

Sunrise Bistro Dinner Menu

(Served after 3:00 pm)

Established in 1981, we are committed to scratch cooking, from "Applesauce to Zucchini Bread." We are a community leader in sustainable practices. All of our poultry, meats and dairy are antibiotic- and hormone-free and are grass or vegetarian-fed. We use cage-free eggs. Our produce is sustainably grown and locally sourced when available.

"Welcome to my place, where I feed you the way I feed my grandchildren – as if your health depended on it!" -- Cindy Gershen, Chef/Owner

●Indicates sugar in the first 3 ingredients

Entrées

Accompanied with House-made Mexican salsa, BBQ sauce, Italian tomato-basil salsa or non-fat yogurt dill sauce

Choose the number of sides you want:

	<u>2</u>	<u>3</u>	<u>4</u>
Fresh Roasted Turkey Breast	11.50	13.95	16.50
● House-made cranberry sauce			
Charbroiled Chicken Breast	11.50	13.95	16.50
Fresh Ground Beef Patty	11.50	13.95	16.50
Grilled Ground Turkey Patty	11.50	13.95	16.50
Made with chopped bell pepper & onion			
Turkey Meatballs with marinara	11.50	13.95	16.50
Extra Firm Low-Fat Grilled Tofu	11.50	13.95	16.50
Tri-Tip of Beef	12.50	14.95	17.50
Poached or Charbroiled Salmon	14.50	16.95	19.50

Smoked In-House

Unsweetened dry rubbed, ●BBQ sauce on the side

Smoked Brisket (lean or juicy)	11.50	13.95	16.50
Smoked Pulled Pork	11.50	13.95	16.50
Baby Back Ribs			
Full Rib Dinner (12 Bones)	27.00	29.50	32.00
Half-Rib Dinner (6 Bones)	17.50	19.95	22.50
Smoked ½ Chicken Dinner	13.50	15.95	18.50
¼ Chicken Half dark, half white	11.50	13.95	16.50

Charbroiled Gourmet Burgers

Half-pound fresh ground beef or turkey patty, or chicken breast, with lettuce & tomato on a house-made bun or ciabatta roll, dill pickle spear and pan-fried potatoes or side of your choice

Cheeseburger	10.95
Mushrooms, peppers, onions & cheddar	
Fiesta	10.95
Guacamole, green chilies and jack	
Patty Melt	10.95
Grilled onions & Swiss on sliced rye	
Hickory	10.95
Bacon, grilled onions, cheddar & ●BBQ sauce	
The Bleu	10.95
Bacon and bleu cheese crumbles	
The Naked Burger	9.95
With bun or protein-style	

Sides

(Order a la Carte @ 3.00/each)

Ask your server about special sides of the day

Salads & Soup

Mixed Green Salad with tomatoes, carrots and house-made Italian, Ranch, Bleu Cheese, ●Creamy Raspberry, ●Non-Fat Honey Mustard, Caesar or ●Thousand Island
Cole Slaw – house-made with creamy dressing
House-Made Pickled Beets
Cup of Soup – soup of the day

Vegetables

Roasted Vegetables (spray of extra virgin olive oil, dash of salt)
 Zucchini, red bell peppers, mushrooms, onions, and seasonal selections

Steamed Fresh Veggies

Broccoli, bell peppers, cauliflower, carrots
Collard Greens with garlic & onions
Spaghetti Squash (Marinara or pesto on request)
Roasted Eggplant & Mozzarella
 With tomato, basil, garlic & balsamic glaze

Fresh Fruits

Mixed Fresh Fruit
 Seasonal fruits with pineapple and melons
Sliced Organic Fuji Apple with peanut butter
Mixed Berry Compote no sugar added
House-Made Applesauce unsweetened slow-cooked apples

Potatoes, Pastas & Grains

Potato Salad – house-made from a family recipe
Pan-fried Potatoes – add sour cream or cheddar for 50 cents
Mashed Potatoes with turkey gravy
Sweet Potatoes steamed or grilled
Sweet Potato Mash made with cream & butter
Whole Wheat Mac n' Cheese with cheddar & parmesan
Whole Wheat Pasta with Marinara or pesto
Steamed Brown Rice soy sauce on request

Beans & Dairy

Vegetarian Chili or **Black Beans** house-made
 ●Baked Beans slow cooked with smoked meats
Non Fat Plain Yogurt
Cottage Cheese

Want to share a meal? We will be happy to split it for you! \$2.00 Charge
 18% Gratuity added to parties of 8 or more.

