

APPETIZERS

CLASSIC SHRIMP COCKTAIL JUMBO SHRIMP
WITH A CLASSIC COCKTAIL SAUCE 16.95

FRIED CALAMARI WITH MARINARA 15.95

MOZZARELLA STICKS WITH MARINARA 12.95

CHICKEN FINGERS WITH HONEY MUSTARD 11.95

BUFFALO WINGS 15.95

STUFFED GRAPE LEAVES WITH RICE, SERVED WITH
YOGURT DILL SAUCE 10.95 

NACHO TORTILLA CHIPS LEAN GROUND BEEF,
CHEDDAR CHEESE, JALAPEÑO, SOUR CREAM & GUACAMOLE
17.99

CAPRESE SALAD FRESH MOZZARELLA, TOMATO,
BASIL, OLIVE OIL & BALSAMIC 13.95 

HOMEMADE SOUPS

CHICKEN SOUP	5.95
FRENCH ONION	6.95
SOUP OF THE DAY	5.95
GAZPACHO SOUP	7.95

MONDAY — YANKEE BEANS & KALE

TUESDAY — ESCAROLE

WEDNESDAY — LENTIL

THURSDAY — SPLIT PEA

FRIDAY — NEW ENGLAND CLAM CHOWDER

SATURDAY — CREAM OF TOMATO

SUNDAY — CREAM OF MUSHROOM

SALADS

CAESAR

CRISP ROMAINE LETTUCE, TOPPED WITH GRATED CHEESE,
ANCHOVIES, CAPPERS & CROUTONS 14.95

KALE

KALE, ROASTED BUTTERNUT SQUASH, RED ONIONS, WALNUTS,
GOAT CHEESE, DRIED CRANBERRIES WITH HOMEMADE
VINAIGRETTE 17.95

HERBED GOAT CHEESE

GRILLED BEETS & MUSHROOMS WITH GOAT CHEESE OVER
ARUGULA, SERVED WITH HOMEMADE VINAIGRETTE 17.95

CHICKEN COBB

MIXED GREENS AND ROMAINE LETTUCE, TOMATOES, AVOCADO,
BACON WITH GRILLED CHICKEN & CRUMBLER BLUE CHEESE,
SERVED WITH HOMEMADE VINAIGRETTE 18.95

CHEF'S

FRESH TURKEY, ROAST BEEF, HAM, SWISS CHEESE,
HARD BOILED EGG OVER A BED OF FRESH GREENS 17.95

GREEK

ROMAINE LETTUCE, CUCUMBERS, TOMATOES, FETA, OLIVES,
ANCHOVIES & STUFFED GRAPE LEAVES 16.95

BUS STOP

MIXED GREENS, FRESH SPINACH, GRILLED PORTOBELLO
MUSHROOMS, FRESH CRUSHED PEPPER, EXTRA VIRGIN OIL &
BALSAMIC, TOSSED WITH PARMESAN CHEESE 16.95

