

# The Plate BREAKFAST MENU

— Served All Day —

## Cakes on the Griddle

Served w/ whipped butter, maple syrup blend & dusted w/ powdered sugar  
Gluten-free available — add \$2

- ORIGINAL BUTTERMILK SHORT STACK** ..... \$ 6.00
- SPECIALTY PANCAKES**
- Chocolate Chip ..... \$ 7.50      Double Blueberry ..... \$ 8.50  
Mango Strawberry .... \$ 8.50      Peach ..... \$ 8.00  
Cinnamon Danish cream cheese filling ..... \$ 8.00  
Banana & Coconut w/fresh berries & slivered almonds ..... \$ 9.00
- CHALLAH BREAD FRENCH TOAST** ..... \$ 10.95  
Tahitian vanilla bean dipped challah topped w/ frosted flake topping
- CARAMEL APPLE STUFFED FRENCH TOAST** ..... \$12.95  
Native slow-roasted apples with cinnamon brown sugar glaze
- WILD BERRY BRUSCHETTA** ..... \$ 11.95  
Assorted berries tossed w/ snipped mint leaves & cinnamon sugar, over challah French toast slices, brushed w/ red wine whipped mascarpone
- CREME BRÛLÉE FRENCH TOAST** ..... \$ 15.95  
Caramelized custard over challah French toast topped w/cheesecake whipped cream
- OREO FRENCH TOAST** topped w/ Oreo crumble & whipped cream .. \$ 11.95
- BELGIAN WAFFLE** w/ whipped cream, cinnamon & sugar ..... \$ 9.95  
w/ **FRUIT** ..... \$ 11.95
- BANANA CHOCOLATE CREPE WAFFLE** Warm Belgian ... \$ 14.95  
waffle topped w/ sliced banana, chocolate crepe shavings & whipped cream

## Breakfast Sandwiches

In-house served with a tidbit of home fries

- BREAKFAST BLT** Open-faced thin-cut Italian ..... \$ 9.95  
bread with crisp bibb lettuce, bacon, beefsteak tomatoes,  
2 fried eggs\* drizzled with sriracha mayo
- OPEN-FACED ON AVOCADO TOAST** ..... \$ 11.95  
Two egg\* sandwich on toasted wheat, lettuce, tomato,  
smashed avocado & grilled maple glazed turkey bacon topped w/pico
- THE SPICY** ..... \$ 9.95  
Two egg\* sandwich, imported chorizo sausage on a Portuguese roll  
with authentic Goya black bean spread & melted cheddar
- ZAC'S CLASSIC** Two egg\* sandwich with Applewood bacon .... \$ 4.95  
or hickory sausage, and creamy American cheese
- THE POPEYE** Two egg\* sandwich with sautéed spinach,..... \$ 6.95  
wild mushrooms & Swiss cheese

## Eggs

local farm-fresh eggs from Doyle's Farm in Prospect, CT

- JUST THE EGGS\* PLEASE** Three eggs\* any style, ..... \$ 8.95  
home fries, bacon or sausage & toast
- CAKES & EGGS\*** Two eggs\* any style, two buttermilk..... \$ 9.95  
pancakes & choice of bacon(2) or sausage (2) \*Add fruit or chocolate  
chips into pancakes for \$1
- PUEBLA SCRAMBLE** Crispy hash browns, Spanish .... \$ 16.95  
onion, green peppers & carne asada topped w/ two eggs\*, picked cilantro,  
warm tortillas, drizzled with sriracha crema & crumbled queso fresco
- PHILLY STEAK\* AND EGG\* SKILLET** ..... \$ 15.95  
Sliced Prime rib\* grilled with peppers & onions topped with two  
scrambled eggs\* & melted American with potato & toast
- EGGS\* FLORENTINE** On mini brioche squares ..... \$ 12.95  
topped w/ sautéed spinach, caramelized onions & melted gruyère,  
with hollandaise sauce. Served with home fries
- CLASSIC EGGS\* BENEDICT** Two poached eggs\* ..... \$ 12.95  
atop a Thomas' English Muffin & thick cut Canadian bacon,  
house-made hollandaise sauce. Served with home fries
- CORNERED BEEF HASH & EGGS\*** 8-hour slow-roasted ... \$ 12.95  
corned beef pulled and sautéed w/garlic potatoes & onions.  
Topped w/ 2 eggs\*, toast & home fries
- CLASSIC EGG\* TACOS W/ GOAT CHEESE** ..... \$ 13.95  
Three soft corn tortillas stuffed w/scrambled eggs\*, topped w/goat  
cheese, black pepper bacon, cilantro, jalapeño, guacamole & pico
- STEAK & EGGS** 8 oz prime New York strip center cut..... \$ 19.95  
steak\* with home fries, panko crusted crispy tomatoes,  
applewood smoked bacon, two eggs\* and toast

