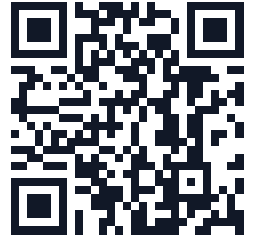


Perk on Main

386 Main St 06457-3360 · +18607882287 · Updated: Jan 14, 2026

[View online menu](#)



SOUPS 2

Soup Of The Day **\$3.50**

New England Clam Chowder **AVAILABLE OPTIONS**

\$4.00
In A Bread Bowl: \$5.50

SALADS 3

House Salad **AVAILABLE OPTIONS**

baby greens topped with mixed veggies, tomato & homemade croutons

Side: \$4.00
Large: \$6.00

Caesar Salad **AVAILABLE OPTIONS**

crisp romaine lettuce, parmesan cheese, garlic croutons, & caesar dressing

Side: \$4.00
Large: \$6.00

Katies Classic **\$6.50**

baby greens, dried cranberries, feta, caramelized pecans & our own balsamic vinaigrette dressing

SAVORY CREPES 9

Nathan Hale **AVAILABLE OPTIONS**

tomato, mozzarella & basil with a hint of balsamic vinaigrette

\$6.50
With Chicken: \$7.50
With Shrimp: \$8.00

Chicken Ranch **\$7.50**

chicken, broccoli, bacon, tomato, cheddar, & ranch dressing

Smothered Chicken **\$7.50**

chicken, mushrooms, onions, & cheddar

Olive Oyl **\$7.00**

spinach, onions, garlic, tomatoes, & feta

Provence Dlite **\$7.00**

spinach, tomato, mushrooms, & brie

Zesty Chicken **\$7.50**

chicken, peppers, onions, & cheddar with a creamy vidalia onion vinegarette dressing

Popeye	\$7.50
chicken, spinach, onions, garlic, & cheddar	
The Finnie Cheesesteak	\$8.50
steak, mushrooms, peppers, onions, & american cheese	
Rajin Cajun	\$7.50
cajun chicken, tomato, melted cheddar cheese, & cool ranch dressing	

COLD SANDWICHES AND WRAPS 5

Swiss Army Ciabatta	\$8.00
grilled turkey filet, lettuce, tomato, bacon, mayo, & swiss	
Caesar Wrap	AVAILABLE OPTIONS
crisp romaine lettuce, parmesan cheese & caesar dressing	With Chicken: \$6.50
	With Shrimp: \$8.00
Cashew Curry Chicken Salad Wrap	\$7.50
our crunchy, sweet, all white meat chicken salad with lettuce & tomato in a sundried tomato wrap	
Tylers Tuna Croissant	\$6.50
crunchy tuna salad made with celery, onion, & just enough mayo on a grilled croissant	
Vegetarian Wrap	\$7.00
hummus, tomatoes, pepper, carrots, onion, baby lettuce, cucumber & feta cheese with a balsamic vinegarett dressing in a whole wheat wrap	

QUESADILLAS 2

Chicken Quesadilla	\$8.50
chicken, onion, tomato & a blend of parmesan and cheddar cheeses in a cheddar tortilla	
Veggie Quesadilla	\$8.50
spinach, tomato, onion, peppers & broccoli with a blend of melted cheddar & mozzarella in a spinach tortilla	

ANYTIME (SWEET) CREPES 14

The Classic	\$5.50
nutella & fresh bananas	
The New Classic	\$5.50
nutella & fresh strawberries	
Classic Combo	\$6.00
nutella, strawberries & banana	
Jack's Berry Good Crepe	\$6.00
nutella, strawberries, raspberries & blueberries	

Amazing Grace

\$6.50

local deerfield farm's low-fat vanilla yogurt, banana, strawberries, raspberries & blueberries

Maple Avenue

AVAILABLE OPTIONS

butter & local real maple syrup

\$3.50

Two For: \$6.00

Park Avenue

\$4.50

a maple avenue with your choice of fruit (strawberries, blueberries, raspberries or bananas)

The Fall Classic

AVAILABLE OPTIONS

cinnamon spiced apples

\$5.00

Add Caramel: \$0.50

Isabelle

\$5.50

brie, strawberry jam & cinnamon sugar

Sweet Rachels Sour Crepe

\$4.00

butter, sugar & fresh squeezed lemon

Simple Jen

AVAILABLE OPTIONS

butter & cinnamon sugar

\$3.50

Two For: \$6.00

The Elvis

\$5.50

nutella, bananas & peanut butter

Jeannette's Banana Foster

\$5.00

bananas, brown sugar & butter

Karens Strawberry Shortcrepe

\$5.50

melted butter, sugar & strawberries
