



BREAKFAST

SANDWICHES

bagel, white, wheat, rye, 7-grain, kaiser,
croissant, wrap, GF wrap \$3, GF roll, GF bread, GF bagel

EGG & CHEESE	\$7.00
american, cheddar, swiss, provolone, pepper jack, mozz	
EGG & CHEESE W/MEAT	\$8.25
bacon, sausage, pork roll, turkey bacon	
EGG & CHEESE W/OVEN GOLD TURKEY OR HAM	\$9
ham, oven gold turkey	
EGG WHITES AND CHEESE	\$8.50
EGG WHITES & CHEESE W/MEAT	\$10

SIGNATURE SANDWICHES

SUB GLUTEN FREE....\$3

AMAZING AVOCADO TOAST	\$11
toasted 7 grain bread topped with our famous avocado spread, feta, egg whites or over easy, sliced tomato, red onion, arugula & sprouts, balsamic drizzle	
BREAKFAST BURRITO	\$10
scrambled egg, bacon, shredded cheese, caramelized onion & avocado spread, pressed to perfection	
IT'S A WRAP	\$8.00
scrambled egg, american cheese, tomato on a grilled whole wheat wrap	
KILLER TOMATO SANDWICH	\$7
cream cheese, tomato, red onion, salt & pepper	
PHILLY SPECIAL	\$9
steak, egg & cheese	
THE BREAKFAST BEAST	\$9.50
bacon, egg, cheese between 2 pieces of french toast drizzled with syrup	
THE BREAKFAST TACO (2)	\$9
scrambled eggs, melted cheddar, fresh pico, sliced avocado, bacon, home fries & signature hot sauce	
THE CALI	\$9
egg white, sliced avocado, tomato & provolone on multi grain toast	
THE TAYLOR	\$7
pork roll & maple butter on a french toast bagel.... add egg \$2	
THE JARED	\$9
egg, oven gold turkey, american cheese, & our signature hot sauce on a whole wheat bagel	
THE PEPPERED EGG	\$9
egg, ham, caramelized onion, pepper jack cheese on a sesame bagel for a extra kick of flavor add for spicey mustard	
THE SUPER SCRAMBLER	\$12
scrambled egg, pork roll & cheese on a hoagle roll	
YES IT'S LOW FAT	\$9.50
egg whites, provolone, turkey bacon & tomato on a whole wheat bagel	
CHICKEN & WAFFLES	\$9
topped with honey butter	

KIDS

SCRAMBLED EGGS	\$6.00
with home fries	
PANCAKE 3 SILVER DOLLAR	\$6.00
FRENCH TOAST (2)	\$6.00

BEVERAGES

JUICE	\$4.00
orange, apple, cranberry	
COFFEE	\$2.50
SIGNATURE ICED COFFEE	\$4
HOT TEA	\$2
MILK	\$3.75
FOUNTAIN SODA	\$3.50
ICED TEA	\$3
LEMONADE	\$3.50

EGGS

potatoes & toast
SUB EGG WHITES...\$2

2 EGGS ANY STYLE	\$9
add bacon, pork roll or sausage \$3	
CHEESE OMELETTE	\$11
choice: american, cheddar, swiss, pepper jack, provolone, mozz, fontina, monterey jack blend	
VEGGIE OMELETTE	\$12
tomatoes, onions, mushrooms, spinach, monterey jack blend	
BACON & CHEESE OMELETTE	\$13
WESTERN OMELETTE	\$13
ham, onions, peppers & cheddar	
SPINACH, FETA & TOMATO EGG WHITE OMELET	\$13.50
HAM & CHEESE OMELETTE	\$13
SHAWN'S BREAKFAST	\$14
spinach & american cheese omelet, (2) french toast, home fries, scoop of avocado spread	

PANCAKES & FRENCH TOAST

PANCAKES (3)	\$9
CHOC CHIP PANCAKES (3)	\$10
BLUEBERRY PANCAKES (3)	\$10
PANCAKES, NUTELLA, STRAWBERRIES & BANANAS	\$13
THICK CUT FRENCH TOAST (3)	\$10

FLATBREADS

PROVOLONE	\$14
provolone, scrambled egg, tomato, avocado drizzled with our signature hot sauce	
FONTINA	\$14
fontina cheese, scrambled egg, baby spinach, roasted peppers, caramelized onion	
BLENDED CHEESE	\$15
shredded 3 cheese blend, scrambled egg, turkey bacon, onion & tomato	

