

BREAKFAST

SERVED ALL DAY 7:00 AM-2:00 PM

PANCAKES - <i>Stack of 4 served w/real maple syrup and whipped butter</i>	\$ 6.25
<i>Add strawberries, blueberries, chocolate chips or bananas</i>	\$ 6.95
TERRY'S WAFFLES - <i>home style just like Dad used to make w/real maple syrup and butter</i>	\$ 5.95
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>	\$ 8.25
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>	\$ 6.25
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>	\$ 5.95

*Additional fillings \$1.25 fresh mozzarella \$1.75 smoked salmon \$2.00 goat cheese \$1.50
chicken sausage \$1.50 Linguica \$1.75 Egg Beaters or egg whites \$2.00 soy patties \$2.95*

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 - <i>scrambled eggs, sautéed peppers onions & cheddar on grilled French roll</i>	\$ 6.25

BREAKFAST BURRITOS - GOLDEN WHEAT, SUN DRIED TOMATO, OR SPINACH WRAPS

<i>Scrambled eggs & Virginia baked ham</i>	\$ 4.75
<i>Scrambled eggs & jalapeño jack cheese</i>	\$ 4.25
<i>Scrambled eggs with tomatoes & onions</i>	\$ 4.50
<i>Extra fillings</i>	\$ 1.25
**EARLY RISER BREAKFAST (7:00-9:00AM TUESDAY-FRIDAY ONLY) <i>Three eggs, hash browns, toast & coffee</i>	\$ 3.95

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	\$ 1.00 EA	HASH BROWNS	\$ 2.50
ASS'T TOAST	\$ 1.50	SHORT STACK OF PANCAKES (2)	\$ 3.95
TOASTED BAGEL WITH BUTTER	\$ 1.75	BAGEL WITH A SCHMEAR	\$ 2.50
FRESH BAKED MUFFIN	\$ 1.75	LINGUICA OR CHICKEN SAUSAGE	\$ 2.95
ENGLISH MUFFIN	\$ 1.75	MEAT SUBSTITUTE (SOY PATTY)	\$ 2.95
HOMEMADE OATMEAL W/BROWN SUGAR	\$ 3.25	CORNED BEEF HASH	\$ 4.25
BACON, SAUSAGE, CANADIAN BACON OR HAM	\$ 2.50	ASS'T COLD CEREAL	\$ 2.50

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

BOTTOMLESS CUP OF COFFEE	\$ 1.75	HOT TEA/ICED TEA <i>fresh brewed</i>	\$ 1.75/2.25
SPECIALTY HOT TEAS	\$ 2.25	HOT COCOA ALA TOAST	\$ 2.25
FRESH SQUEEZED ORANGE OR GRAPEFRUIT JUICE	\$ 2.50/3.00	ICED COFFEE <i>one refill</i>	\$ 2.50
CRANBERRY, APPLE OR TOMATO JUICE	\$ 1.50/2.00	HORNSTRA FARM WHOLE MILK	\$1.75/2.25
SOY MILK	\$ 1.95	HORNSTRA FARM CHOCOLATE MILK	\$2.00/2.50
FOUNTAIN SODA <i>with refill</i>	\$ 1.75	BOTTLED SODA	\$ 1.75

*Pepsi, Diet Pepsi, Dr Pepper, Lemonade, Mug Root Beer,
Sierra Mist and Ginger Ale**Pepsi, Diet Pepsi, Gatorade, Sierra Mist
Sierra Mist Free***BOTTLED WATERS** *sparkling & still* \$1.50/ \$ 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>	\$ 5.50
<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>	\$ 5.95
<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
CORNERED 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 RUDBALL - <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>	\$ 6.95
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

DESSERTS

ROOT BEER FLOAT	\$2.95
-----------------	--------