

Design a New Shopsin's Menu with LATCH

Print out enlarged copies of the menu pages. Groups of 4 will receive a complete menu packet, whiteboard space, post-its, scissors and tape. Have students cut out and restructure the menu using LATCH principles and creating new headers, sections, and page layouts.

SOUP

AFRICAN AVOCADO TOMATO 10.95
 AFRICAN GREEN CURRY 8.95
 ALBONDIGAS-MEX. TURK. MBALL 10.95
 APPLE LEEK 8.95
 AVOCADO TORTILLA 9.95
 BAKED BACON GARLIC CREAM 11.95
 BAKED EGGPLANT & CHEESE 10.95
 BAKED GARLIC CHEESE 9.95
 BAKED MACARONI & CHEESE 11.95
 BEEF BARLEY 10.95
 CHUNKY BEEF GUMBO 12.95
 BEEF PEPPER POT 11.95
 BLACK BEAN GARLIC VEGETABLE 10.95
 BLACK BEAN MUSHROOM BISQUE 8.95
 BLACK BEAN POTATO 9.95
 BLACK BEAN VEGETABLE 9.95
 BRAZILIAN CHICKEN GARLIC RICE 15.95
 CUBAN BLACK BEAN POLENTA MELT 11.95
 BOK CHOY BOP 9.95
 BOMBAY SWEET POTATO 9.95
 BRATWURST, POTATO, KRAUT 12.95
 BURNT GARLIC TOMATO ZUCCHINI 9.95
 CABBAGE APPLE CURRY 7.95
 CABBAGE, POTATO, PEA 7.95
 CARROT PISTACHIO CURRY CREAM 10.95
 CAMBODIAN CHICKEN CREAM 12.95
 CASHW TOM. CREAM 10.95
 CATFISH CHOWDER 12.95
 CHICKEN BISQUE 10.95
 CHICKEN CURRY 9.95
 CHICKEN GUMBO 10.95
 CHICKEN ANGEL HAIR 10.95
 CHICKEN BROCCOLI MUST 10.95
 CHICKEN BURRITO 11.95
 CHICKEN CHEDDAR BACON 10.95
 CHICKEN CILANTRO SPINACH THIN DUMPLING 11.95
 CHICKCOCONUT RICE, BAN 12.95
 CHICK FETA SPINACH 9.95
 CHICKEN MASA LIME 12.95
 CHICKEN ORANGE CURRY 10.95
 CHICKEN PASTRY CREAM 11.95
 CHICKEN PESTO CREAM 10.95
 CHICKEN, SPAETZLE VEGGIE 11.95
 CHICKEN SPINACH, BLUE 9.95
 CHICKEN THICK CHINESE NOODLE 12.95
 CHICKEN TORTILLA 9.95
 CHICKEN, TORTILLA, AVOCADO 10.95
 CHICKEN WILD BARLEY 9.95
 CHORIZO WILD RICE 9.95
 CHORIZO BLACK BEAN GARLIC 11.95
 CHORIZO CORN CHOWDER 11.95
 CHORIZO GUMBO 11.95
 CHORIZO LENTIL GARLIC 9.95
 CABBAGE, HALLOUMI, TZSAKI 11.95
 CORN CHOWDER 8.95
 COTTON PICKER GUMBO MELT 10.95
 CREAM OF COCONUT RICE 7.95
 CREAM OF TOMATO TORTILLA 11.95
 CREAM OF GARLIC 9.95
 CREAM OF BROCCOLI 8.95
 CORN CREAM PUMPKIN DUMPLING 11.95
 CREAM OF MUSHROOM PEASOUP 11.95
 CREAM OF PEA, LEEK, SPINACH 9.95
 CREAM OF SPINACH 8.95
 CREAM OF SPINACH PEA 9.95
 CUBAN GUACO TACO 11.95
 CURRIED RUTABAGA CREAM 9.95
 DANBURY CLAM CHOWDER 11.95
 EGGPLANT JERK 9.95
 FETA TOMATO TORTILLA 9.95
 FLORIDA PEANUT 8.95
 FRENCH ONION 10.95
 FRIED BEEF BURRITO 12.95
 FRIED MASA, CHICKEN CABBAGE 12.95
 FRIED PIEROGIE ONION GARLIC 12.95
 FRIED VEGETABLE DUMPLING 12.95
 GARLIC BREAD SOUP 11.95

GARLIC VEGETABLE RICE 7.95
 GREEN PEANUT GUMBO 9.95
 GRILLED CHICKEN COUSCOUS 12.95
 GRILLED CHICKEN POTATO CURRY 11.95
 HAM POTATO CHEESE 9.95
 HOT BROCCOLI 7.95
 HUNGARIAN MUSHROOM 9.95
 IRISH PEA 9.95
 ITALIAN VEGETABLE 8.95
 JAMBALAYA- chorizo, shrimp, chicken 15.95
 MERGUEZ MINT ORANGE 10.95
 LENTIL 8.95
 LENTIL MINT TOMATO 9.95
 LENTIL, LEEK, SPINACH 10.95
 LENTIL PUREE, PASTA SHAPE 10.95
 MACARONI AND CHEESE 9.95
 MADRAS CHICKEN 11.95
 MADRAS SHRIMP 12.95
 MANHATTAN CLAM CHOWDER 10.95
 MANHATTAN SHRIMP CHOWDER 12.95
 MERGUEZ POTATO CABBAGE 12.95
 MEXICAN LENTIL 9.95
 MEXICAN BEEF MINISTRONE 12.95
 MINISTRONE 8.95
 MINISTRONE GENOVESE 10.95
 MOJO CACTUS 11.95
 MULLIGATAWNY 10.95
 MULLIGATAWNY (shrimp) 13.95
 MUSHROOM WILD BARLEY 8.95
 NACHO BLACK BEAN 9.95
 NEW ENGLAND CLAM CHOWDER 11.95
 NIGERIAN DUMPLING CURRY 10.95
 ORIENTAL VEGETABLE CHOW FUN 12.95
 OXTAIL TOMATO 12.95
 PASTA FAGIOLI 10.95
 PASTINA VEGETABLE 7.95
 PEA, BACON, HAM, MIRE POIX 11.95
 PEA, LEEK, BUTTER DUMPLINGS 9.95
 PEAR WALNUT 8.95
 PERUVIAN AVOCADO 11.95
 PERUVIAN SHRIMP 12.95
 PESTO MINISTRONE 10.95
 PERUVIAN PLANTAIN GARLIC 10.95
 PISTACHIO RED CHICKEN CURRY 15.95
 PLANTAIN CORIANDER 10.95
 PORTOBELLA CASHW 10.95
 PORTOBELLA VEGETABLE CREAM 12.95
 POTATO LEEK (creamy?) 9.95
 POTATO (fried) MUSHROOM 11.95
 SPICY PUMPKIN TOMATO 9.95
 QUESADILLA CABBAGE 10.95
 QUESADILLA CHIPOTLE CREAM 11.95
 RAY'S CX GARLIC ANGEL HAIR 11.95
 ROAST POTATO BURNT GARLIC 10.95
 ROASTED EGG PLANT TOMATO 11.95
 ROASTED CORN, PEPP, MUSH 11.95
 RUSSIAN CABBAGE BEEF 11.95

SAIGON SHRIMP WITH BACON 13.95
 SAUSAGE MUSHROOM CREAM 11.95
 SASSY SPINACH 9.95
 SENEGALESE CHERRY 9.95
 SENEGALESE CHICKEN 10.95
 SENEGALESE SHRIMP 13.95
 SESAME GARLIC RICE 7.95
 SESAME, TURNIP BARLEY 8.95
 SHEPHERD'S CHICKEN 13.95
 SHEPHERD'S VEGGIE YAM 13.95
 SHITAKE VEGETABLE CREAM 12.95
 SHRIMP BISQUE 12.95
 SHRIMP CHEDDAR CORN CHOWDER 13.95
 SHRIMP GARLIC MUSHROOM MARSALA 13.95
 SHRIMP GARLIC RISOTTO CREAM 13.95
 SHRIMP GUMBO 13.95
 SHRIMP LAHKSA 14.95
 SHRIMP MULLIGATAWNY 13.95
 SHRIMP PISTACHIO VERDE 13.95
 SPANISH GARLIC AND EGG 9.95
 SPICY PEA VEGETABLE 9.95
 THAI SPICY LETTUCE 8.95
 THAI VEG THIN NOODLE 10.95
 TOMATO BASIL GARLIC 8.95
 TOMATO CREAM, BIG CROUTONS 11.95
 TOMATO LENTIL CURRY 8.95
 SOUTHWEST CORN CHOWDER 9.95
 SPINACH BEAN 8.95
 SPINACH BROTH, PUMPKIN DUMPLING 11.95
 SPINACH, LEEK, TORTILLA, JACK 11.95
 SPINACH, POTATO, LEEK 8.95
 STEW SOUPS- BEEF; CHICKEN; SHRIMP; 12.95
 CHORIZO; TURKEY; VEGAN SAUSAGE
 SWEET POTATO BANANA CURRY 10.95
 SWEET POTATO CORN 8.95
 SWEET POTATO JALOPAENO 7.95
 SWEET POTATO PEANUT 7.95
 SWEET POTATO VEGETABLE 7.95
 SWEET POTATO, CORN POLENTA 12.95
 THAI CHICKEN THIN NOODLE 11.95
 THAI CRM CURRY, COCO RICE, SPINACH 12.95
 THAI FRIED DUMPLING CREAM 13.95
 THAI PEANUT, SPINACH, COCO RICE 12.95
 THAI MACADAMIA CHOW FUN 13.95
 TOMATO MUSHROOM, BASIL 8.95
 TOMATO VEGETABLE 7.95
 TORTILLA, CHEESE, AVOCADO 10.95
 TURKEY BALL RED LENTIL 10.95
 VEGETABLE BURRITO 11.95
 VIRGINIA PEANUT 7.95
 WILD MUSHROOM CREAM 8.95
 WILD RICE CORN CHOWDER 10.95
 WILD RICE PUMPKIN 8.95

