stuffed grape leaves and anchovies mixed with our red wine vinaigrette

### Cobb Salad 13.99

Grilled chicken strips, bleu cheese, bacon, diced tomatoes, egg and lettuce, served in a tortilla bowl with choice of dressing

#### Grilled Salmon Salad 15.99

Marinated salmon served on a bed of mixed greens loaded with diced tomatoes and cucumbers tossed in our vinaigrette dressing

#### Classic Caesar Salad 8.99

Romaine lettuce, tossed with garlic croutons and shaved parmesan cheese in our caesar dressing

#### Waldorf Salad 12.99

Sliced chicken breast, walnuts, apples and raisins tossed in our homemade waldorf dressing

#### Mexican Salad 12.99

Served in a tortilla shell with baby greens, scallions, corn, blackened chicken, pico de gallo and beans in a creamy avocado lime dressing, topped with cheddar jack cheese

#### Caribbean Salad 14.99

Blackened chicken and shrimp over baby greens with tropical fruits tossed in our light raspberry vinaigrette

#### **NEW** Quinoa & Avocado Salad 12.99

A good protein salad with spinach, romaine, fresh mozzarella, avocado and quinoa tossed with house vinaigrette

#### Mediterranean Chicken Salad 14.99

Chopped Greens with fresh mozzarella, Kalamata olives, artichoke hearts, basil, peppers, tomatoes and grilled chicken tossed in a red wine and garlic vinaigrette topped with crumbled bleu cheese

#### **Tuscany Salad 11.99**

Portabella mushroom, mozzarella, diced tomato, red onion, mixed field greens, roasted red peppers and olives tossed in our vinaigrette dressing

#### **NEW** En Salada Madrileña 11.99

Mixed greens, scallion, almonds, pecans, apples, strawberries & chickpeas, tossed with raspberry vinaigrette

# Healthy Choice

#### Town Fruit Platter 12.99

Sliced fruit served fresh with cottage cheese and jello

### Grilled Vegetable Platter 10.99

with balsamic dressing over baby greens

**Grilled Chicken Platter 14.99**Served with rice and vegetables

**NEW** Avocado Madness Sandwich 11.99

Sliced avocado, spinach, portobello mushrooms & roasted pepper sauce on multi grain toast, served with a cup of fruit

### **NEW** Formaggio Con Pomodoro 10.99

Grilled cheese with fresh mozzarella on multi-grain bread with tomatoes, avocado and pesto, served with a cup of fruit

# Wraps

### Served with French Fries (pickles and cole slaw on request) ${\bf r}$

### Salmon Crunch 12.99

Lightly breaded salmon wrapped in lettuce with a pesto mayonnaise

### California Wrap 10.99

Turkey, fresh avocado and tomato with French dressing

### Southwest Wrap 10.99

Grilled chicken, chipotle, melted cheeses & bacon, served with ranch dressing

#### **Balsamic Chicken and Portabella Wrap** 10.99

Grilled chicken and marinated portabella mushrooms with our balsamic vinaigrette

#### Honey Dijon Wrap 10.99

Fried chicken tenders, bacon, tomato, lettuce and Swiss with our honey dijon mustard

### Caesar Wrap 10.99

Chicken breast, romaine lettuce and our Caesar dressing

#### Pollo Loco Wrap 10.99

Grilled chicken, eggplant, fresh mozzarella, roasted peppers, lettuce and our balsamic vinaigrette

### Del Paso Burrito 10.99

Blackened chicken, chili, rice, Pico de Gallo and cheddar jack cheese

#### Chicken or Beef Fajita Wrap

with grilled peppers, onions & cheddar cheese Chicken **10.99** • Beef **11.99** 

#### Spanish Burrito Wrap 10.99

Cajun chicken, beef chili, cheddar jack cheese with sour cream

Substitute **Gluten Free Bread** 1.50 extra

# Legendary Sandwiches Served with French Fries (pickles and cole slaw on request)

- You can "Wrap It" in white, wheat or just lettuce as a choice of bread -

Patty Crabby 11.99

Crab cake, lettuce, tomatoes and onions with a Creole tartar sauce

**Incredible Eggplant Sandwich** 9.99

Sautéed eggplant, fire roasted red peppers & melted mozzarella on a toasted Italian roll

