

BREAKFAST

Breakfast served 7:30am to 10:30am

EGG & CHEESE SANDWICH – on Kaiser roll or bagel
• Add Taylor ham, bacon or sausage for \$1.50 **\$4.00**

SMOKED SALMON BIALY SANDWICH – Cream cheese, capers, tomato & red onion on house made Bialy **\$6.95**

HASHBROWN WRAP – Egg & cheese, sausage, peppers & onion **\$6.50**

JERSEY BREAKFAST SANDWICH – Taylor ham, egg & cheese on Kaiser roll or bagel **\$5.50**

ITALIAN EGG FRITTATA – Slow baked omelet made daily with seasonal ingredients **\$3.95**

HEALTHY POWER WRAP – Egg white, fresh baby spinach, feta, green pepper Cholula sauce **\$5.75**

BREAKFAST QUESADILLA WEDGE – Eggs, scallion, black bean, corn, red pepper, cilantro & cheddar **\$4.50**

HOUSE-CURED CANADIAN BACON SANDWICH – Egg, cheddar and Honey-mustard on house made Bialy **\$5.95**

CINNAMON BRIOCHE FRENCH TOAST – Maple syrup **\$4.50**

BREAKFAST BURRITO – Eggs, cheddar, Pico de gallo, avocado **\$4.50**

ULTIMATE AVOCADO & EGG SANDWICH – Egg white, avocado, red onion, tomato & everything spice on multigrain **\$5.50**

• add bacon, ham or sausage for \$1.50 •

BAKED GOODS

HOUSE BAKED SCONES **\$3.00**

HOUSE BAKED MUFFINS **\$2.75**

TOASTED BAGEL OR BIALY – cream cheese or butter **\$2.50**

BUTTERED ROLL **\$2.00**

OATMEAL, YOGURT & FRUIT

Gf OVERNIGHT OATMEAL PARFAIT – Blended with oats, yogurt, topped with dried fruit, almonds and apples **\$3.95**

FRESH FRUIT & BERRY CUPS **\$3.95**

Gf YOGURT PARFAIT – Low fat vanilla yogurt with seasonal berries and our house-made granola **\$3.50**

VEGAN Gf CHOCOLATE CHIA PUDDING PARFAIT – with granola almond coconut crunch **\$3.50**

LUNCH

Lunch served 11:00am to 2:30pm

SANDWICHES & WRAPS

🍷 BALSAMIC EGGPLANT – Roasted peppers, mozzarella, pesto, and arugula on Baguette	\$7.50	HARTS FAVORITE – Roast turkey, Brie cheese, cranberry mustard and greens on rosemary square	\$7.95
SICILIAN – Ham, provolone, sopressata, romaine, tomato, red onion, oil & vinegar on Baguette	\$8.50	SMOKED TURKEY – Avocado, cheddar cheese, Dijon mayo & greens on rosemary square	\$7.95
HONEY BAKED HAM – Dilled Havarti, cole slaw, honey mustard on rosemary square	\$7.95	CHICKEN MILANESE – Chicken Cutlet with tomato, pesto, fresh Mozzarella, greens, oil & vinegar on Baguette	\$8.50
BAJA CHICKEN – Grilled chicken, avocado, romaine, red onion, tomato, chipotle mayo on Baguette	\$8.50	ROAST BEEF – Cheddar, romaine & Horseradish Mayo on Baguette	\$8.95
🍷 TUSCAN VEGGIE – Roasted vegetables, smoked mozzarella, pesto and arugula on Rosemary square	\$7.50	GRILLED CHICKEN CAESAR WRAP – Romaine, Parmesan and Caesar dressing	\$6.95
🍷 MEDITERRANEAN VEGGIE WRAP – Hummus, roasted vegetables, greens and olive tapenade	\$7.50	TURKEY COBB WRAP – Danish Blue cheese, bacon, avocado, onion, tomato, romaine & balsamic Vinaigrette	\$8.95
YELLOW FIN TUNA SALAD – Greens and tomato on multigrain, rye or Brioche	\$6.50		

SALADS

** Add grilled chicken \$3.00 ** Extra dressing \$.60

VEGAN MIXED FIELD GREENS – Carrots, cucumber, tomato, sesame ginger vinaigrette	\$5.50	🍷 CAESAR SALAD – Romaine, Parmesan, croutons and Caesar dressing	\$5.50
🍷 BABY SPINACH SALAD – Toasted walnuts, Danish blue cheese, apples & shallot vinaigrette	\$6.50	🍷 GREEK SALAD – Feta cheese, tomato, cucumber, olives, pepper, red onion over romaine with red wine vinaigrette	\$6.95

BOWLS

GF NAKED BURRITO BOWL - PULLED PORK – Brown rice, black beans & corn, pico de gallo, avocado, romaine, cheddar cheese and chipotle aioli

\$9.50

V GF GREEN GODDESS BUDDHA BOWL – Sweet Potato, Brussel sprouts, cauliflower, spinach, brown rice, chick peas and avocado. Green Goddess dressing

\$8.50

VEGAN GF KUNG PAO TOFU ZOODLES – Zucchini noodles topped with cucumber, pepper, edamame, red cabbage, carrot, scallion, peanut sauce & soy-ginger sauce,

\$8.25

GF NAKED BURRITO BOWL - CHICKEN – Brown rice, black beans & corn, pico de gallo, avocado, romaine, cheddar cheese and chipotle aioli

\$9.50

V FALAFEL BOWL – House made falafel over spinach, feta cheese, red cabbage, brown rice, cucumber, tomato, harissa & tzatziki sauce

\$9.00

GF KUNG PAO CHICKEN ZOODLES – Zucchini noodles topped with cucumber, pepper, edamame, red cabbage, carrot, scallion, peanut sauce & soy-ginger sauce,

\$9.25

PANINIS, BURGERS & HOT ITEMS

CLASSIC GRILLED CHEESE – American cheese on grilled brioche

\$3.95

ITALIAN GRILLED CHEESE – Provolone, pesto, tomato & arugula

\$5.50

CUBAN PANINI – Ham, roast pork, Swiss & pickles with mustard

\$7.25

BLACK ANGUS BURGER – Lettuce, tomato, onion

\$7.50

V VEGGIE BURGER – Lettuce, tomato, red onion on toasted bun

\$6.50

HONEY MUSTARD CHICKEN TENDERS

\$5.00

BUFFALO CHICKEN WRAP – Lettuce, tomato & blue cheese dressing

\$7.50

FRENCH ONION GRILLED CHEESE – Caramelized onions & swiss on grilled brioche

\$4.95

PHILLY CHEESE STEAK PANINI – Roast beef, cheese and caramelized onions

\$7.95

TURKEY REUBEN PANINI – Sauerkraut, Swiss, mustard and Russian dressing

\$7.50

TURKEY BRIE BURGER – Lettuce, tomato, & chipotle aioli

\$7.50

FRENCH FRIES

\$2.95

SOUP OF THE DAY, CUP

\$3.95

DESSERTS

CHOCOLATE CHIP COOKIES

\$1.50

BLONDIES & BROWNIES

\$2.75