BREAKFAST PIZZAS

*MAKE ANY WHOLE PIE GF \$4

EGG & CHEESE	\$4/21
BACON EGG & CHEESE PIZZA	\$4.25/24
scrambled egg, cheese & bacon	
SAUSAGE EGG N CHEESE PIZZA	\$4.25/24
scrambled egg, cheese & bacon	

TOASTS

GF AVAILABLE

I RICOTTA CRUSH ON YOU	\$7.25
ricotta, thin sliced pear & candied pecans drizzled with honey	
SMASHED AVOCADO	
fresh forked smashed avocado with "everything but the bagel seasoning".(EBTB) add sliced hard boiled egg.... &.25 add egg white... 9.00	
MONKEYIN' AROUND	\$7
peanut butter, banana, strawberry, cocoa nibs	

SIDES

HASH BROWN	\$2.50
classic patty	
HOME FRIES	\$4.00
basket	
BACON	\$3
TURKEY BACON	\$3
PANCAKE (1)	\$2.25
FRENCH TOAST (1)	\$2.25

LUNCH		GF ROLLS BREAD & WRAPS AVAILABLE	
SALADS		SANDWICHES	
SEASONAL	\$16	LBI REUBEN	\$11.50
spring mix, fresh jersey strawberries, candied pecans, red onion, cucumber, croutons, feta & grilled chicken with a tangy vinaigrette		turkey, melted swiss, creamy cole slaw, russian dressing, on grilled rye	
HARVEST APPLE	\$16	MOZZARELLA PRESS	\$9
spring mix, brie, apple, dried cherry, walnut, red onion with grilled chicken & a balsamic vinaigrette		roasted red peppers, melted mozzarella & basil, drizzled with balsamic on grilled rye	
MANGO CHICKEN	\$15	AVOCADO BLT	\$10
grilled chicken, chopped avocado, red onion, mango, asian noodles with a sesame ginger dressing		lettuce, tomato, crisp bacon, sliced avocado with mayo served on 7 grain toast	
ELITE CHOPPED (GF)	\$15	BALSAMIC GRILLED CHICKEN	\$12
ice burg, romaine, chickpeas, salami, mozzarella cheese all chopped, mixed with a dijon red wine vinegar		melted mozzarella, roasted red peppers, honey mustard spread & spring mix on a multi grain roll	
AVOCADO BLT	\$14	BEACHY BRIE	\$12
chopped romaine, crispy bacon, tomato, onions, parmesan,egg, sliced avocado & croutons with creamy parmesan dressing		balsamic grilled chicken breast, melted brie, cranberries, spring mix and honey dijon on a multi grain roll	
GRILLED CHICKEN CAESAR	\$15	BLT	\$9.00
shaved parmesan, croutons, with a creamy caesar dressing		CLASSIC...loaded with crisp bacon, crisp lettuce, tomato & mayo on white, wheat, rye or 7 grain	
CITRUS GRILLED SHRIMP	\$18	ORIGINAL CHICKEN SALAD	\$10
romaine lettuce with roasted corn, grilled bell pepper, diced cucumber, avocado, grape tomatoes & croutons topped with a lemon vinaigrette		house made ...all white meat, spring mix on thick cut 7-grain	
SPINACH & PEAR	\$14	WALDORF CHICKEN SALAD	\$11
baby spinach, crisp pear, fontina & candied pecans with a honey balsamic dressing add grilled chicken \$3.00		house made all white meat chicken salad mixed with cranberries & walnuts with spring mix on 7 grain bread	
AVOCADO & GRILLED CHICKEN	\$15	PESTO TURKEY MELT	\$10
grilled chicken, sliced avocado, roasted peppers, red onion, croutons with a balsamic vinaigrette		oven gold turkey, melted aged cheddar & crisp bacon on pesto coated grilled rye	
CRISPY BUFFALO CHICKEN	\$14	SIGNATURE GRILLED CHEESE	\$7
crispy chicken dipped in our signature hot sauce, crispy romaine, shredded 3 cheese blend, crispy texas onions, tomato, croutons with a ranch dressing		aged cheddar, swiss & american on grilled rye tomato \$1 Bacon \$2	
TACOS FLOUR OR CORN		THE BARNEY	
