

from the griddle

Served with warm syrup and whipped butter

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|-------------------------|--------|-----|-------|
| Buttermilk Pancakes | Single | Two | Three |
| Whole Grain Pancakes | Single | Two | Three |
| Blueberry Pancakes | Single | Two | Three |
| Chocolate Chip Pancakes | Single | Two | Three |
| Banana Walnut Pancakes | Single | Two | Three |
| Cinnamon French Toast | Single | Two | Three |

Belgium Waffle

Toppings: Strawberries, Blueberries, Bananas, Walnuts, Chocolate Chips, Marshmallow, Sweet Cream Cheese, Oreos, M&M’ s Peanut Butter Chocolate Cups, Nutella

Sweet Cream Cheese Stuffed French Toast

2 french toast stuffed with strawberries, blueberries, bananas, walnuts, sweet cream cheese

Chicken and Waffles

belgium waffle, hand breaded chicken tenders, warm syrup, butter

Nutella Stuffed French Toast

2 french toast stuffed with bananas, chocolate chips, nutella

urban kitchen big breakfast

choice of pancakes, meat, two eggs(any style) and homefries

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|---------------------------|----------------------------|
| Buttermilk Pancakes (2) | Whole Grain Pancakes(2) |
| Blueberry Pancakes(2) | Chocolate Chip Pancakes(2) |
| Banana Walnut Pancakes(2) | Cinnamon French Toast(2) |
| Belgium Waffle | |

Choice of 1 meat: Pork Bacon, PorkSausage Links, Scrapple, CornBeef Hash Turkey Bacon, Canadian Bacon, Turkey Sausage Patti, Pork Roll, HamSteak Chorizo sausage, Grilled Chix Breast

Toppings Strawberries, Blueberries, Bananas, Walnuts, ChocolateChips, Marshmallow, Sweet Cream Cheese, Oreos, M&M’s, Peanut Butter Chocolate Cups, Nutella

make your own omelette

Made with 3 eggs, homefries and toast (Sub egg whites \$1)

Substitute home fries with fresh fruit, grits or sliced tomato

Egg Omelette

Meats: sausage, bacon, ham, turkey bacon, pastrami, corned beef, smoked salmon, chorizo sausage, turkey chili, gyro meat, chicken breast

Vegetables: onion, green peppers, broccoli, asparagus, spinach, avocado, mushrooms, tomato, roasted peppers, olives, jalapenos, salsa

Cheese: american cheese, swiss cheese, provolone cheese, feta cheese, cheddar cheese, fresh mozzarella

breakfast sandwiches

served with homefries(substitute home fries with fresh fruit,grits or sliced tomato)

Eggs are prepared fried or scrambled(sub egg whites)

Egg and Cheese Sandwich

Choice of 1 meat: Pork Bacon, Pork Sausage, Scrapple, Ham, Turkey Bacon, Canadian Bacon, Turkey Sausage, Pork Roll, Chorizo Sausage, Grilled Chicken Breast

Breakfast B.L.T

Egg, bacon, lettuce, tomato, choice of bread

Avocado Breakfast B.L.T Wrap

Egg, guacamole, bacon, lettuce, tomato, cheddar cheese, wrap

Brunch Burger

Egg, 8 oz burger, bacon, american cheese, brioche roll

Morning Chicken Sandwich

Egg, grilled chicken breast, avocado, american cheese, brioche roll

Breakfast Quesadilla

Egg, grilled onion, jalapenos, tomato, chorizo sausage, cheddar cheese, grilled tortilla served with salsa, guacamole and sour cream

bowls

Greek Yogurt Bowl

topped with granola, honey, strawberries, blueberries & bananas

Steel Cut Oatmeal

topped with strawberries, blueberries & bananas served with brown sugar

Cottage Cheese Fruit Bowl

topped with strawberries, blueberries and banana

benedicts

Served on a toasted english muffin and homefries

(Substitute home fries with fresh fruit, grits or sliced tomato)

