

## BREAKFAST

**BREAKFAST SERVED 7:30AM TO 10:30AM**

<b>NAKED BREAKFAST BURRITO BOWL</b> .....	\$8.95
Two scrambled eggs, hash browns with caramelized onion, avocado, cheddar & Pico * Add-ins: Sausage, bacon, spinach, jalapeño	
<b>CINNAMON BRIOCHE FRENCH TOAST</b> .....	\$5.95
Maple syrup	
<b>CHEESE OMELET</b> .....	\$6.00
Choice of cheddar, American or Swiss (egg whites \$1)	
<b>EGG &amp; CHEESE SANDWICH</b> .....	\$4.50
Kaiser roll or wrap	
<b>BREAKFAST QUESADILLA</b> .....	\$5.95
Scrambled eggs, peppers, onions & cheddar cheese	
<b>HASHBROWN WRAP</b> .....	\$6.95
Scrambles eggs, peppers & onion with American cheese * Taylor ham, bacon or sausage \$2	
<b>JERSEY BREAKFAST SANDWICH</b> .....	\$6.50
Taylor ham, egg & cheese on Kaiser roll	
<b>BREAKFAST BURRITO</b> .....	\$5.95
Eggs, cheddar, Pico de gallo, avocado	
<b>HEALTHY POWER WRAP</b> .....	\$5.95
Egg white, baby spinach, tomato & feta cheese	
<b>ULTIMATE AVOCADO &amp; EGG SANDWICH</b> .....	\$6.95
Egg white, avocado, red onion, tomato & everything spice on multigrain	
<b>TOASTED BROOKLYN BAGEL</b> .....	\$3.25
cream cheese or butter	
<b>SIDE OF BACON</b> .....	\$3.00
<b>HASH BROWN</b> .....	\$1.95

## BAKED GOODS

<b>HOUSE-MADE BARS, BLONDIES &amp; BROWNIES</b> .....	\$3.50
<b>BUTTERCRUNCH CHOCOLATE CHIP COOKIES</b> .....	\$2.95
<b>COFFEE CRUMB CAKE</b> .....	\$3.59
<b>HOUSE BAKED MUFFINS</b> .....	\$3.50

## PARFAITS, FRUIT & DESSERTS

<b>RICE PUDDING</b> .....	\$4.15
<b>WHOLE FRUIT</b> .....	\$1.50
<b>VEGAN Gf FRESH FRUIT &amp; BERRY CUPS</b> .....	\$3.95
<b>Gf OVERNIGHT OATMEAL PARFAIT</b> .....	\$4.25
Blended with oats, yogurt, topped with dried fruit, almonds and apples	
<b>Gf YOGURT PARFAIT</b> .....	\$4.25
Low fat vanilla yogurt with seasonal berries and our house-made granola * Contains coconut	

## SANDWICHES & WRAPS

**LUNCH SERVED 11:00AM TO 2:00PM  
\$2.25 COMBO - FRIES & PICKLE**

<b>SICILIAN</b> .....	\$9.95
Ham, provolone, salami, romaine, tomato, red onion, oil & vinegar on baguette	
<b>HARTS FAVORITE</b> .....	\$10.95
Roast turkey, Brie cheese, cranberry mustard and Mesclun on rosemary square	
<b>BAJA CHICKEN</b> .....	\$9.95
Grilled chicken, avocado, romaine, red onion, tomato, chipotle mayo on baguette	
<b>V VEGGIE CAPRESE</b> .....	\$8.95
Plum tomato, fresh mozzarella, basil pesto & Arugula with balsamic on rosemary Square	
<b>V BALSAMIC EGGPLANT</b> .....	\$9.95
Roasted peppers, fresh mozzarella, pesto, and arugula on baguette	
<b>V CALIFORNIA A.L.T. WRAP</b> .....	\$7.95
Avocado, Lettuce & Tomato, shredded cheddar, chipotle aioli	
<b>TURKEY &amp; AVOCADO</b> .....	\$9.95
Avocado, cheddar cheese, Dijon mayo & Mesclun on Rosemary square	
<b>JERSEY JOE</b> .....	\$9.95 - \$10.95
Turkey, ham or roast beef with swiss, Cole slaw & Russian dressing on rosemary square	
<b>YELLOW FIN TUNA SALAD</b> .....	\$7.95
Romaine and tomato on a wrap, multigrain, rye or brioche	
<b>TURKEY COBB WRAP</b> .....	\$10.95
Bacon, avocado, onion, tomato, romaine, blue cheese & balsamic vinaigrette	
<b>CHICKEN CAESAR WRAP</b> .....	\$8.50
Romaine, parmesan and Caesar dressing	
<b>ROAST BEEF</b> .....	\$10.95
Cheddar, romaine & horseradish mayo on baguette	

