



SUN
15

"Sausage", Egg & Cheese Biscuit Sandwich - buttermilk biscuit, vegetarian sausage, fried egg & cheddar cheese

MON
16

Lox & Eggs Benedict - english muffin topped with with lox, two poached eggs and hollandaise

TUES
17

Bagel Breakfast Sandwich - fried egg, american cheese, sliced tomato, vegetarian sausage patty

WED
18

Southern Style Breakfast - cheesy scrambled eggs, biscuits & gravy

THUR
19

Breakfast Quesadilla- flour tortilla stuffed with scrambled eggs, cheddar cheese, spinach; served with sour cream and pico de gallo

FRI
20

Eggs In The Nest - roasted sweet potatoes, peppers & onions and your choice of eggs

SAT
21

Baked Oatmeal - steel cut oats baked with dried fruits and nuts; served with brown sugar and whipped cream

Power Breakfast - sauteed kale and spinach with fresh garlic, red onion, olive oil
**Add egg of your style upon request*

Fisherman's Eggs – sardines sauteed with olive oil and garlic, served on a bed of arugula and topped with two over easy eggs

EGGS

Omelets & Scrambles - available with regular eggs or egg beaters, american, swiss or cheddar added upon request

plain

lox & onion

garden - tomato, spinach & mushrooms

vegetable - bell peppers, onion & mushrooms

sausage & cheese - vegetarian sausage and choice of cheese

matzo brei

LOX**Lox Plate**

lox, capers, onion, tomato and cucumber, cream cheese served with or without bagel

CEREAL

Oatmeal or Cream of Wheat - Served with brown sugar, raisins and cream

Rice Krispies ~ Raisin Bran ~ Corn Flakes ~ Cheerios ~ Low Fat Granola ~ Special K

DAIRY

Cottage cheese ~ Assorted yogurts

SIDES

Vegetarian Sausage ~ House Made Hash Browns

FRUITS

fresh fruit bowl ~ banana ~ apple ~ orange wedges

grapefruit half ~ blueberries ~ prunes ~ applesauce

BREADS

Bagels plain ~ everything

Pastries sour cream muffin ~ bran muffin ~ cinnamon roll ~ danish ~ donut

Bread/Toast

white ~ wheat ~ 21 grain ~ seeded rye ~ marble rye ~ gluten free

cinnamon raisin ~ english muffin

Pancakes

buttermilk ~ blueberry ~ buckwheat

served with choice of syrup, sugar free syrup, butter or margarine

Belgian Waffle or Challah French Toast

served with choice of syrup, sugar free syrup, butter or margarine

Tea & Coffee

Hot Tea - regular, decaf, herbal

Coffee - regular, decaf, iced

Hot Chocolate -- regular, sugar free

JUICE

apple ~ orange ~ cranberry ~ grape ~ prune ~ vegetable ~ lemonade

MILK

whole milk ~ skim milk ~ fat free ~ lactose free ~ soy milk ~ almond milk

GF - Gluten Free

HS - Heart Smart

LS - Low Sodium

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All eggs are pasteurized.