Traditional Eggs Benedict

poached eggs, canadian bacon, hollandaise sauce

Crab Benedict

poached eggs, crabcake, hollandaise sauce

Avocado Benedict

poached eggs, avocado, bacon, hollandaise sauce

Florentine Benedict

poached eggs, spinach, tomato, hollandaise sauce

Smoked Salmon Benedict

poached eggs, smoked salmon, hollandaise sauce

Buffalo Chicken Benedict

poached eggs, crispy buffalo chicken, hollandaise sauce

Bang Bang Shrimp Benedict

poached eggs, spicy crispy shrimp, hollandaise sauce

Filet Mignon Benedict

poached eggs, char grilled filet mignon, hollandaise sauce

breakfast specialties

(Substitute home fries with fresh fruit, grits or sliced tomato)

Cream Chipped Beef

served over toast and homefries

Sausage Gravy Biscuits

served over biscuits and homefries

Beefburger and Eggs

2 eggs(any style), homefries and toast(sub egg whites)

N.Y. Strip and Eggs

2 eggs(any style), homefries and toast(sub egg whites)

Grilled Pork Chop and Eggs

2 eggs(any style), homefries and toast(sub egg whites)

Smoked Salmon, onion and egg scrambled

served with homefries and toast (sub egg whites)

Big Fish Bagel

smoked salmon, lettuce, tomato, onion, cucumber, pepper, olives with cream cheese

Avocado Toast

smashed avocado on whole grain toast, fresh fruit served with 2 eggs any style (sub egg whites)

skillets

served over potatoes and choice of toast (Sub egg whites)

Greek Skillet

gyro meat, tomato, spinach, olives, feta cheese, mixed with scrambled eggs

New York Skillet

corn beef, pastrami, swiss cheese, mixed with scrambled eggs

Vegetable Skillet

onion, peppers, mushrooms, broccoli, spinach, fresh mozzarella cheese, mixed with scrambled eggs

Meat Skillet

ham, bacon, sausage, onions, peppers, american cheese, mixed with scrambled eggs

Mexican Skillet

chorizo sausage, onion, jalapenos, salsa, cheddar cheese, mixed with scrambled eggs side guacamole

Avocado Skillet

grilled chicken, avocado, tomato, cheddar cheese, mixed with scrambled eggs

Chilli Skillet

onion, peppers, chilli, cheddar cheese, mixed with scrambled eggs

eggs

(Sub egg whites) Substitute home fries with fresh fruit, grits or sliced tomato

Two eggs (any style) served with homefries and toast

Three eggs (any style) served with homefries and toast

breakfast sides

Bacon Candy - four slices of thick hardwood bacon baked with brown sugar and maple syrup

Pork Bacon, Pork Sausage Links, Scrapple, Corn Beef Hash, TurkeyBacon, Turkey Sausage Patties, Pork Roll, HamSteak, Canadian Bacon, Chorizo Sausage, Grilled Chicken Breast, Home Fries, Avocado, Side Grits, Guacamole, Fresh Fruit, Side of Toast, Grilled cinnamon bun, Toasted Bagel

appetizers

Fish Tacos
fried cod strips, slaw, chipotle sauce

Jumbo Wings(10)
choice of buffalo or honey barbeque
served with celery and carrot sticks

Boneless Chicken Wings
choice of buffalo or honey barbeque
served with celery and carrot sticks

**Baked Stuffed Mushrooms
with Crabmeat**
served with lemon butter sauce

Bang Bang Shrimp
tossed in our chipotle sauce
served over shredded lettuce

**Hand Breaded
Chicken Tenders**
served with choice of sauce

soups

Crock of French Onion
with herb crouton and
topped with melted cheese

Bowl Soup of the day

Bowl Chicken Soup

salads

Greek Salad
romaine lettuce, tomato, cucumber,
red onion, olives, feta cheese,
grape leaves, greek dressing

Caesar Salad
romaine lettuce, herb croutons,
parmesan cheese, tossed in caesar
dressing

Garden Salad
mixed greens, tomato, cucumber,
red onion, olives, hard boil egg

B.L.T Salad
mixed greens , bacon, cheddar cheese,
tomato, cucumber, red onion, olives,
hard boiled egg

Avocado Salad
fresh spinach, avocado, bacon,
crumbled blue cheese, tomato,
cucumber, red onion, olives

Protein Toppings: Grilled Chicken, Grilled Shrimp, Salmon, Crab Cake,
Crispy Chicken, Grilled Flank Steak, Gyro Meat, Scoop Tuna Fish,
Scoop Chicken Salad, Bang Bang Shrimp, Buffalo Chicken,
Deli Meats(turkey and ham), Grilled Vegetables(zucchini, mushrooms, eggplant)

