

Breakfast

Served All Day 7:00 am-2:00 pm

Buttermilk Pancakes - <i>stack of 4 served with real maple syrup</i>	\$ 6.95	short stack	\$ 4.50
Multigrain pancakes - stack of 3 served with pecans & real maple syrup	\$ 7.50	add fresh fruit	\$ 8.95
Terry's Waffles - <i>home style just like Dad used to make with real maple syrup</i>			\$ 5.25
French Toast - <i>Texas toast with real maple syrup</i>			\$ 5.95
Eggs Benedict - <i>Canadian bacon & poached eggs on toasted English w/hollandaise & hash browns</i>			\$ 9.50
Corned beef hash - <i>served with two eggs any style, hash browns & toast</i>			\$ 9.95
Fresh Fruit Cup - \$ 5.95	<i>Add fat free Greek vanilla yogurt or granola</i>	\$6.50	Add both \$ 6.95
* Extra side of real maple syrup \$2.50.....pancake/waffle toppings: Fresh BlueBerries, \$ 1.50-\$ 2.50 Chocolate Chips, Bananas, Strawberries, Blueberries in sauce			

Three Egg Omelets - served with toast & hash browns (no substitutions)

Cheese Omelet - <i>choice of one: Swiss, Vermont cheddar, jalapeno jack, American, provolone or feta</i>	\$ 7.50
Western - <i>ham, peppers and onions</i>	\$ 8.50
Ham & Cheese - <i>Vermont sharp cheddar & Virginia baked ham</i>	\$ 8.50
Portuguese - <i>linguica sausage, peppers & onions with provolone cheese</i>	\$ 8.50
Mediterranean - <i>fresh spinach, plum tomato & feta cheese</i>	\$ 8.75
Caprese - <i>Italian plum tomato & fresh mozzarella</i>	\$ 8.95
Sunday morning - <i>Scottish smoked salmon & cream cheese</i>	\$ 9.50
Vegetarian - <i>sautéed mushrooms, onions, peppers and spinach with jalapeño jack cheese</i>	\$ 8.75
Create your own - <i>with ONE regular filling included</i>	\$ 6.75

Additional fillings: \$ 1.50-2.50; *Premium fillings:* fresh mozzarella \$2.50; smoked salmon \$2.50
goat cheese \$2.50; chicken sausage \$1.95; turkey sausage \$1.95; egg beaters or egg whites \$2.50;
soy patties \$2.95 or linguica \$1.75

Eggs Any Way

One egg, toast & hash browns	\$ 4.95
Two eggs, toast & hash browns	\$ 5.95
Three eggs, toast & hash browns	\$ 6.75

Toast choices

Marble, dark rye, sourdough, multigrain, 100% whole wheat, raisin, white, Texas toast

* Add: cranberry pecan \$2.50 bagel or English 1.50 bagel w/schmear \$1.95

***20% Gratuity will be added to parties of 5 or more... \$1.00 per person fee for splitting/sharing*.**

Breakfast Sandwiches - served on your choice of toast, bagel or English muffin

Egg & cheese - <i>fried egg and Vermont cheddar cheese</i>	\$ 4.75
Meat, egg & cheese - <i>bacon, ham, or sausage w/ fried egg and Vermont cheddar</i>	\$ 5.25
Smoked salmon & cream cheese - <i>cold smoked salmon with cream cheese on toasted bagel</i>	\$ 8.25
<i>* Add tomato, sliced red onion and capers</i>	\$ 8.95
Eggs, peppers & cheese - <i>scrambled eggs, sautéed peppers, onions & cheddar on grilled Ciabatta</i>	\$ 7.50

Breakfast Burritos - choice of whole wheat, sun dried tomato, spinach or black bean wrap

<i>Scrambled eggs & ham</i>	\$ 5.75
<i>Scrambled eggs & choice of one cheese</i>	\$ 5.50
<i>Scrambled eggs with tomatoes & onions</i>	\$ 5.50
<i>Extra fillings: \$1.50-\$2.50 each</i>	

Toast specialties (no substitutions)

The wave - <i>two eggs, silver dollar pancakes, bacon or sausage, hash browns & toast</i>	\$ 8.50
Salmon Benedict - <i>Scottish smoked Atlantic salmon on toasted English w/ poached eggs capers, red onion & homemade hollandaise</i>	\$ 11.50
The white omelet - <i>chicken sausage, spinach, jalapeno jack cheese & egg whites</i>	\$ 9.95
Burnt toast - <i>crème Brule battered French toast with caramelized sugar</i>	\$ 7.50
<i>*early riser Breakfast (7:00-9:00am Tuesday-Friday only)* Three eggs, hash browns, toast & coffee</i>	\$ 6.50

side dishes

Eggs-any style	\$ 1.50 ea	Hash Brown potato	\$ 2.95
ASS'T Toast	\$ 1.95	Turkey bacon or sausage	\$ 2.95
Cranberry pecan toast	\$ 2.95	linguica or chicken sausage	\$ 2.95
Toasted Bagel with butter	\$ 1.95	soy patty	\$ 3.50
Bagel with a Schmear	\$ 2.95	Corned beef hash	\$ 5.25
English muffin	\$ 1.95	Fresh baked muffin	\$ 2.50
Homemade oatmeal w/brown sugar	\$ 3.25	real maple syrup	\$ 2.50
Bacon, Sausage link/patty, Canadian bacon, Ham	\$ 2.50	ASS'T Cold Cereal	\$ 2.95

