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## SOUPS & SALADS 9

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### Garden Salad \$5.75

iceberg lettuce, spinach, sliced olives, bell peppers, red onions, roma tomatoes, and mushrooms tossed with ranch dressing or balsamic vinaigrette

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### Caesar Salad \$5.95

romaine lettuce tossed with homemade caesar dressing, herb croutons and parmesan cheese

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### Greek Salad \$6.25

romaine lettuce, roma tomatoes, red onions, cucumbers, kalamata olives and feta cheese tossed with olive oil and lemon dressing

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### Fuji Salad \$6.95

mixed greens with glazed balsamic vinaigrette topped with gorgonzola cheese, fuji apples and homemade caramelized walnuts

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### Caprese Salad \$6.95

mixed greens tossed with balsamic vinegar and olive oil topped with fresh mozzarella, tomatoes and fresh basil

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### Parisian Salad \$7.25

mixed greens in a homemade cherry vinaigrette topped with sliced pears, roasted almonds, dried cherries and feta cheese

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### Add To Any Salad

grilled chicken, tuna salad or grilled smoked tofu

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#### AVAILABLE OPTIONS

\$2.25

Prawns: \$2.95

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### Soup Du Jour \$3.95

bowl of soup served with baguette or foccacia bread

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### Half Combo \$7.95

cup of soup and your choice of any half salad served with baguette or foccacia bread

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## SIDE IDEAS 8

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### Bagel Or Toast \$1.45

### House Potatoes \$2.25

### One Egg \$1.45

any style

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### Canadian Bacon \$2.95

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<b>Smoked Tofu</b>	<b>\$2.95</b>
<b>Chicken-apple Sausage</b>	<b>\$2.95</b>
<b>Bowl Of Fresh Fruit</b>	<b>\$4.95</b>
<b>Bowl Of Ice Cream</b>	<b>\$3.25</b>

## CREPES 15

<b>Basic Crepe</b>	<b>\$4.95</b>
cheddar cheese and onions	
<b>Florentine</b>	<b>\$7.25</b>
cheddar, onions, spinach and cottage cheese florentine	
<b>Salsa</b>	<b>\$7.95</b>
cheddar, onions, tomato, avocado, black olives topped with salsa and a side of sour cream	
<b>California</b>	<b>\$7.95</b>
avocado, spinach , onions, sundried tomato pesto, provolone cheese and a side of sour cream	
<b>Canneloni</b>	<b>\$7.95</b>
cheddar, onions, cream cheese, cottage cheese and mushrooms topped with homemade marinara sauce	
<b>Hawaiian</b>	<b>\$7.75</b>
cheddar, onions, ham, pineapple, brown sugar and soy sauce	
<b>Pesto</b>	<b>\$7.95</b>
cheddar, onions, pesto, tomato, black olives and feta	
<b>Mediterranean</b>	<b>\$7.95</b>
grilled eggplant, pesto, tomato, onions, red roasted peppers and cheddar cheese	
<b>Denver</b>	<b>\$7.75</b>
cheddar, scrambled eggs, ham, onions and bell peppers	
<b>Basil</b>	<b>\$7.95</b>
cheddar, onions, basil, tomato, spinach and feta	
<b>Greek Delight</b>	<b>\$8.25</b>
cheddar, onions, artichoke hearts, black olives, mushrooms, tomato, and feta cheese	
<b>Tofu</b>	<b>\$8.50</b>
smoked tofu, onions, baby corn, tomato, bell peppers and spinach sauteed in peanut sauce	
<b>Chicken Pesto</b>	<b>\$8.75</b>
marinated chicken breast, pesto, tomato, onions, mushrooms and provolone cheese	
<b>Chicken Curry</b>	<b>\$8.75</b>
marinated chicken breast , curry, bell peppers, tomato, onions, provolone and a side of sour cream	

## Savory Crepe

**\$10.50**

prawns, roasted red peppers, yellow squash, garlic, mushrooms, creamy pesto sauce and parmesan with your choice of soup, salad or potatoes

## EGGS 8

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### Smoked Tofu Scramble

**\$7.95**

scrambled eggs, smoked tofu, tomatoes, mushrooms, bell peppers and onions

### Eggs

**\$5.25**

any style

### Country Scramble

**\$7.95**

scrambled eggs, chicken apple sausage, mushrooms and jack cheese

### Athens Scramble

**\$7.75**

scrambled eggs, spinach, mushrooms, onions and feta

### San Francisco Benedict

**\$7.95**

poached eggs on sauteed spinach and english muffins topped with hollandaise sauce

### South Of The Border

**\$7.95**

scrambled eggs, green chilies, avocado, onions and cheddar cheese topped with salsa

### Canadian Benedict

**\$7.95**

poached eggs on canadian bacon and english muffins topped with hollandaise sauce

### Midtown Benedict

**\$7.95**

poached eggs over fresh sliced tomato and avocado on english muffins topped with hollandaise sauce

## SANDWICHES 10

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### Vegetarian

**\$6.50**

cream cheese, avocado, tomato, cucumber, lettuce and sprouts

### Tuna Salad

**\$6.50**

tuna salad with lettuce, tomato, sprouts and mayo

### Tuna Melt

**\$6.50**

tuna salad and tomato with melted cheddar and dijon mustard

### Turkey

**\$6.50**

smoked turkey, lettuce, tomato, sprouts, mayo and dijon mustard

### Ham & Cheese

**\$6.50**

ham, cheddar, lettuce, tomato, sprouts, mayo and dijon mustard

### Grilled Eggplant

**\$6.50**

with roasted peppers, tomato, pesto, and provolone cheese

### Half Sandwich Combo

**\$7.95**

half of any of the above sandwiches with your choice of a cup of soup or any half salad