Dressings: greek, balsamic vinaigrette, blue cheese, ranch, caesar, russian , honey mustard,
lemon vinaigrette, fat free raspberry vinaigrette

quesadillas

grilled jalapenos, onions, tomato, cheddar cheese, grilled tortilla served with salsa, guacamole, sour cream

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| Cheese Quesadilla | Grilled Chicken Quesadilla |
| Cheesesteak Quesadilla | Grilled Vegetable Quesadilla zucchini, mushrooms, spinach, eggplant |

wraps

choice of french fries, coleslaw, fruit, sweet potato fries, onion rings or side salad

Chicken Caesar Wrap grilled chicken, lettuce, tomatoes,
parmesan cheese, caesar dressing

Buffalo Chicken Wrap crispy chicken, lettuce, tomatoes,
buffalo sauce, blue cheese dressing

Bang Bang Shrimp Wrap crispy shrimp, lettuce, tomatoes, chipotle sauce

Salmon B.L.T Wrap grilled salmon, bacon, arugula, tomatoes,
lemon vinaigrette

Turkey Avocado Wrap turkey, bacon, spinach, tomatoes, guacamole

panini sandwiches

*Served on pressed ciabatta bread, side of pickle, choice of french fries, cole slaw, fruit,
sweet potato fries, onion rings or side salad*

Chicken Caprese grilled chicken, spinach, fresh mozzarella,
tomato, pesto

Balsamic Chicken crispy chicken, tomato, arugula, provolone cheese,
balsamic glaze

Turkey Avocado turkey, bacon, avocado, crumbled blue cheese,
chipotle sauce

Grilled Vegetable grilled zucchini, mushroom, eggplant, roasted
peppers, tomato, fresh mozzarella, pesto

Cheesesteak Egg Rolls
served with sriracha ketchup

Fried Mozzarella Sticks
served with tomato sauce

Fried Calamari
served with tomato sauce
and lemon wedges

Gauc and Salsa
tortilla chips served with
salsa and guacamole

Hand Breaded Onion Rings
served with choice of sauce

Nachos
tortilla chips, jalapenos, tomatoes,
scallions, cheese, salsa,
guacamole, sour cream.
choice of: beef brisket or grilled chicken

Bowl of Fresh Chili
topped with onion and
cheddar cheese

Bowl Tomato Soup

Walnut Apple Salad
fresh spinach, apple, walnuts,
crumbled blue cheese, tomato,
cucumber, red onion, olives

Arugula Salad
fresh arugula, walnuts, beets,
crumbled feta cheese

Cobb Salad
mixed greens, avocado, bacon, egg,
tomato, cucumber, red onion, olives

Mediterranean Salad
fresh arugula, roasted peppers, fresh
mozzarella, tomato, cucumber,
red onion, olives

Wedge Salad
Iceberg lettuce, bacon, hard boiled,
crumbled blue cheese, tomatoes

flatbreads

Margherita pesto, tomato, fresh mozzarella, spinach

BBQ Chicken chicken, bbq sauce, red onion, cheddar cheese

Vegetable zucchini, roasted peppers, asparagus, mushrooms,
fresh mozzarella, balsamic glaze

Mediterranean olives, eggplant, scallions, tomato, feta cheese,
arugula, lemon vinaigrette

burgers

*grilled 8 oz burger ground in our kitchen, lettuce, tomato side pickle, served on a brioche roll
choice of french fries, coleslaw, fruit, sweet potato fries, onion rings or side salad
(sub for a Vegetable Burger \$1)*

American Burger
bacon, fried onion strings,
american cheese

Italian Burger
fresh mozzarella,
roasted peppers, pesto

Traditional Cheese Burger

Greek Burger
feta cheese, olives, tzatziki

Avocado Burger
avocado, bacon,
crumbled blue cheese

chicken sandwiches

*grilled marinated chicken breast lettuce, tomato, side pickle served on a brioche roll
choice of french fries, coleslaw, fruit, sweet potato fries \$1, onion rings \$2 or side salad \$2*

