

Breakfast Menu

SERVED FROM 7:00 TO 11:00AM (MON-FRI)
FROM 7:00AM TO 1:00PM (SUN)

On a Roll cafe

Eggs

SERVED WITH HOMEFRIES AND
7-GRAIN OR SOURDOUGH TOAST

TWO EGGS ANY STYLE | \$3.50

OMELET | \$5.95 *(Add Anything You Like)*

Egg whites available: add \$1.50

| | | | |
|-------------|---------|-----------|-----------|
| Onions | Spinach | Tomatoes | Peppers |
| Ham | Sausage | Scallions | Mushrooms |
| Jack Cheese | Bacon | | |

CORNERED BEEF HASH
AND EGGS | \$4.95

Housemade Corned Beef Hash Served with Two
Poached Eggs.

STEAK AND EGGS | \$7.50

Juicy Steak Grilled to Your Liking with Two Eggs
made Any Style.

SWEET PATATO

BACON HASH | \$5.50

Sweet Potatoes with Caramelized Onions & Crispy
Bacon, Served with Two Eggs & Toast.

Eggs Benedict

SERVED WITH HOMEFRIES

EGGS BENEDICT | \$6.95

Two Eggs Poached on a Toasted English Muffin with
Ham & Hollandaise Sauce.

EGGS BENEDICT FLORENTINE | \$7.50

Two Eggs Poached on a Toasted English Muffin with
Wilted Spinach, Tomato & Hollandaise Sauce.

SMOKED SALMON BENEDICT | \$7.95

Two Eggs Poached on a Toasted English Muffin with
Smoked Salmon & Hollandaise Sauce.

Eating raw or undercooked food increases your risk of food borne illness

David Barile
CHEF / OWNER

House Specialties

BREAKFAST BURRITO | \$4.95

Scrambled Eggs with Onions, Peppers, Tomatoes, Scallions & Jack Cheese. Served with Sour Cream and Fresh Salsa.

BUTTERMILK PANCAKES | \$4.95

Three Large Housemade Buttermilk Pancakes
Served with Butter and Pure Maple Syrup.
With Fresh Berries: \$5.95

CREAMY PEANUT BUTTER & JELLY FRENCH TOAST | \$5.95

Warm PB & J on 7-Grain Dipped and Griddled
Golden Brown. Served with Real Maple Syrup.

FRENCH TOAST | \$4.95

7-Grain Bread Dipped and Griddled. Served with
Butter and Pure Maple Syrup.

TOASTED COCONUT & PECAN FRENCH TOAST | \$5.95

7-Grain Bread Dipped in Batter and Covered with
Toasted Pecans and Coconut. Griddled Golden
Brown and served with Pure Maple Syrup.

BUILD YOUR OWN SANDWICH | \$ 4.95

Choose from the following to make your
own favorite sandwich!

Housemade Soughdough
Housemade 7-Grain
English Muffin
Two Eggs (Any Style)

Crispy Bacon
Housemade Sausage
Hash
Cheese

Alternatives

GRANOLA AND VANILLA YOGURT | \$5.95

Housemade Granola with Seasonal Fresh Fruit &
Low Fat Vanilla Yogurt.

COTTAGE CHEESE AND FRESH FRUIT PLATE | \$5.95

Seasonal Fresh Fruit with Berries & Cottage Cheese.

Side Orders

| | | | |
|--------------------------|--------|---------------------------|--------|
| Housemade Toast | \$1.50 | Housemade Roll | \$1.50 |
| Fresh Baked Pastries | \$1.95 | Housemade Sausage | \$2.50 |
| Bacon | \$1.95 | Hash | \$2.50 |
| Homefries | \$1.50 | English Muffin | \$0.95 |
| Bagels | \$1.25 | w/ peanut butter or jelly | \$1.50 |
| w/ cream cheese or jelly | \$1.90 | | |

Beverages


| | | | |
|---------------|--------|----------------|--------|
| Coffee/Tea | \$1.65 | Juices | \$1.80 |
| "To Go" Small | \$1.65 | Orange, Apple, | |
| "To Go" Large | \$1.85 | Cran-Raspberry | |

Sandwiches


SERVED WITH CHOICE OF
CHIPS OR SWEET POTATO FRIES
AND CRISPY DILL PICKLE

TUNA OR CHICKEN SALAD | \$6.75
“Not So Traditional” Salads with Lettuce & Tomato. Served on your Choice of Bread.