French Dip 12.99

Just like you remember it, roast beef on a roll with au jus sauce

Flounder Sandwich 10.99

Lightly breaded and fried, served on rye with homemade tartar sauce

Monte Cristo 10.99

French toast with grilled ham & white turkey topped with melted Swiss cheese

B.L.T. 8.99

Our famous bacon, lettuce and tomato on choice of toast with mayo

**Grilled Cheese Sandwich 7.99** 

Choice of bread

Boardwalk Cheesesteak 10.99

Grilled sliced sirloin smothered with peppers, onions, mushrooms and melted American cheese

or our Chicken Cheesesteak for 10.99

Greek Gyro 10.99

Served on grilled pita with lettuce, diced tomatoes, red onions and our famous tzatziki sauce, served with Greek Salad or French Fries Choice of: Original Beef or Sliced Chicken

**BBQ Pulled Pork Sandwich 9.99** 

Slow roasted pork with BBQ sauce and melted cheddar cheese on a roll

**NEW** Open Steak Sandwich 15.99

On portuguese bread with fried red onions and horseradish sauce

**NEW** Shrimp Salad Sandwich 11.99

Chicken Salad Sandwich 9.29

Tuna Salad Sandwich 11.99

**Substitute French Fries for Salad** 1.00 extra or Sweet Potato Fries 1.50 extra

NY Style Deli

Your Choice of Turkey, Pastrami, Corned Beef or Roast Beef Served with French Fries (pickles and cole slaw on request)

Classic 11.99

On your choice of bread

Texas Grill 11.99

Grilled rye with fresh jalapenos, tomatoes, onions & our horseradish cream sauce & cheddar cheese

Reuben Style 11.99

Traditional reuben with sauerkraut, Swiss and Russian dressing on grilled rye

City Grill 11.99

Grilled rye with bacon, cole slaw and Swiss cheese topped with Russian dressing and tomatoes

# Paninis

Served with French Fries (pickles and cole slaw on request)

Southwest Panini 11.99

Sliced blackened chicken on flatbread with chipotle spread, tomato and cheddar cheese

Tango Argentino Panini 11.99

Roast beef on flatbread topped with sautéed onions and roasted peppers drizzled with a Russian horseradish sauce

Flaming Beef Panini 11.99

Roast beef on flatbread with grilled onions, cheddar jack cheese and BBQ sauce

Romano Chicken Panini 11.99

Sliced chicken on flatbread with fresh mozzarella, red onions, roasted peppers, sundried tomatoes and our roasted garlic vinaigrette

Gladiator Chicken Panini 11.99

Sliced chicken on grilled flatbread with prosciutto, roasted peppers, artichokes, basil and melted mozzarella cheese

Habano Panini 11.99

Ham, turkey, Swiss cheese & pickle with Russian dressing on flatbread

# Chicken Sandwiches

Served with French Fries (pickles and cole slaw on request)

Chicken Avocado 12.99

Fried chicken cutlet topped with fresh avocado & chipotle mayo

**NEW** Hot Chick 10.99

Golden brown spicy chicken cutlet on a portuguese roll with tomatoes, lettuce and chipotle mayonnaise

BBQ or Buffalo Chicken Sandwich 10.99

Barbecue grilled chicken topped with bacon strips, melted cheddar cheese and grilled red onions

New Jersey Chicken 10.99

Chicken breast with bacon, lettuce, tomato and melted Swiss, served with honey mustard

Cajun Chicken Sandwich 10.99

with melted cheddar cheese, jalapeno peppers and grilled red onions

Chicken Parmesan Sandwich 10.99

Breaded chicken with mozzarella, served on a garlic roll with our marinara sauce

Tuna Melt 11.99

Tuna and tomatoes with Swiss cheese

**NEW Shrimp Salad Melt 12.99** 

with grilled tomatoes & Swiss cheese

Grilled Chicken Melt 11.99

Grilled chicken with tomato and American cheese

**NEW** BBQ Pulled Pork Melt 11.99

Slow roasted pork with BBO sauce and melted cheddar cheese

**NEW** Hot Brown Turkey Melt 11.99

Turkey on grilled rye with bacon, tomatoes, gravy and cheddar jack cheese

# Beef, Jurkey or NEW Veggie

on a Hard Roll with Lettuce, Tomato & Onion, served with French Fries (pickles and cole slaw on request)