YIN/YANG BOWLS 14.95

soup from column A special rice from B

column A (soup)

szechwan shrimp
 raspberry chicken
 nigerian beef
 pork, cabbage, potato
 grilled cilantro chicken
 turnip cream
 plaintain pulled turkey
 swedish turkey meatball
 corn, masa, mushroom
 okra chowder
 jerk chicken cream
 patsy's cashew mushroom
 macadamia chicken
 string bean peanut saute
 sweet potato cream curry
 chorizo cabbage potato
 vegan meatball blk bean
 cheddar, bacon, potato
 meatloaf mushroom
 kielbassa sauerkraut
 chorizo chipotle
 chili tomato migas

column B (rice)

tofu/pea/peanut
 sun dried cherry
 chili con carne
 cuban black bean
 guacamole
 gumbo dirty rice
 date, nut raisin
 coriander chutney
 pea, peanut, curry
 cream of spinach
 coconut banana
 pecan quinoa
 ricotta pignoli
 beef sloppy joe
 spinach black bean
 lentil curry
 mango chutney*
 pumpkin dumpling
 salsa fried cheese
 marshmallow nut
 garlic bean

MATZO BALL SOUP	7.95
+ VEGETABLES	9.95
+ CHICKEN	10.95
+ CHICKEN & VEGGIES	12.95

cups of these soups 4.95	
asian dumplings(2)- pork, vegan shrimp, chicken, fried mini-pork(+\$.1)	
cuban black bean	pepper olive
pumpkin dumpling	potato curry
chick'n dumpling	hot pierogie
pea leek	quinoa coriander
gumbo	spinach wild rice
sesame udon	tomato ravioli
garlic bean	turkey meatball
tomato rice	vegan black bean
bean, cheese	tomato elbow
beef gumbo	string bean tomato
chili con carne	spinach bean
jamaican gumbo	ranchero
lite lentil	sesame barley
tomato rice	

side order of bread with a soup 1.95

baguette, biscuits, pumpernickel, corn bread, seven grain, club roll, potato lefse, sesame triad, muffins(blueberry, corn, banana, chocolate, english), corn tortillas, crumpets, flour tortillas, indian crepe, pita, rye, sweet nan, tortilla chips, white toast, matzoh, small garlic bread,

SHOPSIN'S GENERAL STORE
54 CARMINE STREET NEW YORK CITY 10014
212-924-5160 EAT@SHOPSINS.COM

all sandwiches

with salad or potato chips,
french fries + \$1.95

cold sliced 7.95

roast beef
turkey (light/dark)
chicken
virginia ham
hard salami
avocado
cappicola
(cheese with sliced meat + 1.75)

hot sliced meats 8.95

pastrami
corned beef
brisket of beef
roast beef au jus
turkey in gravy
ham maple raisin

mayo salads 7.95

egg, ham, light tuna, chicken,
shrimp, turkey, pork, beef, tonno
(open faced with cheese + 2.25)

philly cheese steaks 9.95

beef, chicken, turkey, shrimp
bacon (grilled onions & american)

sausages 7.95

lamb, vegan, hot italian, sweet,
kielbassa, italian, thai chicken,
turkey, sage pork patty, breakfast
link, bratwurst, chorizo

regional pulled meat 7.95

georgia bbq
sweet texas red bbq
bronx white
parmagiana + 1.50
sloppy joe
jamaican jerk
thai green curry
(chicken, turkey, pork, beef)
cole slaw mixed with bbq meat .95
cheese with bbq meat + 1.50
cranberries mixed with bbq meat .95

meat balls 8.95

beef, vegan, turkey, meat loaf
(cheese with meatballs + 1.75)

bread crumb fried 9.95

chicken, turkey, ham, shrimp

reuben on rye toast 9.95

pastrami, corned beef, bbq pork

po' boys 12.95

shrimp, chicken, turkey, beef

grilled chicken 8.95

plain, ga bbq, sweet red bbq

BLT 8.95

bacon, turkey bacon, (avocado +\$2)
(with fried green tomato + \$3)

middle eastern (on pita) 8.95

falafel, gyro, tabbouleh, hummus

pot roast 12.95

italian pot roast, jewish pot roast,
mexican pot roast, indian pot roast
(beef, chicken, turkey, shrimp)

lefse 10.95

shrimp, chicken, tonno
(Norse potato thin, salsa* avocado, cheese, garlic)

karmine killer 10.95

batter fried chicken, onions, pep-
pers, mushrooms, ricotta cheese
topping, on a toasted sesame bun

turkey time 7.95

ga bbq turkey hash patty,
atomic fried pulled turkey,
grilled turkey cloud

sliders 7.95

beef or chicken

(3 mini cheese burgers, buns, onions, pickles)

coleslaw 1.95

cranberry, gorgonzola, blue +1.50

sandwich breads

baguette, rye, whole wheat,
club roll, sesame bun, potato
white, english muffin, black

maple
filled
sopapias
7.95

macaroni and cheese

regular 8.95

spinach, blue cheese 9.95

haricot vert, gorgonzola 9.95

(with bacon, ham, shrimp, chicken, turkey, sausage + 2.75)

NAME PLATE SANDWICHES

amarillo- pulled pork, red salsa, monterey jack, garlic bread 12.95
andy's way - grilled chicken, avocado, turkeybacon, blue, black 12.95
audrey - eggs, tomato, avocado, swiss, red onion, white 12.95
bridgette- chicken salad, avocado, tomato, garlic bread 11.95
candice - virginia ham, cheese, dill sauce, black 10.95
champ -grilled chicken, bacon, avocado, chipotle mayo, lett & tom 13.95
chaz - white turkey, cranberry, cole slaw, baguette 10.95
cheeseburger club - triple decker with bacon, lett, tomato 14.95
cobb - grilled chicken, avocado, bacon, blue cheese 13.95
croque madam (2)-ham, egg & cheese pressed sandwiches 12.95
croque monsieurs (2)- ham & cheese pressed sandwiches 9.95
cuban- pork, queso blanco, ham, salsa, pressed sandwich 11.95
daniel- grilled chicken, chili, jack, rye toast 12.95
edmonton - light tuna, cheddar, avocado, spicy garlic bread 11.95
eve - avocado, tomato, alfalfa, russian, 7 grain 8.95
gidget -light tuna, avocado, tomato, garlic bread 11.95
golda - open melt knish, pot roast , gravy, cheddar 14.95
guido- chicken cutlet parmagiana hero with meat sauce 14.95
gregg- shrimp, spinach, cheddar, russian, whole wheat 12.95
gulf pride - shrimp, avocado, cheddar, garlic bread 14.95
high school hot turkey sandwich - mushroom gravy, white bread 11.95
hot brown - chicken, turkey, turkeybacon, american, gravy, toast 13.95
hyatt - grilled tomato, avocado, salsa, cheddar, jack, cilantro 11.95
irish - spinach, grilled tomato, beans, black toast 9.95
jj's way - grilled chicken, apple stuffing, slaw whole wheat 12.95
jewban - pressed sandwich with brisket, swiss, corned beef 14.95
jewboy - hot bbq brisket, grilled onions, melted swiss cheese 13.95
jose - grilled turkey, jack, mexican garlic bread 11.95
kate - triple decker; turkey, bacon, swiss, lettuce, tomato 14.95
kenneth - turkey, ham, swiss, russian, slaw, double black 12.95
kiddie- butter and melted cinnamon sugar, white bread 4.95
king of clubs- bacon, turkey, melted swiss, russian, slaw, tomato 12.95
lally - bbq turkey, avocado, corn bread, cheddar open face 12.95
larry g. - eggplant hero with pesto cheese cream sauce 13.95
martha -3d grilled chicken, avocado, russian, salsa, jack 13.95
max-chicken salad, bacon, avocado, cheddar, lett, tom, 7 grain toast 13.95
minda - chicken salad, turkeybacon, garlic rye, slaw 12.95
monte cristo- turkey, ham, melted cheese french toast sandwich 11.95
mother & child reunion - chicken salad & egg salad, 7 grain toast 11.95
northern- peanut butter & bacon, white toast 7.95
nuclear melt down - warm mixed meat and melted cheese 13.95
nuclear sub - cappicola, salami, ham, swiss, hot peppers, herbs 13.95
pong - hot chicken potato curry on spiced garlic bread 12.95
rooster - chicken salad, spicy cheddar garlic bread, avocado 12.95
savannah - pulled turkey, gumbo gravy, 7 grain toast, cran 11.95
sneaky pete -poached eggs, hot garlic bread. bacon, tomato 13.95
tamara - avocado, tomato, salsa, cheddar, jack, lime, 7 grain 9.95
t.bruno - turkey, tomato, sausage stuffing baguette 11.95
turkey dinner - triple decker, stuffing, cranberry, sweet potato 14.95
yally- chicken salad, bacon, onion, garlic whole wheat toast 12.95