## SALADS

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

<b>VEGAN Gf MIXED FIELD GREENS</b> .....	\$6.95
Carrots, cucumber, tomato, choice of dressing	
<b>SPINACH SALAD</b> .....	\$8.95
Baby spinach with bacon, tomatoes, mushroom, red onion & hard-boiled eggs * Blue cheese dressing	
<b>V FALAFEL BOWL</b> .....	\$10.95
House made falafel over spinach, feta cheese, red cabbage, brown rice, cucumber, tomato, harissa & tzatziki sauce	
<b>V CAESAR SALAD</b> .....	\$7.95
Romaine, Parmesan, croutons and Caesar dressing	
<b>V Gf GREEK SALAD</b> .....	\$8.95
Feta cheese, tomato, cucumber, olives, pepper, red onion over romaine with red wine vinaigrette	

"Allergy statement: Menu items may contain or come in contact with wheat, eggs, peanuts, tree nuts, coconut, seafood and milk for more information please contact us."

## PANINIS, BURGERS & HOT ITEMS

### \$2.25 COMBO - FRIES & PICKLE

<b>Gf V NAKED BURRITO BOWL</b> .....	\$8.95-10.95
(Chicken, pulled pork or veggie) Brown rice, black beans & corn, pico de gallo, avocado, romaine, cheddar cheese and chipotle aioli	
<b>V VEGGIE QUESADILLA</b> .....	\$6.95
Black beans, corn & red pepper, cheddar cheese. Side of sour cream	
<b>CHICKWICH</b> .....	\$8.95
Chicken cutlet, romaine, tomato, onion & pickles on brioche bun. * Choice of honey mustard, ranch, chipotle or BBQ	
<b>CLASSIC GRILLED CHEESE</b> .....	\$4.95
American cheese on grilled brioche	
<b>FRENCH ONION GRILLED CHEESE</b> .....	\$5.95
Caramelized onions & swiss on grilled brioche	
<b>ITALIAN GRILLED CHEESE</b> .....	\$6.95
Provolone, pesto, tomato & arugula	
<b>CHICKEN CHEESE STEAK</b> .....	\$10.95
Pulled chicken with sautéed onions & American cheese	
<b>PHILLY CHEESE STEAK</b> .....	\$10.95
Roast beef with sautéed onions & American cheese	
<b>CHICKEN MILANESE</b> .....	\$10.95
Chicken Cutlet with tomato, pesto, fresh Mozzarella, Arugula, oil & vinegar on baguette	
<b>TURKEY REUBEN PANINI</b> .....	\$10.95
Sauerkraut, Swiss, mustard and Russian dressing	
<b>KC BBQ PORK PO'BOY</b> .....	\$10.95
Pulled pork, house made sauce with cheddar & Slaw	
<b>CUBAN PANINI</b> .....	\$10.95
Ham, pulled pork, Swiss & pickles with mustard	
<b>TURKEY CHEDDAR BURGER</b> .....	\$8.95
Romaine, tomato & red onion on brioche bun	
<b>BLACK ANGUS BURGER</b> .....	\$8.95
Romaine, tomato & red onion on toasted brioche bun	
<b>BUFFALO CHICKEN WRAP</b> .....	\$9.95
Lettuce, tomato with ranch or blue cheese dressing	
<b>V VEGGIE BURGER</b> .....	\$7.95
Romaine, tomato & red onion on brioche bun	
<b>HONEY MUSTARD CHICKEN TENDERS</b> .....	\$6.95
<b>SOUP OF THE DAY, 12 OZ</b> .....	\$4.25
<b>ONION RINGS</b> .....	\$2.89
<b>FRENCH FRIES</b> .....	\$3.50

## BEVERAGES & SNACKS

**RUFFLES, JOE'S CHIPS, PRETZELS, RANCH CHEX, CHOCOLATE ALMOND, CHOCOLATE RASINS, CANDY BARS, GUM, TIC-TAC'S, JELLYBEANS**

**COKE & PEPSI, GINGER ALE, SPRITE, SNAPPLE, JOES TEA'S, CELSIUS, COLD BREW, 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**