BANG BANG COCONUT SHRIMP	\$16	oven gold turkey with cranberry chutney, toasted pecans & melted brie on grilled rye	
coconut shrimp, shredded lettuce, diced avocado & pico, topped with our sweet Thai chili Aioli on soft tacos		TURKEY & AVOCADO	\$10
FRIED FISH	\$15	thin sliced turkey, bacon, tomato, homemade avocado spread & lettuce on multi grain roll	
beer battered haddock with shredded cabbage, pico, fresh baha cream sauce and sliced avocado on soft tacos		TUNA SALAD	\$9.00
GRILLED CHICKEN	\$15	lettuce, tomato, onion on white, wheat, rye or 7grain	
grilled chicken, shredded 3 cheese blend, shredded lettuce, fresh baha cream sauce, pico & chopped avocado on soft tacos		CLUB SANDWICHES	\$9.75
OUR VIRAL SMASHED BURGER (2)	\$15	choose turkey, ham, chicken salad or tuna salad on toasted white, wheat or rye	
smashed burger, american cheese, shredded lettuce, tomato, pickles, secret sauce		CRAB CAKE SANDWICH	\$18
PULLED PORK	\$16	house made, lettuce, tomato, brioche bun... side tarter, side of slaw	
with shredded cabbage, cotija cheese, red onion, jalapeños, cilantro & a tangy barbeque aioli		WRAPS	
THE 3 AMIGOS	\$16	NASHVILLE HOT CAESAR	\$11
1 fish, 1 grilled chicken, 1 BANG BANG		crispy hot chicken mixed in our traditional caesar wrap	
TUNA	\$20	BACON RANCH	\$11
blackened sashimi grade tuna, cooked rare with asian slaw, mango & drizzled with wasabi aioli		grilled chicken, chopped romaine, crispy bacon, shredded 3 cheese blend, tomato, ranch dressing	
FROM THE GRILL		BASIL CASHEW CHICKEN	\$11
CHEESE STEAK	\$13	home-made basil chicken salad with cashews, sliced avocado, crisp romaine & tomato	
CHICKEN CHEESE STEAK	\$13	GRILLED CHICKEN CAESAR	\$10
BUFFALO CHICKEN CHEESE STEAK	\$14	romaine, parmesan cheese, croutons, with a tangy caesar dressing	
FLORENTINE CHICKEN CHEESE STEAK	\$15	CALIFORNIA TURKEY	\$11
spinach, red roasted peppers, garlic & provolone		turkey, cheddar, crisp bacon, sliced avocado, jersey tomato, cranberry chutney	
CERTIFIED ANGUS BURGER W/CHIPS	\$12	VEGGIE HUMMUS	\$10
on a brioche bun..... add cheese \$50 add bacon \$1.50		hummus with shredded 3 cheese blend, romaine lettuce, sliced avocado, sliced mushroom, onion, tomato & roasted red pepper drizzled with balsamic vinaigrette	
VEGGIE BURGER	\$15	HOT PRESSED WRAPS	
w/ american Cheese, pickles, onion, lettuce, tomato & special sauce		CHICKEN CHIPOTLE	\$11
CHICKEN FINGERS W/ FRIES	\$12	sliced grilled chicken, bacon, cheddar & jack cheese, spinach, tomato & onion, chipotle ranch dressing	
choice of sauce		HOT BUFFALO	\$10
BUFFALO CHICKEN FINGERS WITH FRIES	\$12	crispy chicken smothered in our homemade buffalo sauce, melted cheddar, tomato, onion, ranch dressing	
CHEESE QUESADILLA	\$10	TEXAS TUNA	\$12
CHICKEN QUESADILLA	\$14	tuna, pepper jack, bacon, sautéed onion, avocado, BBQ Sauce, with a side of ranch	
w/ caramelized onions & roasted red peppers		HOT HONEY	\$11
SNACKS & SIDES		boars head turkey, spicy melted pepper jack cheese, bacon, tomato & honey mustard spread	
FRIES	\$6	HOAGIES	
CHEESE FRIES	\$7	ROUND /10 INCH	
CRAB FRIES	\$6.25	TURKEY	\$8.50/13
BATTERED MOZZARELLA STICKS	\$8	ITALIAN	\$9/15
TATER TOTS	\$7	HAM	\$8.50/13
LOADED TATER TOTS	\$9	KIDS	
bacon, melted cheese		CHICKEN FINGERS (2) W/ FRIES	\$8
SOUP		GRILLED CHEESE WITH FRIES	\$8
NEW ENGLAND CLAM CHOWDER	\$12		
house made			