Hamburger 9.99

Cheeseburger 10.99

St. Louis Burger 11.99

Grilled onions, mushrooms and mozzarella cheese

Greek Burger 11.99

Shredded lettuce, tomato, feta cheese, olives, cucumber, peppers and our famous tzatziki sauce on a hard roll

Cowboy Burger 11.99

with melted cheddar, bacon and BBQ Sauce

Philly Cheese Burger 11.99

Grilled onions, mushrooms, peppers and melted American cheese

Jersey Girl Burger 11.99

with Taylor ham, American cheese and fried egg

Pizza Burger 10.99

Mozzarella and marinara sauce

**NEW** French Burger 11.99

Topped with caramelize onions and mozzarella

**NEW** Tex-Mex Burger 11.99

8oz burger cooked your way and topped with chorizo, avocado, pico de gallo, sour cream and cheddar jack cheese

Cuban Burger 11.99

Smoked ham, pickle chips & Swiss cheese, topped with Russian dressing

Mexicali Burger 11.99

Pico de gallo, chedar jack cheese and guacamole

**NEW** San Antonio Burger 11.99

Bacon, avocado, chipotle mayonnaise & cheddar jack cheese

**NEW** Stallion Burger 11.99

Jalapeños, bacon, Pecorino romano cheese, all mixed into 8oz. of ground beef It's good, really good!

**NEW** Patty Melt 11.99

Burger patty, Swiss cheese & grilled onions

**NEW** Reuben Burger 11.99

Burger patty topped with pastrami, Swiss cheese, sauerkraut & Russian dressing

> Jriple Deckers **Served with French Fries**

(pickles and cole slaw on request) Sliced Turkey Club 11.99

with bacon, lettuce and tomato

Roast Beef Club 11.99 with Swiss, lettuce and tomato

Substitute **Gluten Free Bread** 1.50 extra

Egg Salad Club 10.99

with bacon, lettuce and tomato

Tuna Salad Club 11.99

Albacore tuna salad with sliced egg, lettuce and tomato

NY's Finest Club 14.99

Corned beef, pastrami, turkey, cole slaw and Russian on rve

Grilled Dijon Chicken Club 12.99

Grilled chicken on grilled rye with tomato, cheddar and dijon sauce

Chicken Salad Club 10.99

with bacon, lettuce and tomato

**NEW** California Club 12.99 Grilled Chicken, Avocado, Spinach and Tomato



Served with Soup or Salad (Dine-In Only)

Pasta dishes listed below can be served with Meatballs for 3.50 extra with Chicken for 3.99 extra

with Shrimp for 7.99 extra • with Salmon 8.99 extra

#### Penne Vodka 13.99

Penne pasta tossed in a tomato cream sauce with peas and cracked black pepper, flamed in vodka

#### Pasta Italiano 16.99

Chicken strips, fresh tomato, broccoli, basil and fresh garlic tossed with penne pasta & marinara

#### Pasta Caprese 16.99

Tomato, fresh garlic, virgin olive oil, basil & mozzarella cheese tossed with penne pasta

#### Pasta Town 16.99

Penne pasta tossed with Italian sausage, chicken tenders, tomatoes, garlic and basil in olive oil

### Baked Cheese Ravioli Parmesan 14.99

with garlic crostini

#### Tortellini Carbonara 16.99

Mini tortellini tossed in our creamy Parmesan sauce with prosciutto

#### Linguini Bolognese 16.99

Linguini tossed with our delicious meat sauce, served with garlic bread

# Seafood by the Bay

Served with Soup or House Salad (Dine-In Only) Caesar or Greek Salad 2.50 Extra

#### **Broiled Salmon Filet 19.99**

Served with choice of potato and vegetable medley

#### **Broiled Filet of Flounder 18.99**

Served with choice of potato and vegetable medley

#### **Broiled Seafood Combination 25.99**

Shrimp, calamari, flounder & crab cake, served with potato & vegetable medley

#### Tilapia Francaise 17.99

Dipped in egg batter, sautéed brown with lemon butter

#### Tilapia Almondine 17.99

Broiled tilapia topped with almond lemon sauce, served with mashed potatoes and vegetable.