Not responsible for lost or stolen items. We reserve the right to refuse service to anyone.

Sunrise Salads

Fresh baked bread or other dressings on request

- Cobb Salad** 11.25
Chicken, bleu cheese crumbles, bacon, egg, tomatoes and avocado served with Italian dressing
- Tri-Tip Salad** 11.25
Caramelized onions, bleu cheese, bacon, tomatoes and cucumbers
- Cashew Chicken Salad** 9.95
Hearty scoop of chicken salad with roasted cashews, fuji apples, celery & mayo on a bed of marinated veggies and fresh greens with Italian dressing
- Thai Chicken (or Tofu) Salad** 9.95
Sliced chicken breast, steamed vegetables and ♥ noodles, with cilantro and sesame seeds with sweet or soy dressing
- Garden Salad** 9.95
Pickled beets, grated eggs, carrots, cheddar, artichoke, garbanzo and kidney beans with choice of dressing
- Caesar Salad** 8.95
House-made Caesar dressing, Parmesan cheese and croutons
Add Grilled Chicken, or Bay Shrimp for 2.25

Sandwiches

Choose house-made whole wheat, herb, egg, or marble rye breads, or
La Brea Bakery ciabatta roll (whole wheat or regular)
Served with your choice of one Side
(Additional "Sides" @ \$3/each)

Hot

- Classic Reuben Our Signature Sandwich!** 10.95
Corned beef with Swiss, sauerkraut and Thousand Island dressing grilled lightly on marble rye
- Grilled Tuna Sandwich** 10.50
With grilled cheese, tomato and lettuce on herb bread
- Hot Turkey Sandwich** 11.25
Served open-face, mashed potatoes and gravy, ♥cranberry sauce

On House-Made Roll or Ciabatta

Herb or whole wheat roll, multi-grain or regular ciabatta

- Tri-Tip Sandwich** 12.95
♥BBQ sauce, mayo, lettuce, tomato & red onion on roll
- Smoked Pulled Pork** 11.25
Topped with cole slaw and BBQ sauce
- Bistro French Dip** 11.95
Roast beef or turkey, grilled onions, jack & au jus on ciabatta
- Brisket (Order lean or juicy)** 11.25
Topped with grilled onions and BBQ sauce

Cold

- Bacon, Lettuce, Tomato & Avocado** 10.95
All of the above with mayo on lightly toasted bread
- Fresh Roasted Turkey Breast** 10.75
Roasted turkey with lettuce, tomato and mayo
- Bistro Club** 11.95
Bacon, avocado, roasted turkey, lettuce, tomato and mayo
- California Chicken Salad Sandwich** 10.95
Mixed with apples, celery, cashews and mayo; lettuce, tomato
- Carol's Tuna Sandwich** 10.50
Mixed with celery, dill and mayo; lettuce and tomato
- ½ Sandwich** Any cold sandwich 8.95
Without Side 6.95

Sunrise Salads

Fresh baked rolls or other dressings on request

- Cobb Salad** 12.95
Chicken, bleu cheese crumbles, bacon, egg, tomatoes and avocado served with Italian dressing
- Tri-Tip Salad** 12.95
Caramelized onions, bleu cheese, bacon, tomatoes and cucumbers
- Salad Nicoise (Tuna or Bay Shrimp)** 11.95
Steamed veggies, red potatoes, egg, tomatoes, red onion, olives, Italian dressing Substitute Chicken Breast add 1.00
Substitute Poached Salmon add 4.50
- Cashew Chicken Salad** 9.95
Hearty scoop of chicken salad with roasted cashews, Fuji apples, celery & mayo on a bed of marinated veggies and fresh greens with Italian dressing
- Thai Chicken (or Tofu) Salad** 9.95
Sliced chicken breast, steamed vegetables and noodles in a ♥sweet soy dressing, with cilantro and sesame seeds
- Garden Salad** 9.95
Pickled beets, grated eggs, carrots, cheddar, artichoke, garbanzo and kidney beans with choice of dressing
- Caesar Salad** 7.95
House-made Caesar dressing, Romano cheese and croutons
Add Bay Shrimp for 3.95, Grilled Chicken for 4.95, or Poached Salmon for 8.50

Reserve Our Banquet Room for Your Next Meeting or Social Gathering!

