

Breakfast

Served All Day 7:00 am-2:00 pm

Pancakes - <i>Stack of 4 served w/real maple syrup and whipped butter</i>	\$ 6.50
<i>Add strawberries, blueberries, chocolate chips or bananas</i>	\$ 7.50
Terry's Waffles - <i>home style just like Dad used to make w/real maple syrup and butter</i>	\$ 5.25
French Toast - <i>Texas toast w/real maple syrup and whipped butter</i>	\$ 5.75
Eggs Benedict - <i>Canadian bacon & poached eggs on toasted English w/hollandaise & hash browns</i>	\$ 8.50
Corned beef hash - <i>with two eggs any style, hash browns & toast</i>	\$ 8.75
Fruit Cup - <i>Bananas, strawberries, mango, papaya, pineapple, grapes and melon</i>	\$ 4.95
<i>Add low fat vanilla yogurt and/or granola</i>	\$ 5.75
<i>Extra Maple Syrup \$1.50</i>	

Three Egg Omelets-served with toast & hash browns (no substitutions)

Cheese Omelet - <i>Swiss, Vermont cheddar, jalapeno jack provolone or feta cheese</i>	\$ 6.50
Western - <i>ham, peppers and onions</i>	\$ 7.25
Ham & Cheese - <i>Vermont sharp cheddar & Virginia baked ham</i>	\$ 7.25
Portuguese - <i>linguica sausage, peppers & onions with provolone cheese</i>	\$ 7.50
Mediterranean - <i>fresh spinach, plum tomato & feta cheese</i>	\$ 7.95
Caprese - <i>Italian plum tomato & fresh mozzarella</i>	\$ 7.95
Sunday morning - <i>smoked salmon & cream cheese</i>	\$ 8.95
Vegetarian - <i>sautéed mushrooms, onions, peppers and spinach with jalapeño jack cheese</i>	\$ 7.95
Create your own - <i>choose any one filling</i>	\$ 6.50
<i>Additional fillings \$1.25 fresh mozzarella \$1.75 smoked salmon \$2.25 goat cheese \$1.95</i>	
<i>chicken sausage \$1.50 Linguica \$1.75 Egg Beaters or egg whites \$2.00 soy patties \$2.95</i>	

Eggs Any Way

One egg, toast & hash browns	\$ 3.95
Two eggs, toast & hash browns	\$ 4.75
Three eggs, toast & hash browns	\$ 5.75

Toast choice

marble or dark rye,
sourdough, multigrain, whole wheat, raisin pecan, white or Texas toast *bagel/English .75 extra

we are available for private parties and small functions, please ask for details

20% Gratuity will be added to parties of 5 or more

There will be a \$1.00 per person fee for splitting/sharing

Breakfast Sandwiches -served on your choice of toasted bagel or English muffin

Egg & cheese - <i>fried egg and Vermont cheddar cheese</i>	\$ 3.95
Meat, egg & cheese - <i>bacon, baked ham, or sausage w/fried egg and Vermont cheddar</i>	\$ 4.50
Smoked salmon & cream cheese - <i>cold smoked salmon with cream cheese on toasted bagel</i>	\$
7.25	<i>Add tomato, sliced onion and capers</i>
\$ 7.95	

Eggs, peppers & cheese -*scrambled eggs, sautéed peppers onions& cheddar on grilled French roll* \$ 6.50

Breakfast Burritos - golden wheat, sun dried tomato, or spinach wraps

<i>Scrambled eggs & Virginia baked ham</i>	\$ 4.95
<i>Scrambled eggs & jalapeño jack cheese</i>	\$ 4.50
<i>Scrambled eggs with tomatoes & onions</i>	\$ 4.75
<i>Extra fillings</i>	\$ 1.25

****Early Riser Breakfast (7:00-9:00am Tuesday-Friday only)** *Three eggs, hash browns, toast & coffee* \$ 4.95

Toast specialties (no substitutions)

The wave - <i>Two eggs, silver dollar pancakes, bacon or sausage, hash browns & toast</i>	\$ 6.95
Salmon Benedict - <i>Cold smoked Atlantic salmon on toasted English w/poached eggs, capers, red onion & hollandaise</i>	\$ 10.95
the white omelet- <i>Chicken sausage, spinach, jalapeno jack cheese & egg whites</i>	\$ 8.95
burnt toast- <i>Crème brulee battered French toast with caramelized sugar</i>	\$ 7.25

side dishes

Eggs-any style	\$ 1.25 ea	Hash Browns	\$ 2.50
ASS'T Toast	\$ 1.95	Short stack of Pancakes (2)	\$ 3.95
Toasted Bagel with butter	\$ 1.95	Bagel with a Schmeaar	\$ 2.75
Fresh baked muffin	\$ 1.95	linguica or Chicken Sausage	\$ 2.95
English muffin	\$ 1.95	meat substitute (soy patty)	\$ 2.95
Homemade oatmeal w/brown sugar	\$ 3.25	Corned beef hash	\$ 4.50
Bacon, Sausage, Canadian bacon or Ham	\$ 2.50	ASST Cold Cereal	\$ 2.50

