

Beverages

- Fresh Squeezed Orange Juice..... small \$ 4.50...large \$ 5.75
- Juices Cranberry, Apple, small \$ 2.75...large \$ 3.75
Orange, Tomato, Pineapple, Grapefruit
- Whole Milk..... small \$ 2.75...large \$ 3.75
- Chocolate or Strawberry Milk..... small \$ 2.95...large \$ 3.95
- Hot Chocolate with whipped cream..... \$ 2.75
- Shirley Temple Sprite with a splash of grenadine & cherries..... \$ 2.75
- Connecticut's Best Coffee (complimentary refills) \$ 2.25
- Organic Peruvian French Press Coffee \$ 3.75
- Flavored Coffee \$ 2.75
- Hot Tea (Lipton) \$ 1.95...(Bigelow) \$ 2.75
- House-Brewed Iced Tea..... \$ 2.25
- Fountain Drinks (1 refill) \$ 2.25
Coke, Diet Coke, Sprite, Ginger Ale, Birch or Lemonade

Vegan Served all day

- BREAKFAST BURRITO** \$ 14.95
Blackened tofu scramble with vegan bacon, beefsteak tomatoes & avocado, topped with melted dairy-free cheese & pico de gallo
- BREAKFAST QUESADILLA** Scrambled tofu, vegan bacon, .. \$ 14.95
kidney beans, fresh scallion & tomato with melted, dairy-free cheese. Served with house made guacamole & pico
- HASH & TOFU (GF)** Potato Hash with peppers, \$ 14.95
spinach, onions & tomato, topped with maple-baked tofu, home fries & David's Killer Vegan Toast
- ORGANIC STEEL CUT OATS** w/ granola & fresh berries \$ 8.95

+++ Wraps below served with Fresh Fruit or Quinoa Salad+++

- VEGGIE WRAP** sauted garden veggies, rainbow quinoa, \$ 12.95
cilantro black beans & balsamic drizzle
- MEDITERRANEAN TOFU WRAP** \$ 12.95
organic local tofu, sundried tomato horseradish tampenade, cashew mayo, avocado, roasted peppers, baby arugula
- CHICKPEA OF THE SEA "TUNO" WRAP** \$ 10.95
mashed chickpea, celery, pickle, vegan mayo, lettuce, tomato, red onion

Sandwiches

All served with choice of balsamic side salad or house fries
Substitute sweet fries or fruit for \$2 Gluten-free Bread + \$2

- TUNA SALAD OR EGG* SALAD**..... \$ 11.95
with lettuce & tomato on toast
- THE CLUB** Choice of: roast turkey, sliced ham, roast beef, \$ 13.95
hamburger,* grilled chicken, tuna or egg* salad. Bacon, lettuce, tomato & mayo
- SHORT RIB GRILLED CHEESE** \$ 14.95
BBQ sauce, caramelized onions, melted cheddar on deli white bread
- PRIME TIME BURGER*** House-ground..... \$ 13.95
prime rib & ground beef burger w/ sautéed onions & truffle mayo
- ROASTED TURKEY & AVOCADO** on choice of bread \$ 13.95
lettuce, tomato & bacon with low-fat cranberry mayo
- WOOD GRILLED CHICKEN BREAST**..... \$ 11.95
Sun-dried tomatoes, goat cheese spread, basil & mozz on brioche bun
- PASTRAMI ON GRILLED RYE** \$ 12.95
Sautéed onions, Swiss cheese and Russian dressing
- THE VERMONT** Sliced turkey, thick-cut ham \$ 12.95
& melted cheddar on battered french toast
- LOBSTER GRILLED CHEESE** Deep-water \$ 18.95
lobster on thin-cut white bread, melted cheddar & Swiss cheese

Wraps Your choice of flour or wheat

All served with choice of balsamic side salad or house fries
Substitute sweet fries or fruit for \$2 Gluten-free wrap + \$2

- BBQ SHRIMP* BLT** \$ 15.95
Vine ripened tomatoes, crispy bacon & pesto mayo
- BLACKENED CHICKEN WRAP**..... \$ 12.95
Shredded lettuce, tomato, guacamole & melted jack cheese
- BUFFALO CHICKEN WRAP** Crispy chicken tossed in \$ 12.95
buffalo sauce with chopped romaine and bleu cheese dressing

Soups Seasonally inspired & prepared daily \$ 5.95

Sides

- QUINOA SALAD** \$ 5.95 **HOUSE FRIES**..... \$ 3.95
- FRESH FRUIT (small)** ... \$ 4.95 **SWEET FRIES** \$ 4.95
- TATER TOTS** \$ 5.95

Kids' Menu

(Age 12 and under)

All include beverage (dine-in only)

Breakfast

\$ 6.95

TWO EGGS* - ANY STYLE

home fries, toast & bacon or sausage

LOW FAT VANILLA YOGURT

w/ berries

MICKEY MOUSE PANCAKES

w/ bacon or sausage

FRENCH TOAST

w/ bacon or sausage

Lunch

\$ 7.95

Lunches include organic apple sauce,
choice of fries or fresh fruit

MAC & CHEESE

CHEESEBURGER* SLIDERS

CHICKEN TENDERS

GRILLED CHEESE

Signature Salads

+ Grilled Chicken: \$ 5.95 + Steak*: \$ 7.95 + Salmon or Shrimp*: \$ 8.95

- CHICKEN COBB SALAD** California greens, \$ 15.95
vine ripened tomatoes, imported Gorgonzola, smoked bacon, boiled egg, kalamata olives & avocado w/ balsamic vinaigrette
- FUGI APPLE WALNUT SALAD** A blend of spinach \$ 12.95
& romaine, goat cheese, fresh berries w/ balsamic vinaigrette
- CLASSIC CHICKEN CAESAR SALAD** Romaine,..... \$ 14.95
Parmesan asiago croutons & creamy caesar dressing
- CHOPPED SALAD** \$ 12.95
Mixed greens, romaine, tomato, red onion, gorgonzola, bacon, cucumber & avocado tossed in balsamic vinaigrette
- SPINACH SALAD** \$ 12.95
Baby spinach, walnuts, dried cranberries, red onion & goat cheese w/ balsamic vinaigrette
- ASIAN SHRIMP* SALAD** Assorted greens..... \$ 17.95
with broccoli, red pepper, edamame, toasted almonds, crunchy wonton chips, topped with teriyaki shrimp* & ginger dressing

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*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.

PLEASE NOTIFY YOUR SERVER
OF ANY FOOD ALLERGIES.