

## BREAKFAST

Croissant, Plain, Chocolate, Cheese & Cinnamon Danish

1.75

Cinnamon & Chocolate Babka

4.50

Bagel with Cream Cheese

2.00

Bagel with lettuce, tomato, onion & lox

7.95

## EGGS

Served until 11 am :

Two eggs any style served with coffee, toast & butter

3.50

SERVED WITH COFFEE, TOAST & BUTTER UNTIL 5 PM:

MOZZARELLA CHEESE OMELET

5.95

VEGETABLE OMELET

6.95

VEGETABLE EGG WHITE OMELET

7.95

VEGETABLE OMELET & CHEESE

7.95

Egg White Vegetable Omelet & Cheese

8.95

Egg White Omelet with Vegetable & Feta Cheese

8.95

L.E.O.

lox, eggs & onions

8.95

POACHED EGGS FLORENTINE

two poached eggs served on a bed of creamed spinach & whole wheat toast

served with coffee

8.95

"SHAKSHUKA"

onion, garlic, peppers, tomatoes & eggs

7.95

## BEVERAGES

COFFEE.....	1.50
TEA.....	1.50
ESPRESSO.....	1.75
DOUBLE ESPRESSO.....	2.75
ORANGE JUICE.....	1.75
SNAPPLE & VITAMIN WATER.....	1.75
SODA & BOTTLED WATER.....	1.50
HOT CHOCOLATE.....	2.00
ICED COFFEE.....	2.00
ICED TEA.....	2.00
CAPPUCCINO.....	3.00
ICED CAPPUCCINO.....	3.95
MOCHACCINO.....	3.50

ICED MOCHACCINO.....4.50

MILK SHAKE .....4.95

## LUNCH

### COLD SANDWICHES

#### TUNA SANDWICH

with lettuce, tomato & red onion

#### ROASTED PEPPER & FETA CHEESE

#### EGGPLANT SALAD & TUNA

6.95

#### BAGEL

with cream cheese, lox, tomato, onion & lettuce

7.95

### WRAPPED SANDWICHES

#### BEAN, MOZZARELLA, TOMATO, LETTUCE & AVOCADO

served hot

#### GRILLED VEGETABLES

portobello mushroom, eggplant, pepper, baby green & mustard

#### AVOCADO, HUMUS, BABY GREEN & TOMATO

7.95

### GRILLED SANDWICHES

#### GRILLED SESAME RING WITH OLIVES, TOMATO, CHEESE & SALAD

#### GRILLED PANINI SANDWICH WITH ROASTED PEPPERS, TOMATO, BASIL &

MOZZARELLA

#### GRILLED AMERICAN ON WHOLE WHEAT TOAST & FRIES

#### GRILLED PITA PIZZA POCKET WITH FRIES

#### OPEN TUNA MELT WITH FRIES

#### GRILLED MOZZARELLA WITH TOMATO & FRIES

#### EGGPLANT PARMESAN PANINI

8.95

#### CHEESE BLINTZES

#### POTATO PANCAKES

served with apple sauce or sour cream

8.95

### PASTA

SERVED WITH SOUP OR SALAD

#### BAKED ZITTI

PRIMAVERA  
mixed vegetables  
MUSHROOM-TOMATO-CREAM  
ALFREDO BROCCOLI & GARLIC CREAM SAUCE  
10.95

DINNER

SERVED WITH SOUP OR SALAD

EGGPLANT PARMESAN

VEGETABLE LASAGNA

SPINACH - MOZZARELLA LASAGNA

MUSHROOM - RICOTTA ROLL

served in a basil tomato cream sauce

PUTANESCA

black olives, anchovies, capers, garlic & tomato

FUNGHI

portobello mushrooms, broccoli, basil & cream

DE LA MER

smoked salmon, zucchini, dill & cream

POTATO AU GRATIN

portobello mushroom, spinach & mozzarella

"BOLOGNESE"

chopped veggie meat sauce, green pea, garlic, tomato & cream

BAKED ZITTIMELANZANA

baby eggplant, marinara & mozzarella

PASTA TUSCANA

mushrooms, artichoke hearts & fresh tomatoes

served in a garlic pesto marinara sauce

13.95

FISH

GRILLED SALMON

served with zucchini, pine nuts & dill in a cream sauce over steamed potatoes

17.95

FILET OF SOLE PRIMAVERA

mixed vegetables with garlic & olive oil served over brown rice

17.95

TUNA STEAK

served with shiitake mushrooms in a cream sauce with potatoes & vegetables

19.95

## SALADS

### CAESAR SALAD

romane lettuce, parmesan cheese & croutons

### HEALTH SALAD

avocado, mushrooms, sunflower seeds, carrots, lettuce,  
tomatoes & cucumbers

### GREEK SALAD

lettuce, tomatoes, cucumbers, feta cheese & black olives

### TUNA PLATTER

tuna salad, lettuce, tomato, cucumber & carrot

### SALAD NICOISE

lettuce, potatoes, tuna, string beans, tomatoes & black olives

8.95

## PLATTERS

BABY SPINACH, SALMON, TOMATO & CROUTONS

### MEDITERRANEAN PLATTER

eggplant, roasted pepper, israeli salad, humus, felafel & pita bread

### GRILLED VEGETABLE PLATTER

portobello mushrooms, zucchini, tomato, broccoli & mozzarella cheese

GRILLED PORTOBELLO MUSHROOMS  
with spinach & mozzarella chesse

9.95

## SIDE ORDERS

Steamed Broccoli

2.95

French Fries

3.95

Soup of the day

3.95

Creamed Spinach

4.95

## KIDZ MENU

SERVED WITH A GLASS OF JUICE & A COOKIE

Scrambled Eggs with Fries

(BRUNCH)

Half Tuna Sandwich with Fries

Grilled Cheese with Fries

Baked Zitti

\$ 4.95