CAFE ROASTED TURKEY | \$6.95
House Roasted Turkey served on Toasted 7-Grain with Granny Smith Apple, Cheddar Cheese, Lettuce, Tomato & Honey Dijon Aioli.

 FALAFEL | \$6.50
Housemade Falafel (Ground Chick Peas with Garlic, Parsley, Tahini, Scallions, Celery and Spices, Fried Golden Brown & Crispy). Served in a Lavosh Wrap with Lettuce, Tomatoes, Cucumbers, Sprouts & Creamy Dill Dressing.

GRILLED CHICKEN CAESAR WRAP | \$7.00
Seasoned Grilled Chicken Tossed with Crispy Romaine Lettuce, Parmesan Cheese, Diced Tomatoes & Our House Caesar Dressing All Rolled Up in a Warm Lavosh Wrap.

 SWORDFISH OR SALMON BLT | \$8.50
Fresh Grilled Swordfish or Salmon on Toasted 7-Grain with Crispy Bacon, Lettuce, Tomato, & Lemon Caper Aioli.

GRIDDLED HAM & BRIE SANDWICH | \$7.95
Ham, Brie, Crispy Bacon, Watercress & Tomato, Griddled on House-made Sour Dough with Spicy Dijon Mustard.

 TUNA & TAPENADE | \$7.95
Our Albacore Tuna Salad with Kalamata Olive Tapenade, Mesclun, Tomatoes & Blue Cheese on Griddled Sour Dough.

 GRILLED VEGETABLE SANDWICH | \$6.95
Seasoned Grilled Zucchini, Summer Squash, Portobello's, Grilled Red Onions & Spinach on Toasted 7-Grain with Herbed Goat Cheese.

 TABOULEH WRAP | \$5.95
Lemon & Mint Tabouleh Salad with Cucumbers, Feta Cheese & Sprouts all Rolled into a Soft Lavosh Wrap.

WARM GRILLED STEAK WRAP | \$7.50
Warm Grilled Steak, Caramelized Onions, Mushrooms, Scallions & Melted Provolone Cheese with Tomatoes and Leaf Lettuce.

THREE-CHEESE GRILLED CHEESE | \$5.95
Swiss, Provolone & Cheddar on Sour Dough with Crispy Bacon & Tomato, Griddled Golden Brown.

TUSCAN STYLE GRILLED CHICKEN SANDWICH | \$7.50
House Marinated Grilled Chicken Sandwich on Toasted Sour Dough with Pesto Aioli, Fresh Mozzarella, Artichokes & Baby Spinach.

 Indicates meals suitable for vegetarians

Side Orders

| | | | |
|-------------------------|--------|-----------------------|--------|
| Sweet Potato Fries | \$3.50 | Small Mesclun Salad | \$3.50 |
| Warm Grilled Chicken | \$2.95 | Tuna or Chicken Salad | \$2.95 |
| Coleslaw | \$2.00 | Polenta Fries | \$3.95 |
| Pecan Encrusted Chicken | \$3.95 | | |

Beverages

| | |
|-----------------|--------|
| Stash Teas | \$1.65 |
| Assorted Sodas | \$1.85 |
| Tazo Teas | \$1.65 |
| Brewed Ice Tea | \$1.65 |
| Izze Beverages | \$2.50 |
| Coffee or Decaf | \$1.65 |
| T42 Beverages | \$2.50 |

design by:  pixel graphic design studio

Lunch Menu

SERVED FROM 11:00 TO 3:00

On a Roll

cafe

David Barile

CHEF / OWNER

For those who enjoy a

healthier lifestyle,

here's how we can help...

No Preservatives in our food

Food made to order

House-roasted Turkey
and Roast Beef

Hand-pressed Burgers

Daily Housemade Soups
from Fresh Stock

Housemade Breads
& Pastries Baked Daily

All Natural Beverages

Daily Gourmet Specials

Welcome to
On a Roll Cafe!