OPEN FACE MELTED CHEESE SANDWICHES 14.95

chicken salad, bacon, sliced egg, cheese
chicken, mushroom, mustard sauce mutzi
avocado russian, tomato, bacon, cheddar
grilled eggplant, tom basil, pignoli, mutzi
grilled chicken, peppers, pesto, mutzi
turkey, bacon, cranberry cheddar

HOT OPEN SANDWICHES WITH GRAVY 14.95

turkey, sausage stuffing, cranberry, mushroom gravy
chicken saute, apple pecan stuffing, mushroom gravy
roast beef, sausage walnut stuffing, vegetable gravy
chicken, apple pecan stuffing, banana bread, peanut gravy
bbq pork, cornbread stuffing, corn bread, black bean gravy
shrimp, turkey cloud stuffing, vegetable gravy

TEX-MEX

WHET BACK BURRITOS

cheddar and beef only 7.95
jack and vegan black beans only

burritos-flour tortillas filled with rice, cheese, beans and greens

8.95
beef chili
vegan black bean
cuban black bean
vegetable curry 9.95
avocado and spinach
vegan meatballs
vegetable
turkey meat balls
steamed chicken 11.95
chorizo
grilled chicken
huevos ranchero
pulled bbq pork
beef pieces
corn, yam, pumpkin (no rice) 12.95
steamed shrimp
thai chicken
pecan chicken wild rice
bacon and eggs
pecan chicken spinach
cashew, spinach brown rice
jerk chicken, spinach

TACOS 10.95

crisp corn tacos (3)
soft corn tacos (3)
soft flour tacos (2)
viagra tacos (2)
pita tacos (2)
make your own soft tacos +\$3
(chili, turkey, chicken, shrimp, chorizo, avocado, egg, bbq pork, beef pieces)

TACO TRAY SPECIALS

A 2 crisp beef tacos refried rice, avocado, sour cream, black beans, salsa 9.95
B 2 soft chicken tacos + above 11.95
C 3 large beef tacos in a super bowl tray with all of the above sides 14.95

mexican main courses

aztec vegetable cheese melt* 12.95
baja bbq turkey (peppers, jack, mashed potato) 15.95
chicken fried steak, cream gravy, cuban rice 19.95
chicken wild rice fiesta 14.95
confetti fried spaghetti with chorizo 16.95
chicken Fajitas 14.95
steak Fajitas 18.95
moon pie meatloaf, mexi- rice, buffalo bread 14.95
taco fried chicken, avocado slaw, refried rice 16.95
taco fried shrimp, avocado slaw, refried rice 19.95
chicken, chili, cheese, pecan rice, baked bananas 16.95

NEW STUFF

panelle fried bean patty, ricotta, parmigiana, marinara 9.95
zackbar crisp fried veggies, pink tahina 8.95
waffles with creamed chicken 11.95
vegan baked bean casserole 9.95
vegan meatballs; macaroni; vegetables, vegan sausage; or tofu/pignoli
scrambled eggs, red curry, chicken, triad 13.95

THE DANNY- caramelized onions, mushrooms, avocado, spinach, black beans, monterey jack burrito 11.95

NACHOS (beans?) 8.95
nacho extras + \$3
chili bacon
chorizo shrimp
guacamole bbq pork
chicken beef pieces
avocado guacamole 9.95
add chicken or shrimp + \$3

ENCHILADA

carmine st beef 11.95
carmine st cheese 10.95
grilled chicken 11.95
hearts of palm 9.95
bbq pork black bean 11.95
corn, yam, pumpkin 11.95
spinach collard wild rice 13.95
pecan cx wild rice creme 14.95
shrimp encacahuatadas 16.95
collard, hazelnut, grits, rice 13.95
avocado, spinach, jack 13.95
cactus fava jalopaeno 14.95
string bean chipotle tomato 12.95

ENCHILADA SPECIAL

choose any 3 \$12.95
(chicken, peas, eggs, cuban bean, avocado, turkey, spinach, vegan bean, cheese, beef chili) {beef pieces + \$1}

BEEF CHILI

(all meat, served with cheese and home made corn tortillas)
cup 7.95
bowl 10.95

quesadillas

cheese 8.95
grilled chicken 11.95
turkey black bean 12.95
chorizo or shrimp 11.95
black bean 9.95
7 layer chicken 16.95
toasted pumpkin seed 12.95
pecan cx wild rice 13.95
ga pork bbq 11.95
pizza 12.95

buffalo wings 11.95
blue cheese dressing (15 minutes)

vegan gazpacho 5.95

LUNCH SPECIALS !

with soup or salad or FRIES
sandwiches on a bun 7.95
tuna salad (light tuna)
spam or turkey spam
ga bbq turkey
chili and cheese 8.95
veggie burger
falafel burger
vegan black bean burger
pesto, cheese, tomato
mr. softie
hamburger
veggie meatballs
grilled cheese
chicken salad
tuna melt (light tuna)
bronx pulled turkey
italian BLT 9.95
whet back burrito
italian tuna melt (tonno)
pizza muffins
merguez
ga bbq pork
ga bbq chicken
jamaican falafel**
turkey kielbasa
grilled chicken
meat loaf parm
beef sloppy joe
turkey sloppy joe
chinese grilled cheese
cheese burger
jerk chicken** 10.95
lunch BLT
jewish blt
beef gyro
chicken bbq cranberry
turkey in the straw
chicken in the straw
chicken huevos ranchero
beef au jus
pastrami reuben
chicken (pulled) parm
shrimp parmigiana
crisp beef tacos (2)
soft beef corn tacos (2)
chicken cheddar reuben
coriander chutney roll

burrito lunch specials

11.95
beef
shrimp
chicken
vegetable
turkey curry
cashew sweet rice
turkey meat ball
black bean
huevos ranchero
veggie meat ball
haricot vert
casseroles, garlic bread 11.95
tuna noodle (light tuna)
macaroni & cheese
chili mac
platters 12.95
beef gyro, pita, tahina, tabbouleh
meat loaf, vegetable
gravy, garlic bread
turkey, stuffing, gravy
bbq pork, corn bread, rice
fried chicken (or shrimp),
fried vegetables

LUNCH SPECIAL SOUPS

bean and cheese
beans & greens
beef gumbo
chicken dumplings
cuban black bean
chili con carne
five dumpling soup (+\$1)
garlic bean
gazpacho
jamaican gumbo*
lite lentil
pea-leek
pepper olive
pork dumplings
potato curry
hot pierogie
quinoa coriander
sesame udon
shrimp gumbo + \$1.50
shrimp dumplings
spinach wild rice
tomato ravioli
tomato rice
turkey meatballs
vegan black bean
vegetable dumplings
vegetable gumbo
crocks ala carte 6.95

ATKINS STYLE FOOD

11 oz burger, salad 8.95
chicken mushroom cheddar soup 11.95
chili cheeseburger, baby spinach 12.95
chicken or egg nachoes, pork rinds 11.95
chili with cheese and pork rinds 10.95
chicken cutlet parmigiana 16.95
chorizo open atkins omelete 14.95
shrimp lefse, atkins style 14.95
poached chicken gumbo melt 12.95
italian pot roast parmigiana 12.95

NEW SALADS 10.95

CARMINE ST WALDORF
WARM BACON POTATO
SPAGHETTI PRIMA VERA
CHORIZO SURPRISE
MANGO NUT CRUNCH
CHICKEN PEACH CURRY
FALAFEL WILD RICE
FRIED CHICKEN MUSHROOM

egg tortas, toast 11.95

macaroni, onion, tomato
potato, onion, haricot vert
mushroom, barley, onion
pecan wild rice, onion
brown rice, jack, scallion
lentil, onion, cashew curry

SIDE ORDERS

cantaloupe 2.65
grape fruit 1.75
sweet mango 3.25
mixed sweetened fruit 3.95



GRILLED CHEESE 5.95
 american, cheddar, monterey jack,
 swiss, mozzarella, cream cheese
 on white, wheat, rye, baguette
 tomato + 1.25 bacon + 2.65

twin croque monsieurs (ham & cheese) 9.95
 twin croque madames (ham, egg & cheese) 12.95

Thai grilled cheese 6.95
TOAS-TITE sandwiches
 cheese 5.95
 cream cheese 5.95
 ham & cheese 7.95
 ham,cheese,egg 9.95
 chili & cheese 6.95
 bacon & cheese 7.95
 pot roast 8.95

bowl of vegan 5.95
gazpacho
 with:
 avocado + 1.25
 poached chicken +2
 crudite +1.75
 haricot vert + 1.50
 mango + 1

kid's menu \$2.95
 hamburger, veggie burger,
 quesadilla, veggie meat-
 ball hero, mac & cheese,
 pancakes, grilled cheese,
 tuna sandwich, BLT, pasta,
 hot dog, peanut butter taco

non dairy crepes 11.95
 karma roll raw spinach chutney
 calcutta corriander chicken
 mujadara lentils, fried onions, rice
 gereesh cracked wheat, tahin, mint
 govinda mango chutney, haricot vert

