



Breakfast

Served Daily from 8am to 3pm

Waffle & Eggs or French Toast & Eggs: Our golden malted waffle or delicious Cafe French toast with two eggs any style and your choice of bacon, grilled ham, link sausage or fruit. \$8.50

Breakfast Special: Two eggs served any style with healthnut toast; choose a side of grilled ham, bacon or link sausage; choose Cafe potatoes, grits or fruit. \$8.25

Croissant Sandwich: A two-egg omelet filled with Swiss cheese and your choice of bacon or ham. Served on a grilled croissant; choose Cafe potatoes, grits or fruit. \$7.75

Eggs Benedict: Two poached eggs over grilled ham on an English muffin topped with homemade hollandaise; Choose Cafe potatoes, grits or fruit. \$8.95

Veggie Benedict: Substitute spinach & tomato. \$8.95

Crabcake Benedict: Substitute Crabcakes and asparagus for ham. \$9.95

Cafe French Toast: Choose a side of bacon, ham, sausage or fruit. \$7.50

Belgian Malted Waffle: Choose a side of bacon, ham, sausage or fruit. \$7.50

Just a Waffle or French Toast with butter and powdered sugar \$6.50

Add pecans or strawberries and whipped cream to your waffle or french toast for \$.95

\$5 Omelets: A two egg served with healthnut wheat toast.

Choose any two items:

Vegetables: onion, green pepper, mushroom, spinach, roasted red pepper, tomato, olives, avocado, salsa

Cheeses: cheddar, swiss, american, feta, goat, provolone, pepperjack

Meats: ham, bacon, sausage, turkey

Extra items each: Veggies .50 Cheese .75 Meats \$1.00

Add cafe potatoes, grits or fruit \$1.50

Add a Cafe garden salad \$2.00

Omelet Supreme: A three egg with ham, bacon, onion, peppers, tomato, mushroom & Swiss cheese, served with healthnut toast, choose a side of Cafe potatoes, grits or fruit \$8.50

Western Omelette: Three eggs with tomatoes, onions, peppers, bacon, potatoes and pepperjack cheese topped with american cheese and spicy tomato sauce. Served with healthnut toast. \$8.25

Sunshine Cup: Low-fat yogurt layered with granola, almonds, honey and seasonal berries. \$5.95

Additional Sides and Lighter Bites:

(please request butter, jam or ketchup)

Toasted Croissant \$2.25 Chocolate Croissant \$2.95

Toast (2 slices): Healthnut, Country White, Rye, Baguette Slices \$1.50

English Muffin: Regular or Multigrain \$1.95

Muffins (daily selection) \$2.25

Grits \$2.25 Cheddar Grits \$3.00

Cafe Potatoes (grilled red potatoes w/peppers & onions) \$2.95

Fresh Fruit: Bowl \$3.95 Cup \$2.00 Fruit Bowl with Lowfat Yogurt \$4.95

Eggwhites only add \$1.00

***Substitutions, additions and other change requests may result in a small additional charge.

Beverages

Gourmet Coffee Cafe Blend or Decaffeinated Sumatra (1 free refill) \$1.95

Cappucino \$3.25 Latte \$3.35 Flavored Latte (vanilla, caramel, hazelnut) \$3.75

Espresso \$2.00 Mocha \$3.50 Macchiato \$2.75 Cafe au Lait \$2.25

Hot Chocolate \$2.50 Hot Tea \$1.85 Cubano \$3.75

Iced Tea \$1.85 Canned Sodas \$1.50 Bottled Water \$1.25

Orangina \$2.25 Lorina Sparkling Lemonade \$3.00 IBC \$1.75

Orange juice small: \$1.50 large: \$2.75 Milk: small \$1.50 large \$2.95

Bottled Juices: Orange or Apple \$1.50 Cranberry \$1.95 V8 \$1.95

Wine by the Glass: (Chardonnay, Pinot Grigio, Sauvignon Blanc, Rose, Merlot, Pinot Noir, Cabernet) \$5.50

Mimosa \$7.00 Champagne Split \$6.50

Lunch

served from 11:00 am to 4:00pm daily

Homemade Soups \$4.50

Our Lemon Artichoke, Tomato Basil, Seafood or Today's Soup du Jour

Half & Half Combinations \$7.95

Soup & 1/2 Sandwich, Soup & Salad, or 1/2 Sandwich & Salad

Half Sandwiches Choices:

Chicken Salad
Egg Salad
Tuna Salad
Grilled Veggies
BLT
Paris Ham Baguette
Chicken Salad Melt
Tuna Melt
Turkey Melt

Half Salad Choices:

Chicken Salad
Egg Salad
Tuna Salad
Fruit Salad
Garden
Greek
Caesar
Grilled Veggies
Cole Slaw

Three Salad Sampler Plate

Choose any three: chicken salad, tuna salad, egg salad, garden salad, caesar salad, greek salad, potato salad, pasta salad, fruit salad, grilled veggies. Substitute any cup of soup as a choice for \$1.00

Quiche Lorraine

(ham, onion, spinach, Swiss)
served with fresh fruit and your choice of
a cup of soup or garden salad
\$8.50

Chicken Crepe

A large savory crepe with a creamy filling
of chicken, mushroom and broccoli
\$9.95
Add a side salad or cup of soup for \$2.00

Sandwiches

Choose a side of fruit, pasta salad, potato salad, cole slaw or chips

Croque Monsieur: The French classic with ham, Swiss and dijon grilled on country white. \$7.50

California Chicken: Grilled breast with bacon, tomato, guacamole & pepperjack on a baguette. \$8.95

Classic Reuben: Lean pastrami, sauerkraut, Swiss cheese & Russian dressing on NY rye. \$7.95

Turkey Reuben: The classic lightened up with turkey \$ 7.95

Chicken Pesto Pita: Grilled breast in whole wheat pita with spinach, tomato, feta and basil pesto. \$7.95

Grilled Veggies: Zucchini, red pepper, eggplant and red onion, red pepper/cilantro spread
and balsamic vinaigrette on a baguette. \$7.95

Grill Melts: Chicken salad, tuna salad or turkey with tomato and Swiss grilled on healthnut wheat. \$7.95

Classic BLT: bacon, lettuce, tomato & mayo on a croissant. \$6.95

Hot Pastrami: On NY rye with Swiss, pickle and dijon mustard. \$7.95

Shrimp PoBoy: Sauteed in cajun remoulade on ciabatta with lettuce, tomato and red onion. \$8.95

Deli Sandwiches: Chicken Salad, Egg Salad, Tuna Salad, Paris Ham Baguette with lettuce & tomato. \$7.50

Entree Salads

Steak Salad: Grilled steak strips over mixed greens with roasted red peppers & cherry tomatoes,
goat cheese, pine nuts and balsamic vinaigrette. \$11.95

Chopped Salad: Oven-roasted chicken, walnuts, blue cheese, dried cranberries and apples
with a pomegranite vinaigrette. \$8.95

Crab Cake Salad: Two cafe crab cakes served over mixed greens with feta cheese, roasted red peppers and
balsamic vinaigrette. \$10.95

Shrimp Greek or Chicken Greek: Olives, feta, tomato, cucumber, red onion, red peppers & feta cheese over
mixed greens. Chicken \$8.95 Shrimp \$9.95

Grilled Chicken Bleu Salad: Crumbled bleu cheese, roasted red peppers, tomato and cucumber
with balsamic vinaigrette over mixed greens. \$8.95

Pecan Chicken Salad: A sliced pecan-crust chicken breast over mixed green salad
and drizzled with a lemon/saffron dressing. \$8.95

Grilled Chicken or Shrimp Caesar: Chilled romaine tossed with Parmesan and creamy caesar dressing with
homemade garlic croutons. Chicken \$8.95 Shrimp \$9.95

Mediterranean Platter: Roasted eggplant, zucchini, red pepper and onion with hummus, basil pesto,
feta cheese, kalamata olives and pita wedges. \$8.95

Cafe Quesadillas

All with lettuce, salsa, guacamole & sour cream on the side. Made with pepperjack cheese.

Grilled chicken, mushroom & spinach \$8.95

Shrimp Fajita with onions & peppers \$9.95

Roasted red pepper w/ grilled chicken \$8.95

Steak Fajita with onions & peppers \$9.95

Grilled Veggies: Zucchini, Eggplant, Mushrooms, Spinach, Roasted Red Peppers & Onions \$8.95