## House Specialties

- LOBSTER QUESADILLA** Hand-picked lobster meat,..... \$ 18.95  
scrambled eggs,\* jack & cheddar, pico de gallo, guacamole & scallions
- SHANE'S CHICKEN FRIED STEAK\* & EGGS\*** ..... \$ 17.95  
Two eggs,\* crispy filet mignon smothered in a black pepper sausage  
gravy with Virginia hickory ham, house-made biscuit & home fries
- HUEVOS RANCHEROS** Fried eggs\* over warm tortillas w/ ..... \$ 12.95  
melted cheddar & jack cheese, salsa, guacamole, black beans & crispy chips
- CHORIZO BOWL** Imported spicy chorizo sausage over ..... \$ 16.95  
authentic Spanish rice, slow roasted black beans, crispy potatoes, pico  
and guac topped w/two farm fresh eggs,\* snipped cilantro & sriracha drizzle
- LOBSTER EGGS\* BENEDICT** Two poached eggs\* ..... \$ 18.95  
over a Thomas' English muffin & hickory smoked Canadian bacon, with  
hand-crafted lobster cakes & lobster hollandaise.Served with home fries
- TATE'S SLIDERS** Crispy tater tots topped w/scrambled..... \$ 13.95  
eggs,\* melted cheddar, jalapeños and pico de gallo drizzled with buffalo  
sauce & sour cream
- PULLED PORK HASH** House-cut pulled pork sautéed..... \$ 15.95  
w/red onion, red peppers & potato chunks, two farm fresh eggs\* finished  
w/ espresso bbq sauce. Served with a choice of toast

## Breakfast Favorites

- FRESH FRUIT & BERRY BOWL** ..... \$ 6.95
- LOW-FAT VANILLA YOGURT** w/ house-baked granola & berries \$ 7.95
- BREAKFAST BANANA SPLIT** Vanilla yogurt, caramelized ..... \$ 11.95  
banana, fresh strawberries, blueberries & pineapple w/ crunchy  
granola & nuts
- BAGEL** Plain or Everything ..... \$ 1.50  
with **CREAM CHEESE** ..... \$ 2.75
- BREAKFAST SKINS** Idaho scooped potato skins topped ..... \$ 10.95  
with farm fresh scrambled eggs,\* melted Wisconsin aged cheddar,  
scallions, crispy bacon crumbles & Aleppo sour cream dipping sauce

## Sides

- HOME FRIES** ..... \$ 2.95      **TURKEY BACON (4)** ..... \$ 5.95
- TATER TOTS** ..... \$ 5.95      **SAUSAGE (2)**..... \$ 3.95
- 2 EGGS\*** ..... \$ 2.00
- HOMEMADE HASH** .... \$ 6.95      **HOUSE FRIES** ..... \$ 4.95
- BACON (4)** ..... \$ 3.95      **PURE MAPLE SYRUP** 1.75 oz. \$ 1.95

Egg whites: add \$2      Gluten-free toast: add \$2

**THREE EGG\* OMELETTES** All omelettes include home fries & toast  
Substitute home fries for fresh fruit or sliced tomatoes add \$1.50

- CALIFORNIA** Trio of melted cheeses topped with salsa & sliced avocado ..... \$ 10.95
- FARMERS MARKET** Kale, grape tomatoes, broccoli, sun tan peppers, ..... \$ 11.95  
trimmed baby spinach, goat cheese
- BAYOU** Red bell peppers, red onions, herb roasted tomatoes, grilled ..... \$ 15.95  
saffron shrimp, spicy andouille, sausage, sharp cheddar, dusted w/ Old Bay
- ALL-AMERICAN** Ham, bacon, sausage & American cheese ..... \$ 12.95
- TUSCAN** Yellow squash, fire roasted tomatoes, caramelized onions, ..... \$ 12.95
- GARDEN** Egg whites w/ broccoli, tomato, peppers, spinach & fresh mozzarella .... \$ 12.95
- EUROPEAN** Smoked Salmon, flash fired spinach & melted goat cheese ..... \$ 14.95

### AN OMELETTE TO CALL YOUR OWN (3 EGGS)..... \$ 11.95

Make it your own with three ingredients of your choice. 50¢ each additional item:

- VEGGIES** Avocado, Broccoli, Raw Onion, Jalapenos, Tomato, Peppers, Mushroom,  
Wilted Spinach, Scallion, Kale, Squash, Grilled Eggplant      **CHEESES** Gorgonzola, Feta,  
Cream Cheese, Fresh Mozzarella, Goat, Swiss, American, Gruyère, Cheddar, Asiago
- MEATS\*** Applewood Smoked Bacon, Sausage, Roasted Turkey, Ham, Grilled Chicken
- SEAFOOD** (add \$ 5.75) Lobster\*, Smoked Salmon\*, Shrimp\*

\*Eggs and hamburger may be served raw or undercooked. Consuming raw  
or undercooked meats, poultry, seafood, shellfish, or eggs may increase your  
risk of foodborne illness, especially if you have a certain medical condition.