You may have private use of our banquet room which seats up to 35 guests for breakfast, lunch or dinner or a between-meal reception with refreshments.
Pre-Set Menus or Buffet-Style

Need a Place to Hold a Special Event?

The whole restaurant can be yours on Sunday nights for a gathering of up to 100 guests when the Bistro is closed to the public.

Ask the Manager for details and availability!

We Cater, too!

- Breakfast Meetings
- Box Lunches
- Casserole Specials for 10 or More
- Buffets for 15 or More
- A la Carte Trays & Salads
- Hors d'oeuvres
- Full-Service Receptions and Dinner Parties
- Brunches
- Weddings
- Memorial Receptions
- B'nai Mitzvahs and Life-Cycle Events
- Holiday Parties

Pick Up, Delivery or with Staffing
On-Site Catering Office – 9:00 am to 5:30 Mon-Fri
or Ask Your Server for Sample Menus

Sunrise Breakfast Menu

Served Monday through Saturday til 11:00 am (Some selections available all day!)

We have been in business since 1981 and are committed to scratch cooking, from "Applesauce to Zucchini Bread." We are a community leader in sustainable practices. All of our poultry, meats and dairy are antibiotic- and hormone-free and are grass or vegetarian-fed. We use cage-free eggs. Our produce is sustainably grown and locally sourced when available.

"Welcome to my place, where I feed you the way I feed my grandchildren – as if your health depended on it!" -- Cindy Gershen, Chef/Owner

