

Sandwiches

All Sandwiches are served with a pickle and chips

Sliced Black Forest Ham	\$5.95
Chicken Salad	\$5.50
Roast Beef	\$5.95
Roast Turkey Breast*	\$5.95
Tuna Salad	\$5.50
B.L.T.	\$4.50
Grilled Cheese and Tomato	\$3.95
Thanksgiving Sandwich*	\$6.50

*Our turkey is roasted on premise daily
Choose White, Wheatherry, Marble Rye, Wrap, or Calabatta

Wraps

Buffalo Chicken Wrap	\$6.95
Chicken Caesar Wrap	\$6.95
Chicken Fajita Wrap	\$6.95
Steamed Vegetable with F eta	\$4.95

Paninis

-Grilled Chicken, Mozzarella, Tomato & Basil	\$6.95
-Blackened Chicken with Cajun Mayonnaise	
-Italian Sausage with Red Peppers and Onions	
-Grilled Eggplant Panini	

Soup and Quiche

	Bowl	Quart
Clam Chowder	\$4.95*	\$9.95
Soup of the Day	\$3.95*	\$8.95
*Served with 1/4 loaf of fresh bread		
Quiche of the Day		\$3.95
Quiche and Soup of the Day		\$5.95

Club Sandwiches

Turkey Club	\$6.95
Roast Beef Club	\$6.95

Salads

	Individual	Family Style
Garden Salad	\$4.95	\$12.95
Caesar Salad	\$5.95	\$14.95
Greek Salad	\$5.50	\$13.95
Apple, Cranberry & Walnut Salad	\$5.95	
Mandarin Orange & Almond Salad	\$5.95	
Add Grilled Chicken	\$2.00	\$ 8.00

Taco Salad

\$6.50

Dressings: Italian - Creamy Italian - Balsamic Vinaigrette - Greek - Honey

Mustard - Caesar - Bleu Cheese - Fat Free Toasted Sesame

Hot Dinners

All Family Style Meals feed 4-5 and include a loaf of Fresh Bread

	Individual	Family Style
Roast Turkey Dinner	\$6.95	\$25.95
with mashed potato, stuffing, gravy and cranberry sauce		
Lasagna with Meatball	\$5.95	\$24.95
Chicken Pot Pie	\$6.95	\$25.95
Meatloaf with Mashed Potato	\$5.95	\$23.95
Stuffed Green Peppers	\$5.95	\$23.95
with Vegetable of the Day or Small Salad		
Penne with Tomato Sauce & Meatball	\$5.95	\$18.95
Penne Primavera	\$5.95	\$24.95
Roast Pork Loin with Rice Florentine	\$6.95	\$25.95
Chicken, Penne and Broccoli	\$6.95	\$25.95

Sides

	1/2 Pt. Pint	Quart
Mashed Potato	\$1.50	\$2.95
Rice Florentine	\$1.50	\$2.95
Vegetable of the Day	\$1.50	\$2.95
Macaroni & Cheese	\$1.95	\$3.95
Tomato Sauce	\$2.95	\$4.95
Fresh Baked Muffin	\$1.50	
Bagel with Cream Cheese	\$1.75	
Loaf of White Bread	\$2.25	
Loaf of Multigrain Bread	\$3.25	
Meatballs (each)	\$.99	
Whole Apple	\$.95	

NEW!! Add a Side Salad to any Sandwich, Soup or Dinner for \$2.50!

Beverages

Coke - Diet Coke - Sprite - Orange - Rootbeer - Diet Dr. Pepper - Dr. Pepper - Dasani Water	\$1.25
Iced Tea - Iced Coffee	\$1.95
Coffee, Tea, Hot Cocoa	\$1.25
Milk, Chocolate Milk, Orange Juice, V8	\$1.00

Desserts

Cookies	\$.99
Brownies	\$1.50

Cannoli for a Cure* \$2.95

*10% of this sale is donated to the American Cancer Society

Prices Subject to Change

Consuming Raw or undercooked foods such as meats or eggs could result in food borne illness