RULES-1.no groups larger
 than four 2. no cell phones
 3. one meal per person

PARTY OF FIVE Robert Hershon
 you could put a chair at the end
 or push the tables together
 but dont bother
 This banged-up little restaurant
 where you would expect no rules at all
 has a firm policy against seating
 parties of five
 And you know you are
 a party of five
 It doesn't matter if one of you
 offers to leave or if
 you say you could split into
 a party of three and a party of two
 or if the five of you come back tomorrow
 in Richard Nixon masks and try to pretend
 that you don't know each other
 It won't work: You're a party of five
 even if you're a beloved regular
 Even if the place is empty
 Even if you bring logic to bear
 Even if you're a tackle for the Chicago Bears
 it won't work
 You're a party of five
 You will always be a party of five
 A hundred blocks from here
 a hundred years from now
 you will still be a party of five
 and you will never savor the soup
 or compare the coffee or
 hear the wisdom of the cook
 and the wit of the waitress or
 get to hum the old -time tunes
 among which you will find
 no quintets



BURGERS

REGULAR 6.95
CHEESEBURGER 8.50
 steamed burger 5.95
 steamed cheeseburger 6.95
DELUXE (regular or steamed) 9.95
 (CHEESE, FRIES, LETTUCE, TOMATO)
BURGER ROYALE 12.95
 (DELUXE BURGER + ANY BEER)
PATTY MELT + \$2
CHICKEN FRIED + \$2
STUFFED BURGERS + \$1

chipotle
 raw onion
 ga bbq
 green salsa



FLAVORED BURGERS + \$1

thai beef
 jamaican jerk
 muffaletta burger + \$1
 thai chicken

VEGETARIAN BURGERS

vegetable burger
 vegan black bean
 falafel burger
 thai falafel
 halloumi + \$1
 jamaican falafel + \$1

hotdogs (2) + fries

sauerkraut 6.95
 chili, cheddar 9.95

ADD ONS-

avocado, vegan cheese, pesto,
 american, blue, gorgonzola, swiss,
 jack, mozzarella, feta, cheddar 1.65

bacon, slab bacon, turkey bacon, grilled
 onions, fried mushrooms, beef chili,
 cajun onions, grilled peppers 2.65

FRIED SIDES

cup ' fries 1.95
 french fries 3.95
 cajun fries** 4.95
 monster fries 4.95
 thick ripple chips 4.95
 melted cheese 5.95
 cheese sauce fries 6.95
 chili & cheese fries 7.95
 coney island fries 5.95
 potato skins 6.95
 onion rings 5.95
 fried pork rinds 1.95
 fried spaetzel 4.95
 potato puffs 6.95
 poutine 7.95
 hush puppies 7.95
 disco fries (gravy & cheese) 8.95
 light batter baby spinach 9.95
 fried turkey clouds 6.95
 blue cheese potato salad 8.95

corn fried green tomatoes

with "come back" sauce 6.95
 also: fried pickles; capers; corn
 okra; string beans; spinach

salad dressings

ga bbq, vinaigrette, thai,
 ranch, jamaican, japanese,
 blue cheese, horseradish,
 russian, chipotle mayo

BUTTER BROILED BREADS

garlic bread 3.95
 bbq chicken and bacon 10.95
 hot garlic scallion/peanut 5.95
 cheese garlic bread 6.95
 pesto garlic bread 4.95
 sundried tomato, basil 7.95
 garlic, basil, cheese 6.95
 chicken, pecan, jack 9.95
 pear, prosciutto, pignoli 8.95
 fresh tomato, basil 7.95
 chicken, pesto 9.95
 bacon avocado 9.95
 texas chili, cheddar 8.95
 shrimp, shallot, dijon 12.95
 chipotle cheese 7.95
 pistachio pesto 6.95

salads

\$14.95

acorn squash- stuffed with chicken salad; egg salad; or light tuna salad
 asian chicken waldorf - chicken, apples, walnuts, raisins, banana, mayo
 brisket- kasha, bow ties, vegetables, sun dried cherries, russian
 brown rice special - brown rice, cheese, raw vegetables, walnuts, soy sauce
 cambodian chicken - grilled chicken, peanut miso bbq dressing, cabbage
 chef's- mixed cold cuts, hard boiled egg
 chicken (mayo) salad-steamed veggies, raw veggies
 classic cobb - chicken, bacon, cilantro, boiled egg, avocado, tomato, blue cheese
 GA bbq pork- pecans, egg, spinach, taco chips
 gorgonzola- pear, pignoli, macadamia, baby spinach
 greek- (vegetarian falafel or beef gyro), pita, feta, tabbouleh, olives, cukes, tahina
 grilled or poached chicken- fresh vegetables, raw vegetables
 chicken quinoa - cucumber dill, yogurt, toasted pita croutons
 halloumi - english croutons, vegetables, thick blue cheese dressing
 jerk chicken & shrimp - bbq chicken & shrimp hot** dressing, veggies
 merguez - lentil, dill, fried onions, basmati rice
 mexican chef's - chorizo, avocado, turkey, beans, 2 cheeses, taco shell
 mother & child reunion- chicken & egg salad, mango chutney
 mushroom (fried) brown rice - mozzarella, veggies, cashews
 pita feta- tabbouleh, feta, julienne pita, olive condite, mixed greens
 shrimp bugaloo - bulghur, bbq, taco chips, veggies
 steamed veggies - wild rice, ginger sauce, baby spinach, broccoli
 sweet rice pilaf- fava beans, fried onions, pignoli nuts, fried potatoes
 shrimp guacamole - chunky avocado, tomato, cilantro, onion, lime juice
 thai bbq shrimp - spicy shrimp, ginger dressing, sno peas, bok choy
 thai chicken sausage - with coconut sweet rice, spinach salad
 thai cobb - grilled chicken, cilantro, blue, avocado, curry, lime, pistachio*
 tomato (fried green) - cheese grits, fried pickle, 'come back dressing
 tuna (light) mayo - salad, steamed veggies, raw veggies
 tuna (light) nicoise- fried capers, veggies
 vietnam chicken - grilled chicken, vegetables, green curry** vinaigrette

CAESAR SALADS 10.95

classic (anchovies?)
 mexican caesar
 chinese caesar
 with grilled chicken + \$3

small salads 3.95

1. spinach, mushroom
 2. lettuce wedge, tomato
 3. romaine, crudites

medium salads 9.95

chicken vegetable toss olive condite, capers, parsley
 cobbette chicken. blue cheese, avocado, cilantro, herbs
 gorgonzola/pasta vinaigrette tossed vegetables + shapes
 mushroom, barley, spinach, romaine ranch dressing
 guacamole vegetable* with tortilla crumbles, cheddar
 pecan rice mozzarella, crudites, soya sauce, mushrooms
 fattoush pita croutons, cracked wheat, vegetables, lemon

pancakes	
plain	\$7.95
bacon	10.95
banana	9.95
banana, chocolate, nut	10.95
blueberry	10.95
blueberry & raspberry	11.95
caramel roll	11.95
cheese & eggs	11.95
cheddar french	12.95
chipotle corn	10.95
chocolate chip	8.95
chocolate peanut butter	11.95
chocolate (white)	9.95
chorizo, corn	11.95
cinnamon apple	11.95
cinnamon raisin	10.95
coconut	8.95
coconut sweet rice	10.95
cream cheese & banana	10.95
date and walnut	11.95
ham & cheese	12.95
lemon ricotta	12.95
macaroni & cheese	11.95
macadamia white choc	12.95
mango	9.95
mixed fruit	13.95
oatmeal (toasted)	10.95
orange ricotta	12.95
peach	10.95
peanut butter and jelly	11.95
pear pignoli	11.95
pina colada	11.95
plantain parmagiana, cinnamon	12.95
pecans (or any nut)	9.95
post modern	11.95
potato pancakes (fried)	13.95
pumpkin	12.95
raspberry	10.95
silver dollar	12.95
spinach walnut	11.95
sundried cherry	9.95
(1/2 order pancakes= 1/2 price + \$1)	
major pancakes	13.95
*ho cakes-corn meal, filberts, caramel hearts	
*slutty cakes-pumpkin / pbutter, pistachio, cinn	
*giant glazed apples, nuts crisp kake	
*ga bbq chicken, monterey jack cheese, masa	
*turkey pumpkin with vegetables, cran/maple	
*belgian 3 berry fruit stack, whipped cream	

eggs-scrambled, fried any toast 4.95
poached on toast 5.95
soft boiled with toast soldiers 6.95
six egg whites, toast 6.95
southern fried eggs, toast 8.95

omelets with any toast
plain or cheese...7.95
egg flops (flat omelet) 7.95
all egg white...+2.25
 omelet fillings-2.75 for the first one
 1.25 each additional
 baby spinach, fried onions,
 hash browns, chili, pizza,
 steamed vegetables, frittata,
 western, any meat, yams, hash
 browns, grilled tomato, chicken,
 fried mushrooms, okra, etc.

country scrambled 12.95
 ham / potato / cheese
 bacon /tomato/spinach
 shrimp/jack/jalopeno
 okra / salsa / jack
 corn / ched / truff oil
 avocado /bleu/spinach
 sausage/ peppers/onions
 haricot vert/spinach/pignoli
 bratwurst/cabbage/caraway
 turkey, mushroom, cheese
 bangers/potato/cheese