●Indicates sugar in the first 3 ingredients

<u>Power Breakfasts</u>	<u>Eggs-cetera</u>
<i>Complete meals, high in fiber and without added sugar</i>	<i>Includes Choice of 2 Sides (See Next Section Below)</i>
Power Burst Breakfast 8.95 <i>Six egg whites scrambled, cup of fruit, sliced tomato & toast</i>	Two Eggs, Any Style 8.95
Three Cup Breakfast 7.95 <i>Cup of each: oatmeal, fresh fruit and non-fat plain yogurt (or 2 eggs)</i>	Ben's Omelet 10.95 <i>Green chilies, jack cheese, sour cream & tomatoes</i>
Lance's Ultimate Oatmeal 7.25 <i>Topped with dried fruit medley, berry compote or applesauce & almond slivers</i>	Nana's Omelet 10.95 <i>Zucchini, broccoli, mushrooms, & jack cheese</i>
Whole Grain Yogurt Pancakes (2) 8.25 <i>No fat, no sugar, made with whole grains and fresh apples</i>	Alex's Omelet 10.95 <i>Ham, jack cheese, guacamole & salsa</i>
<i>Served with a side of warm berry compote</i> Single 4.50	Joe's Scramble 10.95 <i>Italian sausage, spinach, mushrooms, onions & Romano</i>
<u>Breakfast Entrees</u>	Gabe's Salsa Eggs 10.95 <i>Sautéed fresh tomatoes, onions, peppers and mushrooms with two poached eggs & Jack cheese</i>
<i>You may also request egg whites</i>	Lox and Eggs Scramble 10.95 <i>Sautéed red onions, bell pepper, tomatoes and lox scrambled</i>
Corned Beef Hash 10.95 <i>A sauté of corned beef and breakfast potatoes topped with two poached eggs, served with toast – try it with sweet potatoes!</i>	Rosie's Scramble 10.95 <i>Tofu, garlic, spinach, mushrooms, zucchini, tomato & broccoli</i>
Richard's Special 10.95 <i>Two eggs (any style), two pancakes and your choice of pork sausage, bacon or Canadian bacon</i>	Veggie & Eggs Scramble 10.95 <i>Eggs, garlic, spinach, mushrooms, zucchini, tomato & broccoli</i>
Sub. Yogurt Pancake or ● French Toast add 1.00	Plain or Build Your Own Omelet 8.25 <i>We start you off with three eggs...add any combination of the following items at the indicated price per item:</i>
Potato Pancakes (Latkes) 8.95 <i>Served with sour cream and house-made applesauce</i>	Meat, Poultry, Fish & Avocado 1.00 each <i>Ham, bacon, sausage, turkey, corned beef, chopped lox, pulled pork, fresh avocado slices, bay shrimp</i>
Carnitas & Eggs 10.95 <i>Sauté of pulled pork with jalapeños and eggs over corn tortillas and black beans, with side of tomatillo salsa, sour cream and avocado</i>	Cheeses 75 cents each <i>Jack, cheddar, cream cheese, bleu cheese, Swiss, feta</i>
South of the Border 10.95 <i>Chicken breast, black beans, two eggs (any style) on corn tortillas with jack and cheddar, guacamole, cilantro and salsa</i>	Veggies and More 50 cents each <i>Mushrooms, spinach, zucchini, bell pepper, broccoli, tomatoes, green chilies, green onions, house salsa, sour cream, pesto, grated Romano, jalapeños, tomatillo salsa, yogurt, guacamole</i>
Breakfast Burrito or Burrito Bowl 8.95 <i>Bacon (or sausage/ham), breakfast potatoes, cheese and eggs in a flour (or whole grain) tortilla. Salsa on the side</i>	<u>Breakfast Sides</u>
Sunrise Potatoes 7.95 <i>Potatoes sautéed with mushrooms, zucchini, spinach, broccoli, tomatoes, garlic and Parmesan. Sunrise Veggies only 8.95</i>	<i>(Order a la Carte @ 3.00/each)</i>
Lox, Bagel & Cream Cheese Platter 10.95 <i>Toasted plain bagel, slices of lox, whipped cream cheese, capers, tomatoes, red onions, pickles, Calamata olives and fresh fruit</i>	<u>Fresh Fruits & Vegetables</u>
Fresh Baked Quiche 9.95 <i>Choose from: Broccoli & Cheddar or Spinach & Bacon (Egg whites not available) Includes cup of fruit</i>	<i>Mixed Fresh Fruit</i>
Sunrise "Ambrosia" 8.95 <i>Bowl of fresh fruit topped with non-fat plain yogurt. Served with Sunrise granola or whole grain power scone</i>	<i>House-Made Applesauce unsweetened slow-cooked apples</i>
<u>When You Want Dessert For Breakfast...</u>	<i>Sliced Tomatoes</i>
● Cheese Blintzes (Our Own Recipe) 9.95 <i>Three fresh crepes filled with farmer's cheese, sugar and eggs. Served with warm berry compote and sour cream</i>	<i>Sliced Organic Fuji Apple and Peanut Butter</i>
● French Toast 8.95 <i>Fresh eggs, milk, sugar, cinnamon & vanilla, dusted with powdered sugar. Served with ●pancake syrup</i>	<u>Meats</u>
Bistro Pancakes (3) 8.25 <i>Served with ●pancake syrup</i>	<i>3 Bacon, 2 Canadian Bacon or 2 Sausage</i>
Short Stack (2) 6.50	<u>Dairy</u>
100% Pure ●Maple Syrup (2 oz.) (Upgrade) 1.00	<i>Cup of Non-Fat Cottage Cheese or Yogurt</i>
	<u>Potatoes & Grains</u>
	<i>Breakfast Potatoes</i>
	<i>Sweet Potatoes (Grilled or Steamed)</i>
	<i>Brown Rice Black Beans</i>
	<i>½ Cup Sunrise Granola with Milk</i>
	<i>Cup of Plain Oatmeal</i>
	<u>Breads & Pastries</u>
	<i>Toast – Herb, Whole Wheat, Marble Rye or Egg</i>
	<i>English Muffin</i>
	<i>●Freshly Baked Muffins</i>
	<i>Bagels (Plain or Whole Wheat)</i>
	<i>Tortillas (Flour, Corn or Whole Grain)</i>
	<i>Bistro Pancake</i>
	<i>Whole Grain Yogurt Pancake (@ 4.50)</i>