Breakfast Week 2



LUNCH SPECIALS October 15 - 21

SUN 15	Cashew Crusted Sole (LS, HS) served with coconut brown rice, asian vegetables and fresh pineapple-ginger salsa	Pepperoni Pizza (V) - marinara sauce, vegetarian pepperoni, classic crust, mozzarella	Soup: Vegetable (GF) Dessert : Buckeye Brownies
MON 16	Salmon Teriyaki Wrap (LS, GF, HS, SA) - pan seared teriyaki salmon, shredded romaine, cabbage, shredded carrots, avocado, sliced tomato, chickpea tortilla	Vegetarian Louisiana Style Red Beans & Rice (HS, LS, GF, V) - slow cooked red beans served over white rice; served with cornbread and honey butter on the side	Soup: African Peanut (GF) Dessert: Bourbon Cherry Crisp
TUES 17	Salmon Croquettes (LS) - panko crusted salmon patties served with remoulade sauce, cold green bean salad and buttered corn	Spinach & Mushroom Alfredo (V, LS) - fettucine tossed with spinach, mushroom, alfredo sauce; served with garlic bread	Soup: Curried Lentil Dessert: Mixed Berry Hand Pie
WED 18	Cod with Lemony Braised Fennel (HS, LS, GF) – baked cod with fennel slow cooked in olive oil and lemon with green olives	Portobello Philly Cheesesteak (HS, LS, V) - sliced portobello mushrooms, onions, bell peppers sauteed and served in toasted hoagie roll with melted swiss cheese	Soup: Salmon Chowder (GF) Dessert: Raspberry Pistachio Tart
THUR 19	Grilled Fish Tacos (GF, LS, HS) - pan seared cod served on corn tortilla with pico de gallo, cabbage and chipotle cream; served with chips & salsa	Pasta with Marinara (LS, HS, V) - spaghetti with house made marinara sauce; served with garlic bread	Soup: Tomato Basil (GF) Dessert: Caramel Apple Cheesecake Trifle
FRI 20	Asian Salmon Bowls (LS, HS, GF) - brown rice, shredded cucumbers, shredded carrots, diced avocado, pan seared salmon, served with a drizzle of sesame ginger sauce	Traditional Mac & Cheese (V, LS) - creamy mac & cheese with crunchy bread crumb topping; served with steamed broccoli, carrots and cauliflower	Soup: Cream of Mushroom (GF) Dessert: PB&J Cookie Cups
SAT 21	Dover Sole Piccata (LS, HS) - lightly breaded, pan-fried dover sole in a classic lemon-caper sauce; served with lentils and steamed spinach	Asparagus & Swiss Quiche (LS, HS, V) - baked to perfection in a flaky crust; served with salad	Soup: Ukranian Borscht Dessert: Mango Cheesecake

Anytime Starters

Hummus Plate (LS, HS, V) - served with pita chips and assorted vegetables

Sardine Plate (HS) - served with matzo crackers, pickled red onion, beets and cucumbers

Lox Plate (HS) - lox, capers, onion, tomato, cucumber and cream cheese, served with or without bagel

Side Garden Salad (LS, HS, GF, V) - chopped romaine, radishes, grape tomatoes, shredded carrot, hard boiled egg, black olives

Anytime Sides

French Fries or Tater Tots

Baked Potato or Yam

Coleslaw

Fresh Fruit Bowl

Steamed Broccoli

Asian Vegetables

Steamed Cauliflower

NEW

FALL SOUP OF THE WEEK: Loaded Baked Potato Soup (LS, HS, GF, V) – creamy potato soup garnished with sour cream, shredded cheese, green onions and housemade coconut bacon (It's Vegan!)

SALAD ENTRÉE OF THE WEEK: Caesar Salad (LS, HS) - Romaine lettuce tossed with Caesar dressing, parmesan and croutons. ***Available with Petite Grilled Salmon or Incogmeato breaded "Chicken" tenders*

Anytime Selections

Egg or Tuna Salad Sandwich (LS, HS) - all sandwiches served with lettuce, tomato, onion and pickle

Wild Caught Salmon (LS, HS, GF) - poached, pan seared or bourbon glazed, served with baked sweet potato and steamed broccoli

Fish & Chips (LS) - battered cod filet, served with french fries, coleslaw, tartar sauce & lemon

Cheese Blintzes (LS, V) - served with sour cream & fruit sauce

Classic Grilled Cheese (LS, HS, V) - choice of bread and swiss, cheddar or american

House Made Veggie Burger (LS, HS, V) - served on a toasted bun; swiss, cheddar or american available upon request

Breakfast Egg Entrees - omelets and eggs to order available all day

Fish Po'Boy (LS) - battered cod filet, served on toasted bun, topped with coleslaw and tartar sauce

Crispy Tofu (HS, LS, V, GF) - stir fried with asian vegetables, garlic and ginger

Build Your Own Pasta Bowl - pasta (or zoodles for GF) tossed with olive oil and garlic; add veggies or salmon or Incogmeato breaded plant based "chicken" tenders!

