

BREAKFAST

BREAKFAST SERVED 7:30AM TO 10:30AM

EGG & CHEESE SANDWICH	\$4.00
Kaiser roll, wrap or bagel * Taylor ham, bacon or sausage \$2	
BREAKFAST QUESADILLA WEDGE	\$4.95
Eggs, scallion, black bean, corn, red pepper, cilantro & cheddar	
HASHBROWN WRAP	\$6.99
Eggs & cheese with peppers and onion * Taylor ham, bacon or sausage \$2	
CINNAMON BRIOCHE FRENCH TOAST	\$4.95
Maple syrup	
JERSEY BREAKFAST SANDWICH	\$5.50
Taylor ham, egg & cheese on Kaiser roll or bagel	
BREAKFAST BURRITO	\$5.25
Eggs, cheddar, Pico de gallo, avocado	
HEALTHY POWER WRAP	\$5.75
Egg white, fresh baby spinach, feta, green pepper Cholula sauce	
ULTIMATE AVOCADO & EGG SANDWICH	\$5.95
Egg white, avocado, red onion, tomato & everything spice on multigrain	

BAKED GOODS

COFFEE CRUMB CAKE	\$3.25
HOUSE BAKED SCONES	\$3.50
TOASTED BAGEL	\$2.85
cream cheese or butter	
HOUSE BAKED MUFFINS	\$3.25
BUTTERED ROLL	\$2.00

OATMEAL, YOGURT & FRUIT

Gf OVERNIGHT OATMEAL PARFAIT	\$3.95
Blended with oats, yogurt, topped with dried fruit, almonds and apples	
Gf YOGURT PARFAIT	\$3.95
Low fat vanilla yogurt with seasonal berries and our house-made granola * Contains coconut	
VEGAN Gf FRESH FRUIT & BERRY CUPS	\$3.50
VEGAN Gf CHOCOLATE CHIA PARFAIT	\$3.95
Granola almond coconut crunch	

SANDWICHES & WRAPS

LUNCH SERVED 11:00AM TO 2:00PM
\$1.99 COMBO - FRIES & PICKLE

SICILIAN	\$9.95
Ham, provolone, sopressata, romaine, tomato, red onion, oil & vinegar on baguette	
HARTS FAVORITE	\$9.95
Roast turkey, Brie cheese, cranberry mustard and greens on rosemary square	
BAJA CHICKEN	\$9.95
Grilled chicken, avocado, romaine, red onion, tomato, chipotle mayo on baguette	
V BALSAMIC EGGPLANT	\$8.95
Roasted peppers, mozzarella, pesto, and arugula on baguette	
V TUSCAN VEGGIE	\$8.95
Roasted vegetables, mozzarella, pesto and greens on Rosemary square	
SMOKED TURKEY	\$9.95
Avocado, cheddar cheese, Dijon mayo & greens on Rosemary square	
JERSEY JOE	\$8.95 - \$10.95
Turkey, ham or roast beef with swiss, Cole slaw & Russian dressing on rosemary square	
YELLOW FIN TUNA SALAD	\$7.95
Greens and tomato on multigrain, rye or brioche	
TURKEY COBB WRAP	\$9.95
Danish Blue cheese, bacon, avocado, onion, tomato, romaine & balsamic vinaigrette	
GRILLED CHICKEN CAESAR WRAP	\$8.50
Romaine, parmesan and Caesar dressing	
ROAST BEEF	\$10.95
Cheddar, romaine & horseradish mayo on baguette	

SALADS

**** ADD GRILLED CHICKEN \$4.00 ** EXTRA DRESSING \$.60**

V Gf GREEN GODDESS BUDDHA BOWL	\$8.95
Butternut squash, Brussel sprouts, cauliflower, sundried tomato, spinach, brown rice, chickpeas, green goddess dressing	
V FALAFEL BOWL	\$9.50
House made falafel over spinach, feta cheese, red cabbage, brown rice, cucumber, tomato, harissa & tzatziki sauce	
VEGAN Gf MIXED FIELD GREENS	\$6.50
Carrots, cucumber, tomato, sesame ginger vinaigrette	
V Gf CAESAR SALAD	\$6.50
Romaine, Parmesan, croutons and Caesar dressing	
V BABY SPINACH SALAD	\$7.50
Toasted walnuts, Danish blue cheese, apples, cranberry, crispy shallot & sherry vinaigrette	
V Gf GREEK SALAD	\$7.95
Feta cheese, tomato, cucumber, olives, pepper, red onion over romaine with red wine vinaigrette	

PANINIS, BURGERS & HOT ITEMS

\$1.99 COMBO - FRIES & PICKLE

Gf NAKED BURRITO BOWL	\$10.95
(Chicken or pulled pork) Brown rice, black beans & corn, pico de gallo, avocado, romaine, cheddar cheese and chipotle aioli	
CLASSIC GRILLED CHEESE	\$4.50
American cheese on grilled brioche	
FRENCH ONION GRILLED CHEESE	\$5.25
Caramelized onions & swiss on grilled brioche	
ITALIAN GRILLED CHEESE	\$5.95
Provolone, pesto, tomato & arugula	
PHILLY CHEESE STEAK	\$10.95
Roast beef, cheese and caramelized onions	
CHICKEN MILANESE	\$9.95
Chicken Cutlet with tomato, pesto, fresh Mozzarella, greens, oil & vinegar on baguette	
TURKEY REUBEN PANINI	\$9.95
Sauerkraut, Swiss, mustard and Russian dressing	
CUBAN PANINI	\$9.95
Ham, pulled pork, Swiss & pickles with mustard	
TURKEY BRIE BURGER	\$8.95
Lettuce, tomato, & chipotle aioli on toasted brioche bun	
BLACK ANGUS BURGER	\$8.95
Lettuce, tomato, onion on toasted brioche bun	
BUFFALO CHICKEN WRAP	\$9.50
Lettuce, tomato with ranch or blue cheese dressing	
V VEGGIE BURGER	\$7.95
Lettuce, tomato, red onion on toasted brioche bun	
HONEY MUSTARD CHICKEN TENDERS	\$6.95
SOUP OF THE DAY, 12 OZ	\$3.95
ONION RINGS	\$2.89
FRENCH FRIES	\$3.50

BEVERAGES & SNACKS

CHOCOLATE CHIP COOKIES, BROWNIES, BLONDIES, RUFFLES, JOE'S CHIPS

COKE & PEPSI, GINGER ALE, SPRITE, SNAPPLE, JOES TEA'S, CELCIUS VITAMIN WATER, TROPICANA JUICES, SPARKLING POLAND SPRING, PELLEGRINO, MONSTER, RED BULL

THE FRUITED PLAIN ATRIUM CAFÉ

BREAKFAST, LUNCH & CATERING
HOURS: 7:30 AM TO 2:30 PM



9 ENTIN ROAD PARSIPPANY

973-585-4002

WWW.THEFRUITEDPLAIN.COM

★ **SCAN FOR WEEKLY SPECIALS**