Sunrise Bistro Lunch Menu

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<u>Entrées</u>	<u>Sides</u> (Order a la Carte @ 3.00/each)
<p>Accompanied with house-made Mexican salsa, ●BBQ sauce Italian tomato-basil salsa, or non-fat yogurt dill sauce</p> <p>Choose the number of sides you want: 2 3 4</p> <p>Fresh Roasted Turkey Breast 11.50 13.95 16.50 ●Cranberry sauce</p> <p>Charbroiled Chicken Breast 11.50 13.95 16.50</p> <p>Charbroiled Ground Beef Patty 11.50 13.95 16.50</p> <p>Grilled Ground Turkey Patty 11.50 13.95 16.50 Made with chopped bell pepper & onion</p> <p>Extra Firm Low-Fat Grilled Tofu 11.50 13.95 16.50</p> <p>Charbroiled Tri-Tip of Beef 12.50 14.95 17.50</p> <p>Poached or Charbroiled Salmon 14.50 16.95 19.50</p> <p style="text-align: center;"><u>Smoked In-House</u></p> <p>Unsweetened dry rubbed, served with ●BBQ Sauce on the side</p> <p>Smoked Brisket (lean or juicy) 11.50 13.95 16.50</p> <p>Smoked Pulled Pork 11.50 13.95 16.50</p>	<p style="text-align: center;"><u>Salads & Soup</u></p> <p>Mixed Green Salad, tomatoes, carrots with house-made Italian, Ranch, Bleu Cheese, ●Creamy Raspberry, ●Non-Fat Honey Mustard, Caesar or Thousand Island</p> <p>Cole Slaw – house-made with creamy dressing</p> <p>House-Made Pickled Beets</p> <p>Cup of Soup – soup of the day</p> <p style="text-align: center;"><u>Fresh Fruits & Vegetables</u></p> <p>Roasted Vegetables (spray of extra virgin olive oil, dash of salt)</p> <p>Steamed Fresh Veggies Broccoli, bell peppers, cauliflower, carrots</p> <p>Mixed Fresh Fruit Seasonal fruits, pineapple and melons</p> <p>Sliced Organic Fuji Apple with Peanut Butter</p> <p>Warm Mixed Berry Compote no sugar added</p> <p>House-Made Applesauce unsweetened slow-cooked apples</p> <p style="text-align: center;"><u>Potatoes, Pastas & Grains</u></p> <p>Potato Salad – house-made from a family recipe</p> <p>Pan-fried Potatoes</p> <p>Sweet Potatoes steamed or grilled</p> <p>Steamed Brown Rice</p> <p style="text-align: center;"><u>Beans & Dairy</u></p> <p>Vegetarian Chili or Black Beans house-made</p> <p>Non Fat Plain Yogurt or Cottage Cheese</p>
<p style="text-align: center;"><u>Bistro Fiesta</u></p> <p>Served with salsa on the side. Add avocado slices @ 1.00 or guacamole @ .50 Choose seasoned chicken breast or pulled pork.</p> <p>Quesadilla & burritos available with whole grain or flour tortilla</p> <p>Soft Tacos 12.95 Choice of meat, onions, bell peppers, lettuce and cheese in two corn tortillas, served with black beans and green salad. Two Tacos with Salsa only 8.95</p> <p>Quesadilla 11.25 Two tortillas, choice of meat, bell peppers, onions & cheese</p> <p>Burrito or Burrito Bowl 10.95 Choice of meat, black beans, brown rice and cheese</p> <p>Vegetarian Burrito or Burrito Bowl 8.95 Spinach, broccoli, zucchini, black beans, brown rice & cheese (Vegan: Tofu replaces cheese)</p> <p>Breakfast Burrito or Burrito Bowl 8.95 Bacon (or sausage/ham), breakfast potatoes, cheese and eggs</p> <p>Vegetarian Chili over Corn Cakes 9.95 Topped with grated cheddar and cilantro garnish</p> <p style="text-align: right;">Over Brown Rice 8.95</p> <p style="text-align: right;">Add 8 oz Ground Beef or Turkey Patty 5.75</p>	<p style="text-align: center;"><u>Entrée Salads</u></p> <p style="text-align: center;">Fresh Baked Rolls on Request</p> <p>Cobb Salad 11.95 Chicken, bleu cheese crumbles, bacon, egg, tomato and avocado served with bleu cheese dressing</p> <p>Salad Nicoise (Tuna or Bay Shrimp) 11.95 Steamed veggies, red potatoes, egg, tomatoes, red onion, olives, Italian dressing</p> <p>Tri-Tip Salad 11.95 Caramelized onions, bleu cheese, bacon, tomatoes and cucumbers</p> <p>Cashew Chicken Salad 9.95 Apples, celery & mayo on a bed of steamed veggies and fresh greens with Italian dressing</p> <p>Chicken and Roasted Veggie Salad 9.95 Fresh greens on a sprouted wheat tortilla served with salsa</p> <p>Thai Chicken (or Tofu) Salad 9.95 Sliced chicken breast, steamed vegetables and noodles in a ●sweet soy dressing, topped with cilantro and sesame seeds on a bed of fresh greens</p>
<p style="text-align: center;"><u>Charbroiled Gourmet Bistro Burgers</u></p> <p>Half-pound fresh ground beef or turkey patty, or chicken breast, with lettuce & tomato on a house-made bun or ciabatta roll, dill pickle spear and pan-fried potatoes or side of your choice</p> <p>Cheeseburger 10.95 Mushrooms, peppers, onions & cheddar</p> <p>Fiesta 10.95 Guacamole, green chilies and jack</p> <p>Patty Melt 10.95 Grilled onions & Swiss on sliced rye</p> <p>Hickory 10.95 Bacon, grilled onions, cheddar & ●BBQ sauce</p> <p>The Bleu 10.95 Bacon and bleu cheese crumbles</p> <p>The Naked Burger 9.95 With bun or protein-style</p>	<p style="text-align: center;"><u>Lighter House Specialty Salads</u></p> <p style="text-align: center;">Add Bay Shrimp for 3.95, Grilled Chicken for 4.95 or Poached Salmon for 8.50</p> <p>Garden Salad 8.95 Beets, eggs, carrots, cheddar, artichoke, garbanzo and kidney beans with choice of dressing</p> <p>Caesar Salad 6.95 House-made Caesar dressing, Romano cheese and croutons</p> <p>Bowl of Homemade Soup and Salad 7.95 Bowl of Soup Only 6.00</p> <p>Sunrise "Ambrosia" 8.95 Bowl of fresh fruit topped with non-fat plain yogurt. Served with Sunrise granola or whole grain power scone</p>