"Chicken" Tenders and Fries - Incogmeato breaded plant based "chicken" tenders with french fries, choice of ranch or barbecue sauce

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NEW SIDE SALAD OF THE WEEK: Fennel Salad with Apples and Radishes (LS,GF, VG) – shaved fennel marinated in a lemon vinaigrette with radishes, apples, cranberries and pickled shallots		NEW SALAD ENTRÉE OF THE WEEK: Autumn Cobb Salad (LS, HS) - diced grilled chicken, roasted butternut squash, chopped romaine, avocado, hard boiled eggs, apple, dried cranberries, walnuts and dijon vinaigrette	
SUN 15	Chili Hot Dog - kosher hot dog on a toasted bun, topped with chili; served with tater tots	Chicken Pasta Primavera (LS, HS) - linguine pasta tossed with olive oil, garlic, asparagus, peas, mushrooms and grilled chicken; topped with parmesan "cheese"	Soup: Beef & Cabbage (GF) Dessert: Spiked Apple Cider Jello
MON 16	Meatloaf - our classic ground beef recipe served with mashed potatoes and green bean almandine	Barbecue Chicken Sandwich (LS, HS) - slow cooked shredded chicken with barbecue sauce on a garlic bread toasted bun topped with coleslaw and sliced dill pickles; served with baked beans and potato salad	Soup: French Onion (GF) Dessert: Maple Apple Cupcake
TUES 17	Pastrami Rachel - marbled rye, pastrami, coleslaw; served with French fries	Chicken Schnitzel (LS) - lightly breaded pan fried chicken cutlets served with lemon caper sauce, mashed potatoes, green bean almandine and cucumber tomato salad	Soup: Chicken Kasha Dessert: Pumpkin Cheesecake
WED 18	Salisbury Steak (LS, HS) - a blend of ground beef and ground turkey served with mushroom gravy, mashed potatoes and roasted cauliflower and broccoli	Orange Chicken or Tofu Bowl - battered chicken or tofu with our orange sauce; served with coconut brown rice and asian vegetables	Soup: Hearty Vegetable (GF) Dessert: Assorted
THUR 19	Rustic Pesto Pasta (LS, HS, V) - pasta tossed with cherry tomatoes, lemon zest and rustic pesto	Baked Red Snapper (LS, HS) - seasoned with garlic, parsley, chives, served with baked yam and roasted cauliflower and broccoli	Soup: Chicken Leek (GF) Dessert: Cherry Pie Bar
FRI 20	Oven Fried Chicken - Served with a rich gravy with mashed potatoes and roasted asparagus		Soup: Matzo Ball Dessert: Chocolate Orange Mousse
SAT 21	Baked Ziti (LS, HS) - loaded with ground beef, zucchini, yellow squash, red bell peppers, onions and mushrooms and baked in our marinara sauce; served with garlic bread	"Labstah Krab" Roll (LS, HS) - a blend of surimi "lobster" and "crab" with mayo, celery, lemon in a toasted hoagie roll; served with french fries	Soup: Beef & Vegetable (GF) Dessert : Honey Cake with Honey Whipped Cream

Anytime Starters

Broth or Borscht (LS, HS, GF) – beef, vegetable, or chicken broth

Sardine Plate (HS) - served with matzo crackers, pickled red onion, beets and cucumbers

Lox Plate (HS) - lox, capers, onion, tomato, cucumber and cream cheese, served with or without bagel

Side Garden Salad (LS, HS, GF, V) - chopped romaine, radishes, grape tomatoes, shredded carrot, hard boiled egg, black olives

Anytime Sides

French Fries or Tater Tots

Baked Potato or Yam

Coleslaw

Fresh Fruit Bowl

Steamed Broccoli

Asian Vegetables

Steamed Cauliflower

Anytime Selections

Egg or Tuna Salad Sandwich (LS, HS) - all sandwiches served with lettuce, tomato, onion and pickle

Wild Caught Salmon (LS, HS, GF) - poached, pan seared or bourbon glazed, served with baked sweet potato and steamed broccoli

Fish & Chips (LS) - battered cod filet, served with french fries, coleslaw, tartar sauce & lemon

Grilled Chicken (LS, HS, GF) - choice of boneless, skinless breast or boneless, skinless thigh, served with mashed potatoes and steamed broccoli

Hot Dog - served with sauerkraut and relish, also available plain; served with choice of french fries or tater tots

Manor House Sliders (LS) - mini ground beef burgers served on toasted bun with lettuce, tomato, onion and pickle spear. grilled onions, mushrooms & guacamole upon request

Breakfast Egg Entrees - omelets and eggs to order available all day

Crispy Tofu (HS, LS, V, GF) - stir fried with asian vegetables, garlic and ginger

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