CHICKEN/TUNA SALAD PLATTER

CRISPY GREENS WITH SLICED TOMATOES, CUCUMBERS,
HARD-BOILED EGG, COLESLAW, POTATO SALAD 12.95

MIXED GREENS

FRESH ROMAINE LETTUCE SPRINKLED WITH CARROTS, RED
CABBAGE, TOMATOES, PEPPERS & ONIONS 7.95

GRILLED CHICKEN + 7.95

GRILLED SALMON + 9.95

GRILLED SHRIMPS + 11.95

AVOCADO +3.95

ORGANIC RED QUINOA + 4.95

PASTA

RIGATONI WITH SALMON

RIGATONI, BROCCOLI & SALMON IN ALFREDO SAUCE 24.95

SEAFOOD FRADIAYLO

SAUTÉED SHRIMPS, SCALLOPS, CALAMARI & SALMON IN A SPICY WINE TOMATO SAUCE, SERVED OVER LINGUINE 25.95

PASTA POLO

PASTA WITH SAUTÉED CHICKEN, SUN-DRIED TOMATOES & FRESH SEASONAL VEGETABLES IN GARLIC OIL SAUCE 21.95

PASTA BOLOGNESE

HOMEMADE MEAT SAUCE OVER LINGUINE 19.95

RUSTICANA

LINGUINI WITH ARTICHOKES, KALAMATA OLIVES, SUN-DRIED TOMATOES, CAPERS & ROSEMARY IN GARLIC OIL 19.95

PENNE BASIL PESTO

PENNE PASTA, BROCCOLI & CHERRY TOMATOES IN HOMEMADE BASIL PESTO SAUCE 19.95

PENNE ALA VODKA

MARINARA SAUCE, GARLIC, BASIL, PARMESAN CHEESE, VODKA & TOUCH OF CREAM 18.95

ADD CHICKEN +7.95 / SALMON + 9.95 / SHRIMPS +11.95

SPINACH PIE

CHOPPED SPINACH, FETA, DILL, SCALLIONS & EGGS BETWEEN PHYLLO LAYERS 19.95

SERVED WITH GREEK SALAD

FRESH VEGETABLES/ SIDES

FRENCH /HOME /MASHED 6.95

SWEET POTATOES FRIES 7.95

ONION RINGS 7.95

BROCCOLI 7.95

SPINACH 7.95

CARROTS 7.95

BEETS 7.95

ZUCCHINI 7.95

CHICKPEA SALAD 7.95

AVOCADO 7.95

NEW YORK PRIME CUT SIRLOIN

BROILED NEW YORK PRIME CUT STEAK, SERVED WITH FRESH SEASONAL VEGETABLES & POTATO 29.95

BROILED PORK CHOPS

BROILED CENTER CUT PORK CHOPS, SERVED WITH FRESH SEASONAL VEGETABLES & POTATO 25.95

BROILED FILET OF SALMON

BROILED FRESH FILET OF ATLANTIC SALMON, SERVED WITH FRESH SEASONAL VEGETABLES & POTATO 27.95

BROILED SPRING CHICKEN

BROILED SPRING CHICKEN WITH APPLE SAUCE, SERVED WITH FRESH SEASONAL VEGETABLES & POTATO 22.95

ALL NATURAL ROASTED FRESH TURKEY

ROASTED TURKEY WITH HOMEMADE APPLE STUFFING, MASHED POTATO & MUSHROOM GRAVY 21.95

TRADITIONAL MEATLOAF

HOMEMADE MEATLOAF WITH MASHED POTATO & FRESH SEASONAL VEGETABLES 20.95

CHICKEN PARMESAN

LIGHTLY BREADED CHICKEN PAN-SEARED, WITH MARINARA & BAKED MOZZARELLA, SERVED WITH SPAGHETTI 21.95

EGGPLANT PARMESAN

LIGHTLY BREADED CHICKEN/EGGPLANT, PAN-SEARED, WITH MARINARA & BAKED MOZZARELLA, SERVED WITH SPAGHETTI 20.95

GREAT BURGERS

8 OZ CHAR-GRILLED BEEF BURGER 10.95

ALL NATURAL HOMEMADE TURKEY BURGER 10.95

VEGETARIAN BURGER 10.95 

CREATE YOUR OWN BURGER:

W/LETTUCE, TOMATO & FRENCH FRIES +5.95

LETTUCE & TOMATO +2.25

SAUTÉED ONIONS +2.25

BACON +2.25

CHEESE (AMERICAN, CHEDDAR, SWISS, FETA, MOZZARELLA, FETA, GORGONZOLA) + 2.25

GOAT CHEESE +3.95

AVOCADO +3.95

FRIED EGG +1.75

MUSHROOMS +2.25

MESCLUN SALAD + 4.95

 VEGETARIAN

ENTREES

SERVED WITH SOUP OR SALAD

PANINI

SERVED WITH CHICKPEA SALAD OR GREENS

CHICKEN FAJITA GRILLED CHICKEN, CHEDDAR,

TOSCANI PROSCIUTTO, TOMATO, FRESH MELTED
MOZZARELLA CHEESE & BASIL PESTO SAUCE 17.95

TOMATO & FRESH MOZZARELLA BASIL,
BALSAMIC & OLIVE OIL 14.95 

GRILLED VEGETABLES GRILLED FRESH SEASONAL
VEGETABLES, FRESH MOZZARELLA WITH BALSAMIC & OLIVE
OIL 14.95 

GRILLED CHICKEN AVOCADO ARUGULA &
CHIPOTLE MAYONNAISE 17.95

CHICKEN SOUVLAKI HERBED MARINATED CHICKEN
ON PITA BREAD, SERVED WITH GREEK SALAD & YOGURT DILL
SAUCE 17.95

CHICKEN QUESADILLAS GRILLED CHICKEN,
CHEDDAR, GUACAMOLE & HOT SALSA 17.95

GRILLED CHICKEN SANDWICHES

SERVED ON A HARD ROLL WITH FRENCH FRIES & ONION RINGS

CHICKEN LETTUCE & TOMATO 16.95

CHICKEN SAUTÉED ONIONS & PEPPERS 16.95

CHICKEN, MOZZARELLA & GRILLED TOMATO
16.95

CLASSIC AMERICAN SANDWICHES

BLT 10.95

BLT AVOCADO 12.95

GRILLED CHEESE 8.95

TUNA MELT ON ENGLISH MUFFIN LETTUCE, TOMATO,
TOPPED WITH AMERICAN OR SWISS CHEESE 13.95

PASTRAMI REUBEN ON RYE SAUERKRAUT & MELTED
SWISS CHEESE 17.95

PHILLY CHEESE STEAK TOPPED WITH SAUTÉED ONIONS,
PEPPERS & MELTED SWISS CHEESE 17.95

ROAST BEEF ARUGULA, SWISS CHEESE, HORSE RADISH
MAYO 15.95

HOUSE ROASTED ALL NATURAL TURKEY 11.95

CHICKEN SALAD 11.95

TUNA SALAD 11.95

HOUSE DECKERS

SERVED WITH FRENCH FRIES

TURKEY CLUB: ALL NATURAL FRESH TURKEY, BLT 17.95

TUNA CLUB: TUNA SALAD, SLICED EGG, LETTUCE &
TOMATO 16.95

CHICKEN CLUB: GRILLED CHICKEN, SWISS, LETTUCE &
TOMATO 17.95

 VEGETARIAN

GREAT SANDWICHES

SERVED WITH MESCLUN SALAD ON FOCACCIA BREAD

FRESH FRUITS

MELON (IN SEASON)	7.95
FRESH PINEAPPLE	7.95
HALF GRAPEFRUIT	6.95

EGGS – SANDWICHES & OMELETS

TWO EGGS ANY STYLE 9.95
WITH CORNED BEEF HASH 12.95

ONE EGG SANDWICH 6.95

ON ENGLISH MUFFIN FRIED EGG, CHEESE
& BACON 9.95

EGG BLT ON MULTIGRAIN 10.95
WITH AVOCADO + 3.95

WRAP TWO SCRAMBLED EGGS, MOZZARELLA,
TOMATOES & BASIL IN A FLOUR TORTILLA 10.95

FILLED CROISSANT TWO SCRAMBLED EGGS, SCALLIONS,
SUN-DRIED TOMATOES & CHEDDAR 11.95

AVOCADO SMASH ON MULTIGRAIN TOAST, CHERRY
TOMATOES, FETA, E.V.O.O, CHIA SEEDS 14.95
POACHED EGGS + 3.95 SMOKED SALMON + 6.95

SUNNY-SIDE EGGS ON FOCACCIA TURKEY,
ARUGULA, AVOCADO WITH 2 EGGS SUNNY- SIDE ON
FOCACCIA 17.95

EGGS BENEDICT CANADIAN BACON/SPINACH 17.95
OR SMOKED SALMON + 6.95

STEAK AND EGGS 19.95

OMELETTES

PLAIN 10.95

WESTERN HAM, PEPPERS & ONIONS 13.95

PASTRAMI & EGGS 13.95

VEGETARIAN TOMATOES, ONIONS, PEPPERS &
MUSHROOMS 14.95

GREEK FETA, TOMATO & ONION 14.95

KALE CHORIZO GOAT CHEESE 17.95

FLORENTINE SPINACH & FETA OR SWISS 15.95

LOX & SCALLION 17.95

JALAPEÑO - AVOCADO JALAPENO, CHEDDAR,
SCALLIONS, TOMATOES, AVOCADO 18.95

ENERGY EGG WHITE, SPINACH & GOAT CHEESE
TOPPED WITH CHOICE OF CHICKEN BREAST OR BURGER
(BEEF, TURKEY OR VEGGIE) 19.95

CREATE YOUR OWN OMELETTE:

EACH ADDITIONAL ITEM (MUSHROOMS, KALE,
TOMATOES, SPINACH, BROCCOLI, PEPPERS, ONIONS,
SCALLIONS, ARUGULA, SUN-DRIED TOMATOES OR HERBS)
+2.25

EXTRA EGG +1.75 **EGG WHITES** +2.25

BACON + 2.25

CHEESE (AMERICAN, CHEDDAR, SWISS, FETA,
MOZZARELLA, FETA, GORGONZOLA) + 2.25

GOAT CHEESE +3.95 **AVOCADO** +3.95

CHORIZO +3.95

TURKEY SAUSAGE/FRESH TURKEY +3.95

HOUSE MADE OATMEAL AND APPLES

OATMEAL WITH WARM APPLES, WALNUTS
& CINNAMON 10.95

**HOUSE MADE OATMEAL BANANA
FLAXSEED** 10.95

HOUSE MADE OATMEAL 5.95

HEALTHY TREAT

GREEK YOGURT, GRANOLA, BERRIES, WALNUTS HONEY &
FLAXSEED 11.95

GREEK YOGURT 6.95

ADD FRESH FRUITS + 4.95 BERRIES + 5.95
ROASTED ALMONDS 2.50

BAKED GOODS

FRESH BAKED MUFFINS 3.25

FRESH BAKED CROISSANTS 3.95

BAGEL CREAM CHEESE 4.25

BAGEL LOX, CREAM CHEESE & ONION 12.95

BAGEL ALL THE WAY LOX, CREAM CHEESE LETTUCE,
TOMATO, GREEN PEPPERS, CUCUMBER, OLIVES & ONION 18.95

BERRY GOOD WAFFLE WITH GREEK YOGURT, FRESH
BERRIES, ROASTED ALMONDS & HONEY 18.95

FRENCH TOAST/WAFFLES 11.95

PANCAKES 11.95

GLUTEN FREE PANCAKES 14.95

BANANA – WALNUT PANCAKES 14.95

BLUEBERRY PANCAKES 14.95

ADD FRESH FRUITS + 4.95 / BERRIES + 5.95