Sandwiches

Choose house-made whole wheat, herb, egg, or marble rye breads, or **La Brea Bakery ciabatta roll (plain or multi-grain); served with Potato Salad or you can choose one "Side" from opposite page (additional "Sides" @ \$3/each)**

Cold Sandwiches

Jo's Delight	10.95
Fresh roasted turkey, cream cheese, walnuts, lettuce & tomato with your choice of ●cranberry or avocado	
Bacon, Lettuce, Tomato & Avocado	9.95
All of the above with mayo on lightly toasted bread	
Nature's Way (Vegetarian)	9.95
Cream cheese, jack, cheddar, tomatoes, cucumbers, carrots, mushrooms, avocado and lettuce	
Fresh Roasted Turkey Breast	9.95
Roasted turkey with lettuce, tomato and mayo	
The Creekside	10.95
Roasted turkey, ham, avocado, lettuce, tomato and mayo	
Bistro Club	10.95
Bacon, roasted turkey, avocado, lettuce, tomato and mayo	
California Chicken Salad Sandwich	9.95
Mixed with apples, celery, cashews and mayo; lettuce, tomato	
Carol's Tuna Sandwich	9.95
Mixed with celery, dill and mayo; lettuce and tomato	
Lox, Bagel & Cream Cheese Platter	10.95
Toasted plain bagel, slices of lox, schmear of cream cheese, capers, tomatoes, red onions, pickles, Calamata olives and fruit	
½ Sandwich Any cold sandwich, except Lox & Bagel	7.95
Without Side	5.95