Extra Maple Syrup \$1.50 Add on's \$1.25

Beverages

Bottomless cup of Coffee	\$ 2.05	iced coffee/Iced tea <i>fresh brewed</i>	
\$ 2.50			
Hot Teas	\$ 2.50	Hot Cocoa ala toast	\$ 2.50
Fresh Squeezed Orange or grapefruit juice	\$ 2.75/3.25	hornstra farm whole milk	\$ 2.00/2.50
Cranberry, apple or tomato juice	\$ 1.75/2.25	Hornstra Farm Chocolate Milk	\$2.00/2.50
soy milk	\$ 1.95	Bottled soda	\$ 1.95
fountain Soda <i>with refill</i>	\$ 1.95	root beer float	\$ 3.50
<i>Pepsi, Diet Pepsi, Lemonade, Mug Root Beer, Sierra Mist and Ginger Ale</i>			
bottled waters <i>sparkling & still</i>	\$2.50		

Lunch 11:00 am-2:00 pm (no lunch on Sunday)

Soup

New England clam chowder	cup \$ 4.25	bowl \$ 5.25
Homemade tomato soup	cup \$ 3.75	bowl \$ 4.95
Soup of the day	cup daily	bowl daily

Salads

Toast salad - <i>mixed greens with cucumbers, carrot, tomato & lemon Romano vinaigrette</i>	\$ 5.95
<i>Add albacore tuna salad</i>	\$ 6.95
Mermaid salad <i>with Vermont goat cheese, raisins, walnuts & balsamic vinaigrette</i>	\$ 7.25
Tomato mozzarella salad - <i>vine ripened tomatoes, basil & fresh mozzarella with balsamic glaze</i>	\$ 7.25
Caesar salad - <i>crispy romaine leaves tossed with our Caesar dressing, croutons & Romano cheese</i>	\$ 6.25
<i>Add marinated & grilled chicken breast</i>	\$ 7.25

Sandwiches- choice of curly fries, coleslaw, potato salad (side salad/ sweet potato fries/ onion strings .95 extra)

Classic Blt- <i>on toasted sourdough</i>	\$ 4.95
Grilled cheese- <i>with Vermont cheddar on sourdough</i>	\$ 4.95
<i>Add tomato and/or bacon</i>	\$ 5.95
Tuna sandwich - <i>albacore chunk tuna with celery, red onion & mayo on toasted sourdough</i>	\$ 5.75
Turkey club - <i>bacon, lettuce, tomato & mayo on toasted multi-grain</i>	\$ 7.95
Corned beef Reuben - <i>lean red corned beef, sauerkraut, Swiss cheese & 1000 isle on marble rye</i>	\$ 7.95
The world's end - <i>rare roast beef, boursin cheese and red onion on whole wheat</i>	\$ 7.25
The Nantasket - <i>all white chicken salad with walnuts and raisins in golden wheat wrap</i>	\$ 6.95
The paragon - <i>hot pastrami with Swiss cheese and red onion on marble rye</i>	\$ 7.95
Mayflower- <i>roasted turkey, cranberry, stuffing and mayo in golden wheat wrap</i>	\$ 6.95
Tomato-mozzarella panini - <i>vine ripened tomatoes, fresh mozzarella & basil pesto</i>	\$ 7.95
Grilled chicken Panini - <i>with Vermont cheddar & caramelized onion jam</i>	\$ 8.50
The audball- <i>homemade turkey burger with Caribbean jerk spices, on a toasted wheat roll</i>	\$ 7.75
garden burger- <i>veggie option with lettuce and tomato on a whole wheat roll</i>	\$ 5.95
The fat burger- <i>cheeseburger w/ bacon, lettuce, onion and tomato on toasted sesame seed bun</i>	\$ 6.95

Bread choices- sourdough, multi grain, 100% whole wheat, marble or dark rye, raisin pecan, white, golden wheat, sun dried tomato or spinach wrap

sides-COLESLAW, POTATO SALAD, curly fries \$ 1.95

Sweet potato fries, onion strings (tu-fri) \$ 2.50