### **NEW** Pumpkin Salmon 19.99

Center cut salmon well seasoned and encrusted with pumpkin seeds topped with scampi sauce, served with potato and vegetables

### Salmon Acapulco 19.99

Center cut salmon pan seared with shallots, scallions, bell peppers, cilantro, jalapeño peppers, lime, fresh garlic & wine sauce, served with rice & beans

#### Fried or Broiled Shrimp 20.99

Served with French fries and cole slaw

### Seafood Jambalaya 21.99

A medley of seafood (clams, shrimp, mussels) tossed in a spicy Louisiana sauce over rice

# Beverages

Coffee or Tea (Free Refills)	2.35
Herbal tea	2.60
Espresso	3.25
Cappuccino	4.25
Hot Chocolate made with milk	3.25
Assorted Sodas (Free Refills)	2.65
Iced Tea or Iced Coffee	2.65
Milk	2.65
Chocolate Milk	2.95
Lemonade	2.65
Cranberry Juice	3.50
Tomato Juice	3.50

# Entrees

Served with Soup or House Salad (Dine-In Only)

Caesar or Greek Salad 2.50 Extra

 $\textbf{Parmigiana} \thicksim \text{served traditionally with linguine marinara}$ 

Chicken 16.99 • Shrimp 20.99 • Eggplant 14.99 • Combo (choose two) 20.99

#### Roast Chicken 16.99

Choice of BBQ, scampi or broiled, served with mashed potatoes and a vegetable medley

#### Meatloaf 16.99

Topped with mashed potatoes and brown gravy, served open-faced on rye bread

#### Chicken Française 16.99

Lightly egg battered chicken in a lemon sauce, served with rice and asparagus

#### **NEW** Chicken Isabella 16.99

Sautéed chicken with mushrooms, artichokes, roasted peppers and peas in a garlic white wine sauce over rice

#### Chicken Marsala 16.99

with mushrooms, onions and marsala wine sauce, served over linguini

#### Roast Turkey Breast 16.99

Piled high and served underneath homemade stuffing, topped with our own turkey gravy, served with cranberry sauce

#### Roast Beef Dinner 16.99

Topped with Gravy, served with mashed potatoes and a vegetable medley

#### **NEW** Pan Fried Calves Liver 17.99

Covered in a rich sherry wine sauce, topped with bacon and onions. Highly recommended for nutritional value!

# Under the Broiler

Served with Soup or Salad (Dine-In Only) and Potato & Vegetable Caesar or Greek Salad 2.50 Extra

## CHOOSE YOUR STEAK!

NY Strip 24.99

Skirt Steak 24.99

Rib-Eye Steak 24.99

### CHOOSE YOUR SAUCE!

**Scampi Garlic** ~ Lemon flavored, seasoned with garlic

Ranchero ~ Roasted tomatoes, jalapeño peppers, garlic & cilantro

Chimichurri ~ Cilantro, parsley, garlic & vinegar

Montreal ~ Lightly rubbed and marinated with wonderful seasonings

### Center Cut Pork Chops 16.99

### **Now Choose Your Style**

**En Salsa Verde ~** Fresh tomatillo & jalapeño grinded to make a fresh salsa

Pan Seared ~ Lightly breaded and pan seared

**Broiled** ~ Just the way you like it

#### **Ground Steak 15.99**

Char-grilled over an open flame smothered with grilled onions and gravy, served with mashed potatoes and vegetables

#### Baby Back Ribs 19.99

A whole rack of our deliciously tender house smoked ribs double-glazed with our signature BBQ sauce, served with French fries and cole slaw

# From the Fountain

Ice Cream 3.99 Sundae 4.99 Banana Split 5.99 Milk Shake 4.59 Ice Cream Soda 4.59 Seasonal Smoothies 5.29