TOAST(side order 2.95)
rye, black, 7grain wheat, white,
baguette, corn bread, crumpets,
flour tortilla, biscuits, pita,
club roll, corn tortilla, sweetnan,
1/2 garlic bread, matzoh, sesame
triad, muffins (blueberry, corn,
banana, chocolate, english),
lefse, toasted flour/corn tortilla,
 (ask for butter, jam, preserves, nutella, vegemite)

WAFFLES 6.95
TOPPINGS -
 \$2.75 for the first one
 1.25 for each additional
 banana, cinnamon apple,
 mango, peach, raspberry,
 blueberry, raisins, cranberry,
 maple walnut, pink grapefruit,
 coconut orange, pineapple,
 lemon ricotta, pecan caramel,
 fried chicken, lime ricotta
 sundried cherries, fried okra,
 ice cream, strawberry topping

FRENCH TOAST
 plain 8.95
 bacon 10.95
 blueberry 10.95
 chocolate 10.95
 cinnamon 9.95
 cinn raisin 10.95
 coconut 9.95
 banana 10.95
 cinn apple 11.95
 chocolate chip 9.95
 macadamia 10.95
 mango 9.95
 peach 9.95
 pear, pignoli 11.95
 pecan 9.95
 pineapple 9.95
 raspberry 10.95
 walnut 8.95
 white choc chip 9.95
 krispie deep fried 13.95

bread pudding french toast
 regular (cubed baguette) 11.95
 sausage&cheese 14.95
 vegan sausage&cheese 14.95

PANCAKE, WAFFLE, FRENCH TOAST SANDWICHES 9.95
apple, raisin, cinnamon
bacon, cheese, eggs
cream cheese & banana
lime ricotta, date nut
macaroni and cheese
marshmallow, nutella
peanut butter & jelly
pear, pignoli, cinnamon
sweet ricotta pistachio
lemon pecan sweet ricotta

pancake or french toast garnishes 1.95
 maple glaze, cream cheese frosting
 cinnamon crust, caramel, sugar glaze

PANNENKOEKEN 11.95
 (one large Dutch style, filled pancake)

cold soup 6.95
vichyssoise
gazpacho - 1
corn cream
chicken curry
avocado
banana

grilled cheese, bacon on whole
 wheat garlic bread 10.95
BREAKFAST POT PIE \$ 12.95
 eggs, cheese, bacon or ham
 eggs, cheese fried potatoes
 Quebec pork pie (15 min)

CREPES
 plain 6.95
 chocolate chip 8.95
 spinach, cheddar, rice 9.95

more eggs
 huevos rancheros 13.95
 huevos nopales 13.95
 migas casserole 14.95
 blisters on my sisters 11.95
 guacamole fried rice 14.95
 chipotle egg enchilada 12.95
 chorizo open omelet 14.95
 3 sunnys over cuban rice 9.95

EGG SANDWICHES
 (any toast) 7.95
 ham & cheese
 tomato & cheese
 bacon & cheese
 egg salad bacon
 asian sesame flat
 bread + eggs

POTATOES (see fried sides for more)...\$ 4.95
 hash browns (onions?, peppers? {hot?}, cheese?)
 petal fries, skimmers with cheese & garlic

POUTINE- fries, cheese curd, gravy 7.95

matzoh brei 11.95
brie mazoh brei 12.95

HASH & EGGS 14.95
 corned beef & cabbage
 vegan sausage, mushroom
 white trash chicken hash

meat sides 3.95 - bacon, sausage
 links, sausage patties, slab bacon,
 bbq chorizo, irish bangers, virginia
 spam, sausage nut hash patty, ham,
 turkey- bacon; sausage; kielbassa,
 thai chicken sausage

FOUNTAIN TREATS

BEVERAGES 1.95
 7-up
 apple juice
 cranberry drink
 diet pepsi
 ginger beer
 iced coffee
 iced tea
 jarritos lime
 j's orange
 lemonade
 lime rickey
 limeade
 milk
 pepsi
 red birch beer
 tropicana orange juice
coffee or tea 1.95



fresh squeezed orange juice
 S 1.95 M 3.95 L 4.95
fresh squeezed grapefruit juice 5.95
fresh squeezed citrus sodas 3.95
 grapefruit, orange,
 lemon, lime, lemon tea

FRUIT SMOOTHIES 5.95
 yogurt; milk; or soy milk
 cranberry
 pineapple
 banana
 mango
 avocado
 raspberry
 strawberry
 blueberry
 pina colada
 peach

egg 3.95
creams
 chocolate
 vanilla
 cherry
 detroit
 lime

morir sonando
almond rice horchata
banana julio

brown or red cow 4.50
 red bull 3.50
 chocolate milk 2.95

orange juliuses 5.95
 orange julius
 grapefruit julius
 strawberry julius
 pineapple julius
 mango julius
 banana julius
 pinky-oj, ice cream, cran

nondairy slushy drinks 5.95
 pina colada
 lime
 lemon
 pineapple
 apple
 peach
 coconut lip flip
 strawberry -banana
 raspberry, cranberry
 blueberry, mango



avocado
 banana
 blueberry
 butter pecan
 chocolate
 chocolate orange
 cinnamon apple raisin
 coconut
 coffee
 cranberry
 frozen hot chocolate
 hazelnut chocolate
 macadamia mocha
 mango
 maple walnut
 peach
 pina colada
 pineapple
 pistachio
 pumpkin pie
 raspberry
 reese's peanut butter
 strawberry
 three berry
 vanilla
 vanilla white chocolate

5.95
 malteds
 milkshakes

float a big
 chunk of
 ice cream
 on the top
 + 1.50

WINE - \$5 a glass, \$20 a bottle
WHITE
 CHARDONNAY-
 Cooperidge-California
 Domaine Muret- France
 RIOJA-Marques de Caceres- Spain
RED
 MERLOT-Domaine Muret- France
 SHIRAZ-Delicato- California
 MALBEC-Los Cardos- Argentina

\$4 BEER
 SARANAC
 ROLLING ROCK
 ROCK LOW CARB
 SAPPORO
 HONEY BROWN
 PETE'S WICKED ALE
 AMSTELL
 COORS LIGHT
\$4.50 BEER
 NEGRA MODELO
 PACIFICO
 STELLA ARTOIS
 LEFFE BLOND
 CORONA

DESSERTS
 baby banana split 5.95
 bread pudding, butterscotch 6.95
 butterscotch dipped mango 5.95
 cajaeta 8.95
 cherry dipped peaches 5.95
 chocolate chip crepe 7.95
 cinnamon doughnuts 6.95
 crustos (cinnamon tortillas) 6.95
 donuts (cinn or chocolate dip) 7.95
 ebelskivers 7.95
 glazed pan fritter 6.95
 ice cream dips (btrscotch, choc, cherry) 5.95
 mara's pecan pie 4.95
 mini-jelly doughnuts 8.95
 nutella marshmallow crepe 6.95
 peanut butter sigh pie 4.95
 chocolate dipped pineapple 5.95
 pistachio banana tart 6.95
 small ice cream sundae 4.95
 sopapias 6.95
 white chocolate chip burrito 7.95

MEALS 14.95

batter fried catfish fingers, french fries
 beef stew
 brazilian toasted garlic, peppered beef, rice (+\$4)
 burnt garlic choriizo potato stew
 cajun meatloaf-okra gravy
 catfish picante, pesto vegetables
 chicken apple sausage au gratin
 chicken cacciatore, pasta
 chicken chow fun
 chicken couscous hot pot (+\$4)
 chicken fried eggs, gumbo rice, corn bread
 chicken mushroom marsala
 chicken parmigiana, spaghetti (+\$4)
 chicken and sausage dirty rice
 chicken mushroom pastry dumpling (-\$1)
 chicken pot pie (15min)
 chicken stew
 chopped steak sizzle- mushrooms, peppers, onions
 corned beef and cabbage stew
 corn fried catfish- gumbo au jus
 crisp fried chicken breast, on a waffle; maple syrup
 eggplant parmigiana, spaghetti (+\$3)
 eggplant stuffed with merguez & cashews
 eggplant stuffed with vegetables & pecans
 "fabada"-cuban pork, peppers
 fish and chips
 grilled polenta, wild mushroom cream
 grilled thai chicken salad, fried noodle
 grilled thai steak salad, fried noodle (+\$4)
 hanoi hoppin john with shrimp
 Indonesian grilled chicken, coconut rice
 pistachio curry, fried bananas (+\$4)
 Irish sausage & mashed potato, onion gravy
 jewish- pot roast, kasha varnishkas, gravy
 jambalaya, chicken, shrimp, sausage (+\$2)
 krispy crunchy lemon chicken- cranberry cole slaw
 Lizzy's okra snow pea chicken
 louisiana hot chicken fingers- french fries
 maple glazed virginia ham, mashed yam
 meat loaf mushroom gravy
 oxtail stew
 patsy's cashew chicken
 Persian lamb sausage stew
 portobella mushrooms, cashews, gnocchi
 risotto-wild mushroom cream
 risotto-mushroom, corn, pepper
 risotto- pistachio shrimp verde
 risotto-chicken mushroom dijon
 shrimp maque choux
 sirloin steak- baked potato (+\$4)
 soft polenta, chicken apple cream curry
 southern fried chicken cutlet- gumbo au jus
 spaghetti carbonara
 stuffed chicken breast, gravy
 thai chicken curry, pistachio wild rice
 thai fried vegetable polenta
 turkey ala king, toast points
 turkey- corn bread stuffing, pumpkin gravy
 turkey kielbassa sauerkraut stew
 turkey mushroom gravy, sausage stuffing
 turkey veggie curry, coconut rice
 twin thai chicken pockets
 vegetable cheese pot pie (15 min)
 white trash chicken hash- gumbo vegetables

shepherd's pies**12.95**

vegetable, chicken, beef, mexican beef, chorizo
 turkey, sausage (lamb, pork, vegan, turkey) egg,
 bratwurst, turkey kielbassa, hot dog) shrimp (+\$2)
topped with: grits, mashed potato, yam, rutabaga,
 polenta, masa crust, coconut rice, kasha, wild rice

