

Breakfast Menu

SERVED FROM 7:00 TO 11:00AM

On a Roll cafe

Eggs | SERVED WITH HOMEFRIES AND
7-GRAIN OR SOURDOUGH TOAST

TWO EGGS ANY STYLE | \$2.95

OMELET | \$4.95 *(Add Anything You Like)*

Egg whites available: add \$1.00

Onions Spinach Tomatoes Peppers
Ham Sausage Scallions Mushrooms
Jack Cheese Bacon

CORNED BEEF HASH
AND EGGS | \$4.50

Housemade Corned Beef Hash Served with Two
Poached Eggs.

STEAK AND EGGS | \$6.95

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

Eggs Benedict

SERVED WITH HOMEFRIES

EGGS BENEDICT | \$5.95

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

EGGS BENEDICT FLORENTINE | \$6.50

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

SMOKED SALMON BENEDICT | \$6.95

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 | \$4.25

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

BUTTERMILK PANCAKES | \$4.25

Three Large Housemade Buttermilk Pancakes
Served with Butter and Pure Maple Syrup.
With Fresh Berries: \$4.95

FRENCH TOAST | \$4.25

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

TOASTED COCONUT

& PECAN FRENCH TOAST | \$5.50

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 | \$ 4.50

Choose from the following to make your
own favorite sandwich!

Housemade Soughdough	Crispy Bacon
Housemade 7-Grain	Housemade Sausage
English Muffin	Hash
Two Eggs (Any Style)	Cheese

Alternatives

GRANOLA AND
VANILLA YOGURT | \$4.50

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

Side Orders

Bagels	\$0.95
<i>w/ cream cheese or jelly</i>	\$1.50
English Muffin	\$0.95
<i>w/ peanut butter or jelly</i>	\$1.50
Housemade Toast	\$0.95
Housemade Roll	\$0.95
Fresh Baked Pastries	\$1.50
Housemade Sausage	\$2.00
Bacon	\$1.50
Hash	\$2.00
Homefries	\$1.00

Beverages

Coffee/Tea	\$1.50	Juices	\$1.50
"To Go" Small	\$1.50	Orange, Apple,	
"To Go" Large	\$1.65	Cran-Raspberry	

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Takeout Menu

LUNCH SERVED FROM 11:00 TO 3:00

Soup Selections

SOUP OF THE DAY
Small \$2.50 or Large \$3.50

CIDER BUTTERNUT BISQUE
Small \$2.50 or Large \$3.50
(available seasonally)

Salads

ASK ABOUT OUR HOUSEMADE DRESSINGS

SPINACH COBB | \$6.95

Warm Grilled Chicken over Spinach & Baby Mesclun Greens with Scallions, Diced Tomatoes, Cucumber, Hard Boiled Egg, Crispy Bacon & Jack Cheese.

CRISPY BREADED CHICKEN SALAD | \$7.50

House Breadcrded Chicken With Bacon, Shaved Red Onion, Overnight Tomatoes, Toasted Pignoli Nuts & Blue Cheese.

PECAN CRUSTED CHICKEN CAESAR SALAD | \$7.50

Crispy Romaine Lettuce with Pecan Encrusted Chicken, Crunchy Croutons, Parmesan Cheese, Diced Tomatoes & Housemade Caesar Dressing.

OUR "HOUSE" SALAD | \$6.50

Tabbouleh, Chick Peas, Diced Tomatoes, Cucumbers, Scallions & Sprouts on a bed of Mesclun.

Add a Scoop of Chicken, Tuna Salad or Warm Grilled Chicken: \$2.50

SOUTHWESTERN GRILLED

STEAK SALAD | \$7.50

Marinated Steak With Grilled Peaches, Spiced Pecans, Blue Cheese & Sweet Red Onion.

MEDITERRANEAN SHRIMP

CAESAR SALAD | \$7.50

Chilled Marinated Shrimp Over Crispy Romaine Lettuce With Croutons, Diced Tomatoes, Parmesan Cheese & Housemade Caesar Dressing.

Pasta

RIGATONI WITH SPICY SAUSAGE | \$6.95

House Made Sausage, Onions & Peppers In A Light Tomato Broth, Tossed With Rigatoni.

PENNE & CHICKEN | \$6.95

Penne Pasta With Seared Chicken, Sun Dried Tomatoes, Kalamata Olives, Capers, Roasted Eggplant & Feta Cheese.

GEMELLI WITH

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: \$0.50

BEACHCOMBER BURGER | \$6.95

Onions & Mushrooms Sauteed In Red Wine, all rolled into a Burger. Grilled and Topped with Bacon & Blue Cheese.

ITALIAN BURGER | \$6.95

Pesto & Buffalo Mozzarella Mixed In And Topped With Provolone Cheese.

BEEF BURGER | \$6.50

Lean Ground Beef Burger Grilled to Your Liking. Add cheese: \$0.50

House Specialties

QUESADILLAS | \$6.95

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.

FISH & CHIPS | \$7.95

House Breadcrded And Golden Brown Served With Sweet Potatoes, Coleslaw & Our Own Remoulade 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 \$1.00

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

Sandwiches

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

WARM ROAST BEEF | \$6.95

House Roasted Beef served on Toasted Sourdough with
Saucy BBQ Onions, Melted Swiss, Lettuce & Tomato.

GRILLED EGGPLANT WRAP | \$5.95

Seasoned Eggplant With Basil, Buffalo Mozzarella,
Griddled Red Onions & Roasted Tomato Aioli.

SPICY BUFFALO CHICKEN WRAP | \$6.75

House Breaded Chicken With Shaved Red Onions,
Lettuce, Tomato & Blue Cheese Dressing.

OPEN-FACED MEATLOAF SANDWICH | \$6.50

Warm Grilled Meatloaf On Sourdough With Caramelized
Onions, Melted Provolone Cheese, Lettuce, Tomato And
Spicy Chipotle Ketchup.

TUNA OR CHICKEN SALAD | \$6.50

"Not So Traditional" Salads with Lettuce & Tomato. Served
on your Choice of Bread.

CAFE ROASTED TURKEY | \$6.75

House Roasted Turkey served on Toasted 7-Grain with
Granny Smith Apple, Cheddar Cheese, Lettuce, Tomato &
Honey Dijon Aioli.

WARM GRILLED STEAK WRAP | \$7.50

Warm Grilled Steak Wrap With Caramelized Onions, Peppers,
Melted Provolone, Lettuce, Tomato & Chipotle Blue
Cheese 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.

"PANINI" STYLE CHICKEN

FLORENTINE SANDWICH | \$6.95


Warm Grilled Chicken with Spinach, Roasted Peppers,
Grilled Red Onion, Provolone & Olive Pesto.

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 | \$7.95

Fresh Grilled Swordfish or Salmon on Toasted 7-Grain
with Crispy Bacon, Lettuce, Tomato, & Lemon Caper Aioli.

 Any of the sandwiches on this page can be
ordered as part of a Soup and 1/2 combination.

Side Orders

Sweet Potato Fries	\$2.95	Small Mesclun Salad	\$2.95
Warm Grilled Chicken	\$2.50	Tuna or Chicken Salad	\$2.50
Coleslaw	\$2.00	Polenta Fries	\$3.95
Pecan Encrusted Chicken	\$2.00		

Beverages

Assorted Sodas	\$1.75	Straw Teas	\$1.50
Brewed Ice Tea	\$1.50	Tazo Teas	\$1.50
Coffee or Decaf	\$1.50	Izze Beverages	\$2.25
		T42 Beverages	\$2.25