# Fresh Juice Bar

### Pressed Cold ~ Made from Scratch in Our Juice Bar

### Regular 10 oz. • Large 16 oz.

**Orange Juice 4.99 • 6.99** Pina Colada 5.99 • 7.99 Pineapple and coconut Grapefruit Juice 4.99 • 6.99 Sunny Day 5.99 • 7.99 Apple Juice 4.99 • 6.99 Apples, pineapple and mint **Carrot Juice 4.99 • 6.99** Summer 5.99 • 7.99 Carrot & Pineapple Juice 5.99 • 7.99 Apples, pears, spinach, lemon and ginger Garden 5.99 • 7.99 El Patron 5.99 • 7.99 Apple, sweet potato, pineapple, celery and ginger Carrots, cucumbers, apples, celery, spinach & peppers **Pretty Woman** 5.99 • 7.99 **Doctor Dose 5.99 • 7.99** Carrots, oranges, beets and pineapple Carrots, apples and ginger **Red Heart** 5.99 • 7.99 ABC 5.99 • 7.99 Sweet Potato, carrots, oranges and beets Apples, beets and carrots

or just ask for your choices



Served with Home Fries and Toast

Grits Available until 2:00 pm

## Omolots

#### Made Individually in a Pan • Served with Home Fries and Toast

Two Eggs 5.99

with Choice of 1; ham, bacon, sausage, Taylor ham, Canadian bacon or chorizo **8.99** 

Corned Beef Hash & Eggs 10.99

Steak & Eggs 24.99

# Avocado Joast

Served with mixed green salad

**Traditional** ~ Seasoned smashed avocado on multi-grain toast **10.99** 

**USA** ~ bacon topped with eggs over light **12.99 Mexican** ~ topped with pico de Gallo **11.99** 

**Hebrew** ~ topped with lox and onions 14.99

# Benedicts

Eggs Benedict 9.99

Canadian bacon topped with two poached eggs and our Hollandaise sauce over English muffin

Salmon Benedict 11.99

Smoked salmon topped with two poached eggs and our famous tzatziki sauce over English muffin

Bar Harbor Benedict 11.99

Crab cakes topped with two poached eggs and Hollandaise sauce over English muffin

**NEW** Native Benedict 11.99

Avocado, two poached eggs and our roasted pepper sauce over English muffin

Ja-maician Me Crazy Benedict 11.99

Chorizo sausage & crab cake on English muffin topped with two poached eggs and ranchero sauce

Fiesta Benedict 11.99

Skirt steak, poached eggs, cheddar jack cheese & tomatillo sauce

**NEW** Latkes Benedict 11.99

Potato pancake, poached eggs & hollandaise sauce, served wth applesauce

# Global Favorites

Bagel Deluxe 14.99

Smoked salmon, lettuce, tomatoes, onions, black olives and hard boiled eggs

**Breakfast Burrito 10.99** 

Scrambled eggs with American cheese, sausage, bacon, green peppers, Pico de Gallo and sour cream

**Huevos Rancheros** 10.99

Poached eggs on crispy tortilla topped with ranchero sauce and cheese, served with chorizo-black bean hash

**Chorizo Egg Quesadilla with Pico de Gallo 10.99** Spanish style sausage in a quesadilla

Plato Colombiano 24.99

Two eggs over medium, atop steak with fried pork, chorizo & chili, served with home fries

Crepes

Homemade Crepe 8.99

Lox

Choose from apple cinnamon, mixed berries, banana pecan, banana Nutella, piña colada (pineapple & coconut)

Breakfast Sides

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Pork or Turkey Sausage	3.50
Chorizo Sausage	3.50
Corned Beef Hash	5.99
<i>NEW</i> Scrapple	3.50
Grilled Bacon or Ham	3.50
Taylor Ham (pork roll)	3.50
Fruit Salad	3.50
Strawberries and Banana	3.50
Cottage Cheese	2.50
Applesauce	1.99

Irish Corned Beef Omelet 10.99

Corned Beef, cabbage & potatoes, served open style

Stuffed Potato Omelet 10.99

Mashed potato, bacon, cheese and scallions

**Rio Grande Omelet 10.99** 

Cilantro, scallions, chili and cheddar jack cheese

**Spanish Omelet 9.99** 

Our famous Creole sauce (onions, mushrooms, peppers, celery and tomato base)

Tex-Mex Omelet 10.99

Tomatillo, jalapeño, cilantro, red onions and cheddar jack cheese, topped with tomatillo sauce