Breakfast Menu

2 eggs any style with home fries & toast	\$4.50
3 egg omelette with home fries & toast <small>(American, Swiss, Cheddar, Fowlaine, or Mozarella Cheese)</small>	\$4.99
Add: tomato, broccoli, Spanish onion, green pepper, red onion, black olive, mushrooms ham, bacon or sausage	.25 each .75 each
1 egg any style with toast & home fries	\$3.50
Egg Sandwich on Toast	\$3.25
3 Pancakes or French Toast	\$3.99
Add Chocolate Chips, Blueberries, Strawberries or Apples	\$1.00
Urban Special: 2 eggs, 2 bacon, 2 sausage, 2 pancakes, homefries & toast	\$7.50
Belgian Waffle with Maple Syrup	\$4.25
with Strawberries	\$4.99
'Red, White and Blue'	\$5.50
~ Specials ~	
Served with Homefries & Toast	\$5.50
American Omelette- American Cheese, Peppers & Onions	
Greek Omelette- Red Onion, Black Olive and Feta	
Italian Omelette- Diced Tomato, Mozzarella and Basil	
Mexican Omelette - Cheddar, Black Olive and Salsa	
Sides	
Toast (White, Wheat or Rye)	\$1.00
English Muffin	\$1.25
Fresh Baked Muffin	\$1.50
Bagel with Cream Cheese	\$1.75
Home Fries	\$1.99
Comed Beef Hash	\$2.99
Sausage or Bacon (2 pieces)	\$1.25
Fresh Baked Scone	\$2.25

We are Now Open For Breakfast!!

Children's Breakfast Menu ~ \$2.99

- 1/2 Belgian Waffle with Strawberries
- 2 Pancakes With Maple Syrup
- 2 French Toast With Maple Syrup
- 1 Egg with Toast and Home Fries

Add Chocolate Chips, Blueberries, Strawberries or Apples \$1.00

Children's Lunch Menu ~ \$2.99

- Grilled Cheese with Chips
- Tuna Sandwich with Chips
- Peanut Butter and Jelly Sandwich with Chips
- Macaroni and Cheese

Join Us For Cooking Classes!

Call for a Schedule of Classes



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Open Monday - Friday

6:30 a.m. ~ 7:00 p.m.

Saturday 7 a.m. ~ 2 p.m.

Sunday 7 a.m. - 1 p.m.

Parking in the rear of the building

We are Now Open For
Breakfast!!

Thank you for joining us and our 'American Tapas'. Tapas is a unique style of dining originating in Spain. It is, in essence, small bites of food combined with wine and shared with friends. Enjoy!

Tonight's Tapas Selections:

8 Course Tapas Selections:

Hummus with Pita and Red Onions, Shrimp in pesto sauce, Teriyaki Chicken Skewer with Pineapple, Grilled Vegetable Platter, Hot Tomato and Goat Cheese Dip, Cajun Crab Cakes, Tomato, Fresh Mozzarella, Basil Salad, Pan Fried New Potatoes with Cajun Dipping Sauce \$15.00

A la Carte Tapas:

Shrimp in pesto sauce (4)	\$7.95
Teriyaki Chicken Skewer with Pineapple (3)	4.95
Grilled Vegetable Platter	4.95
Hot Tomato and Goat Cheese Dip	4.95
Cajun Crab Cakes(4)	7.95
Tomato, Fresh Mozzarella, Basil Salad	6.95
Hummus with Pita and Red Onions	5.95
Pan Fried New Potatoes with Cajun Dipping Sauce	4.95
Loaf of Bread	2.25
Loaf of Multigrain Bread	3.25

Sangria \$5.95



Cooking Class Schedule



"Fantastic Super bowl Fiesta" January 29, 2007 7:30 - 9:30

Tired of watching the game between trips to the kitchen? This class will review recipes that can be prepared ahead of time and will make your super bowl party the hit of the neighborhood! You may actually see the half time show! \$30.00

"Gourmet Pizza" January 30 7:30 - 9:30

February 21 7:30 - 9:30

In this interactive class we will review gourmet pizza recipes while sampling our work! We will make "white pizzas" as well as red and learn how to make your own pizza dough. Forget those supermarket frozen pizzas! \$25.00



"Slow Cooking" February 5 7:30 - 9:30

February 13 7:30 - 9:30

There are so many healthy and terrific meals that can be made in a slow cooker! We will learn some short cuts and fool proof recipes that will have dinner cooking all day while you are at work. Due to time constraints, this will not be an interactive class but bring your appetite...we will be sampling the recipes! \$25.00



"Romantic Valentine's Dinner" February 6 7:30 - 9:30

What better way to say "I Love You" than with a beautiful four course meal? We will prepare a full four course dinner that will WOW your loved one. This class will also review creative table settings and wines that will compliment the entree. \$35.00



"Cookin' on the Beach" February 12 7:30 - 9:30

New Year's is long past and I know I am just getting ready to shed those Holiday pounds! During this class we will prepare and sample several "South Beach Diet" recipes. You will be surprised how many delicious meals we can create while trimming down! \$25.00