<b>Grilled Chicken Breast</b>	<b>\$8.25</b>
with pesto, provolone cheese, lettuce and tomato served on a fresh baguette	
<b>The Burger</b>	<b>\$8.50</b>
1/2 lb. of ground chuck with sauteed red onions, mushrooms, avocado, jack cheese and mayo on a sesame bun	
<b>Tofu Burger</b>	<b>\$8.50</b>
smoked tofu with sauteed red onions and mushrooms, avocado, jack cheese and mayo on a sesame bun	

## PASTAS <sup>3</sup>

<b>Chicken Fettuccini</b>	<b>\$9.25</b>
garlic, mushrooms, fresh basil & tomatoes tossed in marinara sauce topped with feta	
<b>Prawns Fettuccini</b>	<b>\$10.50</b>
with squash, garlic, mushrooms and olives in creamy pesto sauce topped with parmesan	
<b>Seafood Fettuccini</b>	<b>\$10.50</b>
mussels, prawns, spinach, mushrooms and garlic tossed in a clam sauce with parmesan	

## BAGELS <sup>5</sup>

<b>Bagel</b>	<b>\$2.25</b>
with cream cheese	
<b>Cream Cheese, Cucumber, Tomato And Sprouts</b>	<b>\$4.25</b>
<b>Cream Cheese, Pesto, Tomato And Lettuce</b>	<b>\$4.75</b>
<b>Roasted Eggplant, Pesto And Feta Cheese</b>	<b>\$4.75</b>
<b>Cream Cheese, Kalamata Olives And Artichoke Hearts</b>	<b>\$4.75</b>

## FRENCH TOAST <sup>2</sup>

<b>French Toast</b>	<b>\$5.50</b>
<b>Topped With Fresh Fruit</b>	<b>\$2.25</b>

## DESIGN YOUR OWN OMELETTE <sup>1</sup>

<b>Cheese Omelette</b>	<b>AVAILABLE OPTIONS</b>
	\$5.50
	Each Additional Item: \$0.95

## DESIGN YOUR OWN CREPE <sup>4</sup>

<b>Start With A Basic Crepe (cheddar Cheese And Onion)</b>	<b>\$4.95</b>
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## With A Basic Crepe

### AVAILABLE OPTIONS

\$4.95
Spinach: \$0.95
Tomato: \$0.95
Avocado: \$0.95
Black Olives: \$0.95
Cream Cheese: \$0.95
Mushrooms: \$0.95
Sour Cream: \$0.95
Salsa: \$0.95
Cottage Cheese: \$0.95
Marinara Sauce: \$0.95
Pineapple: \$0.95
Feta: \$0.95
Cheese: \$0.95
Garlic: \$0.95
Sundried Tomato: \$0.95
Pesto: \$0.95
Curry: \$0.95
Pesto: \$0.95
Artichoke Hearts: \$0.95
Scrambled Egg: \$0.95
Ham: \$0.95
Roasted Red Peppers: \$0.95
Green Chilies,: \$0.95
Jalapenos: \$0.95
Eggplant: \$0.95
Bell Peppers: \$0.95
Basil: \$0.95

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<b>Chicken, Turkey, Chicken Apple Sausage Or Bacon</b>	<b>\$1.75</b>
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<b>Prawns</b>	<b>\$2.95</b>
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## DESSERT CREPES 17

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<b>Raspberry Blintz</b>	<b>\$5.50</b>
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ricotta cheese and raspberry jam topped with applesauce and sour cream

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<b>Honey Lemon Blintz</b>	<b>\$5.50</b>
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ricotta cheese mixed with honey and lemon topped with applesauce and sour cream

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<b>Jelly Crepe</b>	<b>\$3.75</b>
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<b>Brown Sugar Crepe</b>	<b>\$4.25</b>
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with lemon sauce

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<b>Apple Crepe</b>	<b>\$5.25</b>
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fresh apples, brown sugar and cinnamon

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<b>Chocolate Crepe</b>	<b>\$4.95</b>
semi sweet chocolate and walnuts	
<b>Banana Chocolate</b>	<b>\$5.50</b>
bananas, semi sweet chocolate and walnuts	
<b>Apple And Cheese</b>	<b>\$5.50</b>
fresh apples, cheddar, cinnamon and brown sugar with sour cream	
<b>Banana Crepe</b>	<b>\$5.25</b>
bananas, cinnamon and brown sugar	
<b>Strawberry Crepe</b>	<b>\$5.75</b>
fresh strawberries, cinnamon and brown sugar topped with homemade fresh strawberry sauce	
<b>Strawberry Nutella</b>	<b>\$5.75</b>
fresh strawberries and nutella	
<b>Strawberry Chocolate</b>	<b>\$5.75</b>
fresh strawberries and semi sweet chocolate	
<b>Nutella Crepe</b>	<b>\$4.95</b>
<b>Banana Nutella</b>	<b>\$5.75</b>
<b>Peanut Butter And Nutella</b>	<b>\$5.25</b>
<b>Cinnamon Roll Crepe</b>	<b>\$5.95</b>
brown sugar, cinnamon and walnuts	
<b>Apple Caramel</b>	<b>\$5.25</b>
fresh apples and creamy caramel	