Western Omelet 9.99

Ham, onions and peppers

**NEW** Florentine Omelet 9.99

Feta cheese and Spinach

NY Style Omelet 10.99

Corned beef, pastrami and Swiss

Atlantic Omelet 10.99

Smoked salmon, onions and tomatoes

Italian Omelet 10.99

Mushrooms, fresh tomatoes, mozzarella cheese, Italian sausage and tomato sauce

Mexican Omelet 10.99

Fresh jalapenos, cilantro, Chorizo and cheddar jack cheese

Monte Bianco Omelet 10.99

Sundried tomatoes, portabella mushrooms, basil and fresh mozzarella

**NEW** Veggie Omelet 9.99

Fresh tomatoes, mushrooms, onions, peppers & spinach

B.T.O. Omelet 9.99

Basil, tomato and onion

Frittata Mediterana 10.99

Open faced omelet with olives, red onions, roasted peppers, basil, feta and Romano cheese

Turkey Club Omelet 10.99

Turkey, bacon, tomato and American cheese

Gyro Omelet 10.99

Sliced gyro meat, feta cheese and French fries inside

**NEW** Provencal Omelet 10.99

Portobello, scallions, garlic, basil, tomatoes, fresh mozzarella & olives

**NEW** Power Punch Omelet 10.99

Quinoa, spinach, black beans and chickpeas **NEW** Roast Vegetable Frittata 10.99

with cheddar jack cheese

**NEW** Meat Lover Omelet 10.99

Sausage, Bacon & Ham

**NEW** Protein Omelette 12.99

Egg whites, grilled chicken, quinoa, avocado & spinach, served with cottage cheese

Substitute

Multi-Grain, English Muffin or Bagel 1.00 extra or Gluten Free Bread

**1.50** extra

Create Your Own Omelet

Made Individually in a Pan

Start with our fluffy three-egg omelet **6.49** 

and add your choice of ingredients • Served with home fries and toast

**CHEESES** 

American, Cheddar, Cheddar Jack, Mozzarella, Swiss or Provolone 1.75 • Feta or Fresh Mozzarella 2.00

Diced Bacon, Diced Chicken, Diced Chorizo, Diced Ham, Diced Italian Sausage,
Diced Turkey or Diced Sausage 2.25

VEGETABLES

Onion, Pepper, Tomato, Cilantro, Broccoli or Mushroom 1.25

Roasted Pepper, Portabella Mushroom, Sundried Tomato or Spinach 1.75 • Asparagus 2.25

# Pancakes, French Joast or Belgian Waffles

**Buttermilk Pancakes,** 

French Toast or Belgian Waffle 6.99

with Strawberry and Banana 8.99

with Chocolate Chips **7.99** with Blueberries **7.99** 

with Banana Pecan 7.99

with Piña Colada **7.99** with Apple Cinnamon **7.99** 

with Ice Cream 7.99

8,99

GF Corn Meal (Gluten Free) 10.99

A pancake that tastes like a fresh baked corn muffin

GFOatmeal Pancakes (Gluten Free) 8.99

**NEW** Chunky Monkey 10.99

with Nutella, fresh bananas and pecans

**NEW** French Toast Tan- Tan 10.99

Brioche French toast topped with Nutella

**NEW** Cookies & Cream 10.99

with crushed Oreos and whipped cream

Trail Pancakes 9.99

Blend of dried cranberries, pine nuts, walnuts, pecans and raisins cooked in our famous buttermilk pancakes

**NEW** Tropical Cakes 9.99

Our famous buttermilk pancakes with pineapple, mango and coconut!

Add to Above Choice of Ham, Bacon, Sausage, Taylor Ham, Scrapple or Canadian Bacon 3.50 Extra

# Breakfast Sandwiches

Served on hard roll with home fries On a croissant or bagel for \$1 extraSubstitute
Gluten Free Bread
1.50 extra

Bacon, Egg and Cheese 6.99 Pork Roll, Egg and Cheese 6.99

Ham, Egg and Cheese 6.99 Sausage, Egg and Cheese 6.99

Turkey Sausage, Egg and Cheese 6.99

Western Egg and Cheese 6.99
Peppers, onions and ham

Chorizo, Egg and Cheese 6.99

Energy Wrap 8.99

Egg whites scrambled with American cheese and black beans served with a cup of fruit

Big Fat Cat 10.99

Scrambled eggs with cheese, bacon, sausage & hash browns wrapped in a pancake & a tortilla, served with syrup

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