Traditional Chicken

Buffalo Chicken
crispy chicken tossed in
buffalo sauce side blue
cheese dressing

Mediterranean Chicken

fresh mozzarella, roasted
peppers, pesto

Opa Opa Chicken
feta cheese, olives, tzatziki

BBQ Chicken
bacon, BBQ, cheddar
cheese, fried onion strings

Chicken Delight
avocado, bacon, swiss cheese

from the deli

*Served on your choice of bread with mayo, lettuce and tomato, side pickle
choice of french fries, coleslaw, fruit, sweet potato fries, onion rings or side salad*

Roasted Turkey Sandwich

Chicken Salad Sandwich

White Albacore Tuna Fish Sandwich

Baked Virginia Ham Sandwich

B.L.T Sandwich

Avocado B.L.T Sandwich

club sandwich

*Served on your choice of bread with bacon, lettuce, tomato and mayo, side pickle
choice of french fries, coleslaw, fruit, sweet potato fries, onion rings or side salad*

Turkey Club

Chicken Salad Club

Ham Club

White Albacore Tuna Fish Club

specialty sandwiches

choice of french fries, coleslaw, fruit, sweet potato fries, onion rings or side salad

Crab Cake Sandwich baked or fried served on a brioche
roll with lettuce and tomato, side pickle

Classic Reuben choice of corn beef or pastrami on grilled
rye with swiss cheese, sauerkraut, russian dressing, side pickle

Open Face Turkey Sandwich sliced turkey breast served
on bread with stuffing and topped with turkey gravy,
cranberry sauce

New York Grilled Sandwich choice of corn beef or
pastrami piled high on grilled rye

Philly Cheesesteak grilled onions, peppers, mushrooms,
american cheese on a long roll, side pickle

Flounder Sandwich baked or fried served on a brioche
roll with lettuce and tomato, side pickle

Chicken Parm chicken cutlets, tomato sauce, provolone
cheese cheese on a long roll, side pickle

French Dip tender beef brisket, swiss cheese served with
au jus on a long roll, side pickle

Grilled Four Cheese Sandwich
grilled white bread with american, provolone, cheddar,
swiss cheese & a cup of tomato soup for dipping

Greek Gyro
choice of chicken breast or lamb slices, tomato, onion,
tzatziki sauce on pita bread, side pickle

sides

garlic smashed potato, rice pilaf, french fries, sweet potato fries, baked potato,
baked sweet potato, mac and cheese, corn, string beans, broccoli, sauteed spinach,
roasted brussel sprouts, apple sauce, cole slaw, seasoned beets

beverages

coffee

Endless cup of regular coffee
Endless cup of decaf coffee
Endless glass of Iced Coffee

tea

Endless Cup of hot tea or herbal tea
Endless Glass of freshly brewed iced tea

hot chocolate

Hot chocolate with whipped cream

squeezed

Freshly squeezed orange juice 12oz
Freshly squeezed grapefruit juice 12oz
Freshly squeezed lemonade (free refills)

juice

Apple juice 12oz
Cranberry juice 12oz
Tomato juice 12oz

milk

Regular milk 12oz
Chocolate milk 12oz
Almond milk 12oz

soda (free refills)

pepsi, diet pepsi, wild cherry pepsi, sierra mist,
ginger ale, root beer, bubly sparkling water

Arnold Palmer (free refills)

ice tea and freshly squeezed lemonade

Shirley Temple (free refills)

lemon lime soda, grenadine

water

Bottle of spring water
Bottle of sparkling mineral water

shakes and smoothies

Strawberry Banana Smoothie

strawberries, banana, blended with greek yogurt

Wild Berry Smoothie

strawberries, blueberries, banana, freshly squeezed orange juice, blended with ice

Pineapple Berry Smoothie

pineapples, blueberries, strawberries, freshly squeezed orange juice, blended with ice

Banana Peanut Butter Smoothie

banana, honey, peanut butter, almond milk blended with ice

Traditional Milkshake

choice of vanilla, chocolate, strawberry or black and white

Oreo Milkshake

vanilla ice cream, oreo cookies, chocolate syrup

M&M Milkshake

chocolate ice cream, M&M's, chocolate syrup

Chocolate Banana Nutella Milkshake

chocolate ice cream, banana, nutella, chocolate syrup

Root beer Float

vanilla or chocolate ice cream topped with root beer

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let's eat