**side orders with
dinner \$2.95 each**

acorn squash (+\$1)
 apple pecan stuffing
 bacon
 baked potato
 baked banana
 barley+quinoa
 basmati rice
 beans, rice (pork)
 beans, rice (vegan)
 brown rice
 cranberry cole slaw
 chicken dumplings
 collard greens
 cornbread stuffing
 cranberry cole slaw
 cuban black beans
 french fries
 fried mushrooms
 greens & bacon
 grilled peppers
 grilled tomatoes
 grits (-\$1)
 gumbo vegetables
 halloumi cheese grill
 haricot vert
 hoppin john
 kasha & bowties
 macaroni & cheese (+\$1)
 mango chutney
 marshmallow yam(+\$1)
 mashed potato
 mashed rutabaga
 mashed yam
 pasta
 pesto tomato
 okra
 onion rings (small)(+\$1)
 pancakes
 polenta
 potato knish (+\$1)
 potato pierogie
 potato skins
 pork dumplings
 pork sausage
 ranchero vegetables
 refried rice
 sausage stuffing
 shrimp dumplings
 spaetzle
 spaghetti
 steamed spinach
 steamed veggies
 sweet potato
 tabbouleh
 turkey bacon
 vegan black beans
 vegan sausages
 vegetable dumplings
 wild rice

appetizers

1/2 macaroni & cheese pancake 6.95
 tabbouleh, pita 6.95
 refried rice 3.95
 cheese grits 5.95
 hummus 8.95
 burmese, thai, african, fowl
 muddames, green pea, chick pea
 blue cheese fried potatoes 7.95
 guacamole 9.95
 spinach mushroom salad (bacon+3) 3.95
 chicken salad, cheddar lefse 7.95
 coriander indian crepe 6.95
 fried green tomatoes 6.95
 crispy fried baby spinach 8.95
 cream cheese toas-tite 5.95
 twin macaroni & cheese pockets 7.95
 BLT nachoes 9.95

SPAGHETTI

\$9.95

spaghetti with marinara
 spaghetti butter, cheese, garlic
 tomato meat sauce, elbows
 angel hair pesto
 asian vegetables, udon noodles
 puttanesca, shells
 chorizo black bean wagon wheels (+\$1)
 linguine, clam sauce (red or white)
 prima vera, (red or white) green spaghetti
 wild mushroom cream, ravioli (+\$2)
 racquette, cream chicken pesto (+\$1)
 cincinnati (chili) spaghetti
 fettucine alfredo
 ziti, ricotta, marinara parmigiana
 bow ties with NY beef sauce (+\$2)
 gnocchi, bacon, onion, garlic, olive oil
 peirogie, turkey kielbassa, cabbage (+\$2)

add \$ 3.95 for:

meat balls- beef, vegan, turkey
 fried mushrooms
 sausages- turkey, chorizo, merguez, vegan,
 sweet italian, bratwurst, hot italian, thai
 chicken, bangers, sage links, pork patties,
 turkey kielbassa,
 steamed or grilled chicken
 shrimp
 garlic bread and salad

TURKEY DINNER SPECIAL 15.95

light or dark meat, mushroom
 gravy, cranberry sauce,
 choice of stuffing and potato

bread with dinner 1.95

baguette, biscuits, black
 bread, corn bread, corn or
 flour tortillas, indian crepe,
 pita, rye, sweet nan, tortilla
 chips, white toast, whole
 wheat, club roll small garlic
 bread, asian bread, club roll,
 potato lefse, crumpets,
muffins (banana, chocolate,
 blueberry, corn, english)

BREAKFAST

EGG BASICS
 scrambled, fried with any toast 3.95
 poached on any toast 4.95
 soft boiled with toast soldiers 5.95
 all egg whites +2.25

warmegg 5.95
 gazpacho
 16.95
 Dominican
 osso buco
 eggs, toast

OMELETS with any toast
 plain; cheese; egg flop (flat omelet)..... 7.95
OMELET FILLINGS- first one- 2.50; each additional- 1.25
 baby spinach, fried onions, hash browns, chili,
 yams, steamed vegetables, turkey bacon, hash
 browns, grilled tomato, steamed chicken, bacon
 western, veggie frittata, fried mushrooms, okra etc.

TOAST(side order 2.95)
 rye, black, 7grain wheat, potato white, baguette, corn
 bread, matzoh, crumpets, flour tortilla, biscuits,
 pita, club roll, corn tortilla, sweet nan, 1/2 garlic bread,
 muffins (blueberry, corn, banana, chocolate, english),
 sesame triad, lefse, toasted tortilla, 1/2 cheese bread
 toasted corn or flour tortilla (butter, jam, nutella, vegemite)

**KIDS MENU-PANCAKES, EGGS & TOAST, FRENCH TOAST,
 GRILLED CHEESE, QUESADILLA + JUICE OR MILK 2.95**

BREAKFAST POT PIE (15 minutes)
 eggs, cheese, bacon or ham
 eggs, cheese fried potatoes
 Quebec pork pie \$ 12.95

macaroni
 and
 cheese,
 bacon,
 eggs
 casserole
 11.95

MOON OVER MIAMI
 plain 5.95
 pancake 8.95
 french toast 9.95

BLISTERS ON MY SISTERS
 (corn tortillas, bean, rice/vegetable mixture,
 covered with 2 fried eggs, broiled with cheese
 until it bubbles and browns)
 original 9.95
 chorizo, cuban black bean 10.95
 black eyed pea, veggie gumbo 11.95
 chicken, avocado 11.95

FLATCAKES 10.95
shakshuka 10.95
 garlic, tomatoes, eggs,
 pita, parmesan crust

SCOTCH EGGS 11.95

BLISTERS ON LITTLE SISTER
 (smaller version of the above)
 original 6.95
 chorizo, cuban bean 8.95
 black eyed pea, gumbo 7.95
 chicken avocado 9.95



1/2 CANTALOUPE \$2.45
 1/2 GRAPEFRUIT \$1.45

- N**panelle- fried bean patty, ricotta 9.95
- zackbar- crispy fried vegetables, tahina 9.95
- kiddie- cinnamon sugar, butter, white 2.95
- northern- peanut butter, bacon, white toast 3.95
- chicken lefse-norwegian salsa sandwich 10.95
- the danny- onion, mushroom, avocado, spinach, black bean, monterey jack burrito 11.95

three sunnys over special rice..... 8.95
 cuban beans & ham
 beef sloppy joe
 vegan beans avocado

PIZZA OMELET 7.95
 toppings- 2.50 each
 meatballs, chicken,
 sausage, ricotta, bacon
 mushrooms, spinach,
 fried onions & peppers

store hours- closed monday
 tues, wed, thurs, fri 8am-3pm; 6pm-8pm
 saturday and sunday 10am-2pm

country scrambled 10.95
 (eggs & add-ins mixed in a saute pan)
HAM / POTATO / CHEESE
BACON / TOMATO / SPINACH
SHRIMP / JACK / JALOPENO
OKRA / SALSA / JACK
CORN / CHEDDAR / CHORIZO
AVOCADO / BLEU / SPINACH
SAUSAGE / POTATO / JACK CHEESE
STRING BEAN / SPAETZEL / TOMATO
TURKEY / MUSHROOM / CHEESE
MACARONI / CHEESE / BROCCOLI
TURKEY BACON / CHICKEN / JACK
STEAMED VEGGY / CREAM CHEESE
LEMON RICOTTA / PECAN / AVOCADO
TOMATO / MOZARELLA / RICOTTA
SHRIMP, CORN, CHEDDAR, PEAS
FRIED CHICKEN, JACK, ONIONS
FRENCH FRIES, CORNED BEEF
TURKEY BACON, TOMATO, SPINACH
GORGONZOLA, AVOCADO, SPINACH