Hot Sandwiches

Classic Reuben Our Signature Sandwich!	10.95
Corned beef with Swiss, sauerkraut and Thousand Island dressing grilled lightly on marble rye	
The Melted Way (Fancy Grilled Cheese)	9.95
Jack, cheddar, avocado, lettuce, tomato and cucumber	
Grilled Tuna Sandwich	10.95
Grilled cheese with tuna salad and tomato	
On House-Made Roll or Ciabatta	
Herb or whole wheat roll, multi-grain or regular ciabatta	
Tri-Tip Sandwich	11.95
●BBQ sauce, mayo, lettuce, tomato & red onion	
Smoked Pulled Pork	10.95
Topped with cole slaw and ●BBQ sauce	
Baked Ham & Cheese	10.95
Grilled ham with Swiss and spicy mustard	
Bistro French Dip	10.95
Roast beef or turkey, grilled onions, jack & au jus on ciabatta	
Brisket (Order lean or juicy)	10.95
Topped with caramelized onions and ●BBQ sauce	

Want to share a meal?
We will be happy to split it for you! \$2.00 Charge
18% Gratuity added to parties of 8 or more.
Not responsible for lost or stolen items.
We reserve the right to refuse service to anyone.

Power Breakfasts (Served Until 3:00)

Complete meals, high in fiber and without added sugar

Power Burst Breakfast	8.95
Six egg whites scrambled, cup of fruit, sliced tomato & toast	
Lance's Ultimate Oatmeal	6.95
Topped with dried fruit medley, berry compote & almond slivers	
Whole Grain Yogurt Pancakes (2)	8.25
No fat, no sugar, made with whole grains and fresh apples	
Served with a side of warm berry compote	Single 4.50

Breakfast Entrées (Served Until 3:00)

You may also request egg whites

Fresh Baked Quiche	9.95
Choose from: Broccoli & Cheddar or Spinach & Bacon	
Served with green salad or side of your choice	
Corned Beef Hash	10.95
A sauté of corned beef and breakfast potatoes topped with two poached eggs, served with toast - try it with sweet potatoes!	
Richard's Special	10.95
Two eggs (any style), two pancakes with your choice of pork sausage, bacon or Canadian bacon	
Sub. Yogurt Pancake or ●French Toast	add 1.00
Potato Pancakes (Latkes)	8.95
Potatoes, onions, spices, eggs and matzo meal	
Served with sour cream and house-made applesauce	
Carnitas & Eggs	10.95
Sauté of pulled pork with jalapeños and eggs over corn tortillas and black beans, with side of tomatillo salsa, sour cream and sliced avocado	
South of the Border	10.95
Chicken breast, black beans, two eggs (any style) on corn tortillas with jack and cheddar cheese, guacamole, cilantro & salsa	

Sunrise Potatoes	7.95
Potatoes sauteed with mushrooms, zucchini, spinach, broccoli, tomatoes, garlic and Parmesan. Sunrise Veggies only 8.95	

Eggs-cetera (Served Until 3:00)

Includes Choice of 2 Sides

Two Eggs, Any Style	8.95
Nana's Omelet	10.95
Zucchini, broccoli, mushrooms, & jack cheese	
Alex's Omelet	10.95
Ham, jack cheese, avocado & salsa	
Joe's Scramble	10.95
Italian sausage, spinach, mushrooms, onions & Romano	
Gabe's Salsa Eggs	10.95
Sautéed fresh tomatoes, onions, peppers and mushrooms with two poached eggs & Jack cheese	

When You Want Dessert For Lunch...

Bistro Pancakes (3)	8.25
Served with ●pancake syrup	
Short Stack (2)	6.50
●Cheese Blintzes (Our Own Recipe)	9.95
Three fresh crepes filled with farmer's cheese, sugar and eggs. Served with warm berry compote and sour cream	
●French Toast	8.95
Fresh eggs, milk, sugar, cinnamon & vanilla, dusted with powdered sugar; Served with a side of warm berry compote and ●pancake syrup	
100% Pure ●Maple Syrup (2 oz.) (Upgrade)	1.00