Beverages

Bottomless cup of Coffee	\$ 2.75	iced coffee/Iced tea <i>fresh brewed/1refill</i>	\$ 2.75
Hot Tea per pot/2 BAGS	\$ 2.75	Hot Cocoa ala toast	\$ 3.25
Fresh Squeezed Orange or grapefruit juice	\$ 3.00/3.50	hornstra farm whole milk	\$ 2.25/2.75
Cranberry, apple or tomato juice	\$ 2.25/2.75	Hornstra Farm Chocolate Milk	\$ 2.25/2.75
soy milk	\$ 2.50	Bottled soda	\$ 2.50
Fountain Soda <i>with refill:</i>	\$ 2.50	Pellegrino, \$2.95	Poland spring, \$2.50
<i>Pepsi, Diet Pepsi, Lemonade, Mug Root Beer, Sierra Mist and Ginger Ale</i>			

Please see our drink menu for beer, wine and specialty coffee & tea

Lunch 11:00 am-2:00 pm (Tuesday-Saturday only, no lunch Sunday)

Soup

New England clam chowder	cup	\$ 4.25	bowl	\$ 5.50
Homemade tomato soup	cup	\$ 3.95	bowl	\$ 5.25
Soup of the day	cup	\$ 4.50	bowl	\$ 5.95

Salads

Toast salad - *mixed greens with cucumber, carrot, tomato & homemade lemon Romano vinaigrette* \$ 6.50

* *Add albacore tuna salad* \$ 7.95 * *Add marinated grilled chicken* \$ 8.25

Mermaid salad- *with goat cheese, raisins, walnuts & homemade balsamic vinaigrette* \$ 7.50

Tomato mozz salad - *beefsteak tomatoes, basil pesto & fresh mozzarella with balsamic glaze* \$ 8.25

Caesar salad - *crispy romaine leaves tossed with our homemade Caesar dressing, croutons* \$ 6.50

& Romano cheese * *Add marinated grilled chicken breast* \$ 7.95

Sandwiches w/ choice of curly fries, coleslaw, potato salad, Add \$1.25 for side salad, sweet potato fries or onion strings*

Classic Blt - *on toasted sourdough* \$ 5.95

Grilled cheese - *with cheddar on sourdough* \$ 5.95

* *Add tomato or bacon* \$ 6.50 * *Add both* \$ 6.95

Tuna sandwich - *albacore chunk tuna with celery, red onion & mayo on toasted sourdough* \$ 6.25

Turkey club - *bacon, lettuce, tomato & mayo on toasted multi-grain* \$ 8.50

Corned beef Reuben - *lean red corned beef, sauerkraut, Swiss cheese & 1000 isle on marble rye* \$ 8.95

The surfside- *roast beef, lettuce, tomato, bacon and Swiss on Ciabatta* \$ 7.95

The Nantasket - *all white chicken salad with walnuts and raisins in whole wheat wrap* \$ 7.50

The paragon - *hot pastrami with Swiss cheese and red onion on marble rye* \$ 8.50

Mayflower- *roasted turkey, cranberry, stuffing and mayo in whole wheat wrap* \$ 7.50

Grilled Tomato-mozz panini - *beefsteak tomatoes, fresh mozzarella & basil pesto on Sourdough* \$ 8.95

Grilled chicken Panini - *with Vermont cheddar & caramelized onion jam* \$ 8.95

The audball - *homemade turkey burger with Caribbean jerk spices, on a toasted wheat roll* \$ 8.25

Garden burger - *original Garden burger with lettuce and tomato on a whole wheat roll* \$ 6.50

The fat burger - *cheeseburger w/ bacon, lettuce, onion and tomato on grilled Ciabatta* \$ 7.25

Bread choices- sourdough, multi grain, 100% whole wheat, marble or dark rye, raisin pecan, white, Texas,

Or whole wheat, sun dried tomato, spinach or black bean wrap

<u>sides-</u> COLESLAW, POTATO SALAD, curly fries	\$ 2.50	*onion strings (tu-fri only)	\$ 2.95
sweet potato waffle fries	\$ 2.75	side salad	\$ 3.50
bag of kettle cooked chips	\$ 1.50		