SIDE ORDERS

meats.....\$3.95
BEEF & PORK- pork bacon, pork sausage links, pork
 sausage patties, bratwurst, merguez, bbq brisket,
 chorizo, irish bangers, virginia ham, beef gyro,
 {maple glazed bacon +\$1} maple chinese spare ribs,
 italian sausage, spam, sausage walnut hash patty,
POULTRY- turkey spam, turkey bacon, bbq turkey
 hash patty, buffalo wings, turkey sausage, thai
 chicken sausage, grilled chicken breast, kielbassa
VEGETARIAN-\$3.95
 vegan sausage, grilled bananas, cheese grits (+\$1),
 grits (-\$2), steamed spinach (+\$1), acorn squash (+\$1),
 grilled tomatoes (-\$1) steamed vegetables, fried onions
 jalapeno cheese grits * (+\$2), fried mushrooms
POTATOES... (see fried sides for more).....\$3.95
 hash browns (onions?, peppers?, hot peppers?
 cheese?), petal fries, skimmers with cheese, potato
 puffs (+\$3) mashed or baked potato (sweet or idaho)

MEXICAN EGG DISHES

chorizo open omelet 14.95
 fried tortilla egg/jack roll-up 9.95
 egg burrito 8.95
 egg burrito cheese melt 9.95
 egg quesadilla 8.95
 egg nachos (beans?) 8.95
 huevos rancheros 11.95
 migas (casserole) 12.95
 huevos nopales 11.95
 egg tacos, refried rice 10.95
 egg enchiladas chipotle 12.95
 egg/jack-stuffed pupusas 14.95
 chile quilles 12.95
 egg guacamole 11.95
 egg encacahuatadas* 12.95
 guacamole fried rice 14.95
 chorizo-egg, corn flat cake 12.95
 taco basket chili, eggs 12.95
 fried bacon, egg burrito 10.95
 acorn squash, eggs, toast 11.95
 egg enchiladas or soft egg tacos
 choose any three:
 chicken, beef, cheese, avocado,
 cuban bean, spinach, chorizo, ham,
 vegan black bean, turkey, bacon,
 mango chutney, cream cheese 12.95

MIXED FRUIT CREPE 11.95
 choose any 3 (if available)
 mango, pineapple, peach, banana,
 apples, pears, raspberry, blueberry,
 (coconut, chocolate chips, nuts & dry fruit, + \$1)

rules- 1. limit four people per group 2. no cell phone use 3. one meal per person minimum

NAME PLATES 8.95

ABRAHAM well cooked pastrami and eggs, rye toast
AGRA eggs, curried peas, potatoes, spinach, asian crepe
ALEX- ham, cheese, egg salad on health toast
ALABAMA- grilled spam, onion, cheese in scrambled
ATOMIC FIRE BALLS hard boiled eggs, bbq injected, fried, grits
AUNTIE scrambled eggs, blue cheese, avocado, spinach
BAYOU scrambled eggs okra, salsa, cheddar
BRUCE- Jersey bacon & cheese flat omelet
CAIN & ABEL- corned beef, pastrami, eggs, cheese, rye toast (+\$2)
CHAZ scrambled, porcini butter, haricot vert, blue cheese
CLOUDY seared egg jalopaeno jack roll up, corn tortillas
DAVE scrambled cheddar, cooked together (-\$2)
DEBORAH fresh vegetable tabbouleh with grilled pita
DIANE poached eggs on garlic, cheese baguette
DIXIE- biscuits, eggs, white gravy (sausage gravy + 3.50)
DOMINIQUE- 4 plain pancakes and bacon or sausage
FLACO chili and eggs over tortilla chips, shredded cheddar
FONG chinese vegetable omelet, sesame triad
FRED foul muddames (fava bean salad), pita
GAINESVILLE- hash browns american cheese, over easy eggs
GARY scrambled eggs, peas, mozzarella
GERRY scrambled eggs, fried spaetzle, bacon, peas (+\$3)
ILIANA mango salsa*, avocado, eggs, refried rice, corn chips (+\$2)
JOEL double thick seared ham, scrambled, 1 whole wheat
JOSE fried white bean, jalopaeno arepas, + eggs*
JUAN FLOP seared eggs, cheese, chili, toast
KATHY 3 raspberry macaroni & cheese pancakes
KORKES fried chicken, eggs, spinach with suzy sauce
KYRENIA-eggs with grilled halloumi cheese, spinach (+\$3)
LINDA scrambled, habanero, cilantro, jack* *
LINDSAY scrambled, raw jalopaeno, cilantro, jack*
MAILHOUSE 3 poached eggs & cubed rye toast (-\$1)
MACON- eggs, turkey bacon, corn bread (-\$1)
MARA scrambled, truffle butter, cream cheese
MARBLEHEAD soft scrambled, corn, cheddar
MARCELLE chunky veggie curry, tofu, pita
MELINDA english muffin, turkey panchetta, egg whites, cheddar
MONDO GAMBA scrambled, shrimp, jack salsa, flour tortillas (+\$4)
MT FUJI poached eggs, grits, steamed asian vegetables
MUSTAFAH- falafel, eggs, tahina, pita, lettuce, tomato, onion (+\$3)
NOAH Irish beans, onion, spinach, tomato, black toast
PANCHO- chicken, egg, and cheese flour enchilada
PETE poached eggs on jalopaeno, jack baguette
PILAR grilled merguez in hard scrambled eggs, pita bread
RISA three poached eggs, rye toast, grilled tomato
ROBBIE scrambled eggs, jack, corn, jalopaenos, corn tortillas
RODNEY well beaten eggs ala king gravy, club roll
SNEAKY PETE "pete" + crumbled bacon, tomato, scallions (+\$3)
S.O.S.- eggs, creamed chipped beef, on buttered toast
SQUAW EGGS- bacon, peppers, cheese, hominy (+\$3)
STEAMED EGGS, carrot salsa, spinach, black toast (+\$2)
SUSAN- sundried tomato, 3 cheese eggs (+\$1)
SVETLANA open face kielbassa potato blue cheese omelet (+\$4)
SYRIAN FRIED EGGS- deep fried eggs, tahina, vegetables (+\$5)
TOM -TOM seared eggs filled with turkey cloud stuffing, corn muffin
TONY- italian vegetable frittata with mozzarella (+\$4)
WHITLEY seared eggs, chipotle, corn tortillas
ZACK scrambled eggs, toast, cheddar melted on top (-\$2)

DRINKS 1.95

7-up
apple juice
cranberry drink
diet pepsi
ginger beer
iced coffee
iced tea
jarritos lime
jarritos orange
lemonade
lime rickey
limeade
milk
pepsi
red birch beer
tropicana oj
coffee or tea
red bull 3.50
choc milk 2.95
brown cow 4.50
red cow 4.50

juliuses 5.95
orange julius
grapefruit julius
strawberry julius
pineapple julius
mango julius
banana julius
cranberry cream +\$1

nondairy
slushy 5.95
pina colada
lime
lemon
pineapple
apple
peach
coco lip flip
straw-banana
raspberry
cranberry
blueberry

egg creams- 3.95
chocolate, vanilla,
lime, detroit, cherry

fresh squeezed
orange juice
S 1.95 M 3.95 L 4.95
grapefruit juice 5.95

fresh squeezed
citrus sodas 3.95
grapefruit; lime;
orange; lemon

smoothies 5.95
(yogurt, milk, soy milk)
banana julio
pina colada
cranberry
peach
pineapple
banana
mango
avocado
raspberry
strawberry
blueberry
morir sonando
horchata

milk shakes or
malted 5.95
avocado
banana
blueberry
butter pecan
chocolate
chocolate orange
apple raisin
coconut
coffee
cranberry
hazelnut choc
macadamia mocha
mango
maple walnut
peach
peanut butter
pina colada
pineapple
pistachio
pumpkin pie
raspberry
strawberry
three berry
vanilla
white chocolate
float a thick chunk
of ice cream on
the top + 1.50

FREE USE OF THE SELTZER
FOUNTAIN ON THE COUNTER

CRISP HASH, EGGS, TOAST 13.95
corned beef or pastrami
white trash chicken hash
asian vegetable
bbq texas brisket**
turkey mushroom, sage
sausage and mushrooms
corn and mixed peppers
vegan sausage & mushroom

lefse (thin, soft Norwegian potato pancake)
shrimp or chicken, avocado, jack 10.95

PANCAKES

plain	\$6.95
bacon	10.95
banana	8.95
banana, chocolate, nut	10.95
blueberry	9.95
blueberry & raspberry	11.95
caramel roll-up	9.95
carrot, currant maple glaze	11.95
cheese & eggs	10.95
cheddar french fry	11.95
chipotle corn *	9.95
chocolate chip	7.95
chocolate peanut butter	10.95
chocolate (white)	9.95
chorizo, corn	10.95
cinnamon apple	10.95
cinnamon raisin	9.95
coconut	7.95
coconut sweet rice	9.95
cream cheese & banana	9.95
date and walnut	10.95
ham & cheese	11.95
lemon ricotta	11.95
lime ricotta, pecan	12.95
macaroni & cheese	10.95
macadamia white choc	11.95
mango	9.95
mixed fruit	12.95
oatmeal (toasted)	10.95
orange ricotta	11.95
peach	10.95
peanut butter and jelly	10.95
peanut butter & jelly roll	11.95
pear pignoli	10.95
pineapple coconut	11.95
pistachio	11.95
plantain parmesan,cinnamon	11.95
pecan	9.95
post modern	10.95
potato pancakes (fried)	12.95
pumpkin	11.95
raspberry	10.95
silver dollar	12.95
spinach walnut	10.95
sundried cherry	9.95