Lunch Menu

SERVED FROM 11:00 TO 3:00



Soup Selections

SOUP OF THE DAY
Small \$2.95 or Large \$3.95
CIDER BUTTERNUT BISQUE
Small \$2.95 or Large \$3.95
(available seasonally)

Salads

HOUSEMADE DRESSINGS

- SPINACH COBB | \$7.50
Warm Grilled Chicken over Spinach & Baby Mesclun Greens with Scallions, Diced Tomatoes, Cucumber, Hard Boiled Egg, Crispy Bacon & Jack Cheese.
- PECAN CRUSTED CHICKEN CAESAR SALAD | \$7.95
Crispy Romaine Lettuce with Pecan Encrusted Chicken, Crunchy Croutons, Parmesan Cheese, Diced Tomatoes & Housemade Caesar Dressing.
-  OUR “HOUSE” SALAD | \$6.95
Tabbouleh, Chick Peas, Diced Tomatoes, Cucumbers, Scallions & Sprouts on a bed of Mesclun.
Add a Scoop of Chicken, Tuna Salad or Warm Grilled Chicken: \$2.95
-  CRAB & ARTICHOKE SALAD | \$7.95
Tarragon, Lime & Chili Marinated Crab & Artichoke Salad over Baby Spinach with Toasted Coconut & Pignolis.
-  WARM GRILLED SALMON SALAD | \$8.50
Atlantic Salmon Grilled to Order Over Crispy Romaine Lettuce with House-made Croutons, Diced Tomatoes, Parmesan Cheese & our own Caesar Dressing.
-  MIXED GREENS WITH ROASTED VEGETABLES | \$6.95
Baby Greens with Roasted Beets, Butternut Squash, Crumbled Goat Cheese & Spiced Walnuts.
-  GRILLED PORTOBELLO SALAD | \$7.50
Marinated & Grilled Portobello Mushroom, Artichokes, Caramelized Red Onions, Overnight Tomatoes served over Baby Spinach with a Fried Goat Cheese Button.

Housemade Dressings

HONEY BALSAMIC VINAIGRETTE
ITALIAN
CITRUS VINAIGRETTE
BLUE CHEESE
CREAMY DILL
HOUSE CAESAR

Burgers

SERVED ON A
HOUSEMADE SOUR DOUGH BULKIE ROLL
WITH CHIPS OR SWEET POTATO FRIES

- LEMON-THYME CHICKEN BURGER | \$6.95
House Made Chicken Burger with Garlic, Lemon and Fresh Thyme. *Add cheese: \$0.75*
- BEACHCOMBER BURGER | \$7.50
Onions & Mushrooms Sautéed in Red Wine, all rolled into a Burger. Grilled and Topped with Bacon & Blue Cheese.
- ITALIAN BURGER | \$7.50
Pesto & Buffalo Mozzarella Mixed In And Topped With Provolone Cheese.
- BEEF BURGER | \$6.95
Lean Ground Beef Burger Grilled to Your Liking.
Add cheese: \$0.75

House Specialties

- QUESADILLAS | \$7.50
Flour Tortillas stuffed with Hummus, Black Beans, Roasted Corn, Jack Cheese, Tomatoes & Cilantro. Served with Sour Cream & Housemade Salsa. Your choice of Vegetarian, Chicken, or Steak.
- SAUTEED LIVER | \$6.50
Floured & Sautéed on a Bed of Caramelized Onion, Potato & Bacon with Apples.
-  HOUSEMADE VEGETABLE SPRING ROLLS | \$7.95
Our Own Crispy Spring Rolls With Marinated Asian Vegetables Served Over Mesclun Greens With A Soy Lime Dipping Sauce.
- MAINE CRAB CAKE SANDWICH | \$7.95
Housemade Maine Crab Cakes Fried Golden Brown, Served on a Sourdough Bulkie Roll with Lettuce, Tomato & Remoulade Sauce.
- FRITTATA OF THE DAY | \$5.95
Open-Faced Omelet with a Small Mesclun Salad & Choice of Dressing. Ask Your Server about Today's Frittata. *Egg whites available: add \$1.50*
- SOUP AND ½ | \$6.75
A cup of our soup served with Any Half Sandwich, with your choice of Sweet Potato Fries or Chips.
- INDIVIDUAL PIZZAS | \$6.95
Grilled Six Inch Pizza with your Choice of Toppings:
- | | | |
|------------------|-----------|------------|
| Artichoke Hearts | Sausage | Tomatoes |
| Mushrooms | Spinach | BBQ Onions |
| Peppers | Pepperoni | |

 *Indicates meals suitable for vegetarians*

We would be happy to make substitutions for you!
Please ask your server about any additional cost.

*Eating raw or undercooked food increases
your risk of food borne illness*