(1/2 order pancakes= 1/2 price + \$1)

major pancakes 13.95

- *ho cakes-corn meal, filberts, caramel hearts
- *slutty cakes-pumpkin / pbutter, pistachio, cinn
- *giant glazed apples, nuts crisp kake
- *ga bbq chicken, monterey jack cheese, masa
- *turkey pumpkin with vegetables, cran/maple
- *belgian 3 berry fruit stack, whipped cream

pancake or french toast garnishes:	1.95
maple glaze, cream cheese frosting	
cinnamon crust, caramel or sugar glaze	

FRENCH TOAST

plain	7.95
apple cinnamon	11.95
bacon	10.95
banana	10.95
blueberry	9.95
chocolate	10.95
cinnamon	8.95
coconut	8.95
chocolate chip	9.95
deep fried french T	13.95
macadamia	10.95
macaroni & cheese	11.95
mango	9.95
peach	9.95
pear, pignoli	10.95
pecan	8.95
pineapple	9.95
raisin cinnamon	9.95
raspberry	10.95
walnut	8.95
white chocolate chip	9.95
whole wheat	9.95

bread pudding french toast

regular (cubed baguette)	11.95
cowboy (sausage &cheese)	14.95
nowboy (vegan sausage&cheese)	14.95

WAFFLES 6.95

TOPPINGS - \$2.75 for the first one
1.25 for each additional
banana, cinnamon apple, pineapple,
mango, peach, raspberry, blueberry,
raisins, cranberry, coconut orange,
lemon ricotta, maple walnut, pecan
caramel, fried chicken, lime ricotta
pink grapefruit, sundried cherries,
fried okra, strawberry topping-banana

PANNENKOEKEN 11.95

(one large, Dutch style, filled pancake)

dried fruit and nuts
peaches and mangoes
pineapple and coconut

PANCAKE, WAFFLE, OR FRENCH TOAST SANDWICHES 9.95

apple, raisin, cinnamon
bacon, cheese, eggs
cream cheese & banana
lime ricotta, date nut
macaroni and cheese
marshmallow, nutella
peanut butter & jelly
pear, pignoli, cinnamon
sweet ricotta pistachio

•••••		•••••
•matzoh brei	10.95	•
•brie mazoh brei	11.95	•
•••••		•••••

KARMA ROLL 10.95

fresh spinach chutney, in a indian non-dairy crepe

SOUPS IN A CROCK 5.95
beans & greens
beef gumbo
chicken dumpling (asian)
chicken dumpling (dixie)
cuban black bean
chili con carne
pea leek
steamed asian vegetable
vegan black bean
veggie dumpling (asian)
vegetable gumbo

chicken tortilla
avocado soup \$10.95

SUPER SIZED SOUPS \$15.95

pistachio, red chicken curry
oxtail, chorizo tomato
jambalaya-chick, chorizo, shrimp
brazilian chicken garlic rice
grilled chicken, avocado, angel hair

CREPES

plain crepe.....	4.95
non dairy crepe.....	4.95
spinach, cheddar, rice...	8.95
chocolate chip.....	6.95
ham and	
cheese.....	9.95

Green Jasmine
Pure Green
Golden Oolong
Green White



unsweetened, zero carb, zero
calorie ICED TEA \$2.45/bottle

atkin's breakfasts 14.95

chorizo open omelet
chili & cheese egg crepe, salad
crunchy fried eggs, gumbo veggies
avocado & egg nachos, bacon salsa
atkin's shrimp or chicken lefse
reuben roll mop
garbage plate

HOT CEREALS

oatmeal (no dairy)	4.95
with dried fruit & nuts or fresh fruit	6.95
ashura- wheat, rice, dried fruit, nuts ,	
rice,rose water, fresh fruit	6.95

RICE, SCRAMBLED EGGS 9.95

guacamole, tortilla bits
chorizo, cuban black bean
curried peas, tofu
sloppy joe, spinach

BURGERS

REGULAR 6.95
 CHEESEBURGER 8.50
steamed burger 5.95
steamed cheeseburger 6.95
 DELUXE (regular or *steamed*) 9.95
 (CHEESE, FRIES, LETTUCE, TOMATO)
 BURGER ROYALE 12.95
 (DELUXE BURGER + ANY BEER)
 PATTY MELT + \$2
 CHICKEN FRIED + \$2

STUFFED BURGERS +\$1

chipotle
 raw onion
 ga bbq
 green salsa

FLAVORED BURGERS +\$1

thai beef
 jamaican jerk
 muffaletta burger +\$1
 thai chicken

VEGETARIAN BURGERS

vegetable burger
 vegan black bean
 falafel burger
 thai falafel
 halloumi +\$2
 jamaican falafael +\$1

ADD ONS-

avocado, vegan cheese, pesto,
 american, blue, gorgonzola, swiss,
 jack, mozzarella, feta, cheddar 1.65

bacon, XXXXXXXXXXXXXXXX, turkey bacon,
 grilled onions, fried mushrooms, beef
 chili, cajun onions, grilled peppers 2.95

FRIED SIDES

french fries 3.95
 cajun fries** 4.95
 monster fries 4.95
 thick ripple chips 4.95
 cheese fries 5.95
 chili & cheese fries 7.95
 coney island fries 5.95
 potato skins 6.95
 super shreds 5.95
 fried spaetzel 4.95
 poutine 7.95
 arepa 6.95
 potato puffs 6.95
 hush puppies 7.95
 disco fries 8.95
 fried turkey clouds 6.95
 PB & banana 9.95
 grilled cheese fr tst 10.95
 scrambled eggs 5.95
 atomic eggs** 6.95
 blue cheese fried potato salad
 (mayo, celery, onion) 8.95
 light batter vegetables 6.95
 spinach, sliced mushrooms,
 red tomatoes, zucchini, okra,
 onion rings, corn, bananas,
 mixed vegetables, sweet potato

BRUNCH COMBINATION PLATTERS 16.95

acorn squash, chicken salad, mini spinach pancakes, english muffin
 bbq pulled pork, corn bread, ham & bean rice, cole slaw, eggs
 breakfast jambalaya-eggs, shrimp, chicken, rice, chorizo, veggies
 catfish (corn fried) soft polenta, eggs, toast, gumbo sauce
 chicken, avocado, tomato scrambled, fried green tomatoes, muffin
 chicken fried eggs, gumbo dirty rice, cranberry slaw, toast
 chili cheese omelet roll + potato latkes puffs + baked bananas
 cinnamon crepe cone + scrambled eggs, green beans + coney thick chips
 corriander crepe, spinach lentil rice, batter fried bananas
 crispy fried spinach + pesto grilled tomato + cream cheese scrambled eggs
 date, nut ricotta french toast sandwich, over cheezy eggs, bacon
 eggs burrito adobe, coconut pancakes, cranberry salsa
 english muffin, eggs, bacon, cheese + maple sour cream + mini blues
 grilled cheese moon over miami + guacamole + tortialla chips + mango salsa
 grilled chicken, salsa-avocado eggs, chinese caesar salad
 gumbo blisters on my sisters +wet back beef burrito, fries
 1/2 banana pancakes, 1/2 cinnamonraisin french toast, bacon, sausage
 krakatoa-eggs, sausage volcano , shred, potato, lava sauce, toast
 lite fried chicken, eggs, french fries, over pancakes
 maple ribs, thai chicken sausage, scallion bread, egg ribbons
 mexican grilled chicken, chili, cheese, eggs, tortillas
 mother and child guacamole, tortilla chips, refried rice, salad
 open spinach burrito omelet, mini coconut pancakes, spinach tortillas
 3 pancakes (fruit), sausage , bacon, eggs, corn muffin
 potato & onion torta, garlic english muffin, grilled corriander tomatoes
 shrimp, avocado, salsa, cheese eggs + garlic bread + caramel pancake roll-up
 turkey, gravy + sausage stuffing, cranberry + eggs, wheat toast
 vegan sausage potato hash, tomato egg flop, pumpkin mango/chutney

GRILLED CHEESE 5.95

american, cheddar, monterey jack,
 swiss, mozzarella, cream cheese,
 gorgonzola, brie, ricotta, halloumi
 tomato + 1.25 bacon + 2.65
 chinese grilled cheese 6.95
 twin croque monsieurs 9.95
 twin croque madames 12.95

CORN FRIED GREEN TOMATOES, "come back sauce"
 also - pickles; capers; sliced mushrooms; spinach; okra;
 corn; baby string beans ; eggplant ; zucchini 6.95

HOT DOGS and FRIES

sauerkraut 6.95
 fried onions*8.95
 chili, cheese 9.95
 2 bratwurst 7.95
 2 chorizos 7.95

TOAS-TITES

cheese (any kind) 5.95
 ham & cheese 7.95
 ham, cheese, egg 9.95
 chili & cheese 6.95
 bacon & cheese 7.95
 tuna melt 6.95
 p butter & jelly 5.95
 pot roast 9.95

guess her name
 win an orange
 julius



DESSERTS

small sundae 5.95
 bread pudding 5.95
 cajeta 7.95
 choc chip crepe 6.95
 cinnamon donuts 7.95
 sopapias 6.95
 ebelskivers 7.95
 pies and cakes 4.95
 pistachio, ban tart 5.95
 thick shakes and
 fruit smoothies 5.95

rules- 1. limit four people per group 2. no cell phone use 3. one meal per person minimum