

Beverages

Fresh Squeezed Orange Juice	small \$ 3.50...large \$ 4.75
Juices Cranberry, Apple,.....	small \$ 2.25...large \$ 3.25
Premium Orange, Tomato, Pineapple, Grapefruit	
Whole Milk	small \$ 2.25...large \$ 3.25
Chocolate or Strawberry Milk	small \$ 2.50...large \$ 3.50
Hot Chocolate with whipped cream.....	\$ 2.50
Shirley Temple Sprite with a splash of grenadine & cherries.....	\$ 2.50
Connecticut's Best Coffee (complimentary refills)	\$ 1.95
Organic Peruvian French Press Coffee	\$ 3.50
Flavored Coffee	\$ 2.50
Hot Tea	(Lipton) \$ 1.75...(Bigelow) \$ 2.50
House-Brewed Iced Tea	\$ 2.25
Fountain Drinks (1 refill)	\$ 2.00
Coke, Diet Coke, Sprite, Ginger Ale, Orange or Lemonade	

Vegan

Served all day

BREAKFAST BURRITO	\$ 12.95
Blackened tofu scramble with vegan bacon, beefsteak tomatoes & avocado, topped with melted dairy-free cheese & pico de gallo	
BREAKFAST QUESADILLA Scrambled tofu, vegan bacon ...	\$ 12.95
kidney beans, fresh scallion & tomato with melted, dairy-free cheese. Served with house made guacamole & pico	
HASH & TOFU (GF) Potato Hash with peppers,	\$ 13.50
spinach, onions & tomato, topped with maple-baked tofu, home fries & David's Killer Vegan Toast	
ORGANIC STEEL CUT OATS w/ granola & sliced strawberries.....	\$ 7.95
EGGLESS EGG SALAD Tofu based w/ red onion.....	\$ 12.95
vegenaise over baby greens, tomato, cucumbers & shaved carrot	

+++ Wraps below served with Fresh Fruit or Quinoa Salad+++

VEGGIE BURGER WRAP	\$ 12.50
House-made stuffed with fresh vegetables and black beans	
MEDITERRANEAN TOFU WRAP	\$ 11.95
organic local tofu, sundried tomato horseradish tamperade, cashew mayo, avocado, roasted peppers, baby arugula	
CHICKPEA OF THE SEA "TUNO" WRAP	\$ 9.95
mashed chickpea, celery, pickle, vegan mayo, lettuce, tomato, red onion	

Sandwiches

All served with choice of balsamic side salad or house fries
Substitute sweet fries or fruit for \$1 Gluten-free Bread + \$2

TUNA SALAD OR EGG SALAD	\$ 7.95
with lettuce & tomato on toast	
THE CLUB Bacon, lettuce, tomato. Add one: roast turkey,	\$ 10.95
sliced ham, roast beef, hamburger, grilled chicken, tuna or egg salad	
SHORT RIB GRILLED CHEESE	\$ 11.95
BBQ sauce, caramelized onions, melted cheddar on deli white bread	
*PRIME TIME BURGER House-ground.....	\$ 10.95
prime rib & ground beef burger w/ sautéed onions & truffle mayo	
ROASTED TURKEY & AVOCADO on choice of bread	\$ 9.95
lettuce, tomato & bacon with low-fat cranberry mayo	
WOOD GRILLED CHICKEN BREAST	\$ 9.95
Sun-dried tomatoes, goat cheese spread, basil & mozz on brioche bun	
PASTRAMI ON GRILLED RYE	\$ 9.95
Sautéed onions, Swiss cheese and Russian dressing	
THE VERMONT	\$ 10.95
Sliced turkey, thick-cut ham & melted cheddar on battered french toast	
LOBSTER GRILLED CHEESE Deep-water	\$ 15.95
lobster on thin-cut white bread, melted cheddar & Swiss cheese	

Wraps

Your choice of flour or wheat

All served with choice of balsamic side salad or house fries
Substitute sweet fries or fruit for \$1 Gluten-free wrap + \$2

BBQ SHRIMP BLT	\$ 10.95
Vine ripened tomatoes, crispy bacon & pesto mayo	
BLACKENED CHICKEN WRAP	\$ 9.95
Shredded lettuce, tomato, guacamole & melted jack cheese	
BUFFALO CHICKEN WRAP Crispy chicken tossed in	\$ 9.95
buffalo sauce with chopped romaine and bleu cheese dressing	

Soups

Seasonally inspired & prepared daily \$ 4.95

Sides

QUINOA SALAD	\$ 4.95	HOUSE FRIES	\$ 2.95
FRESH FRUIT (small) ...	\$ 3.95	SWEET FRIES	\$ 3.95
TATER TOTS	\$ 3.95		

Breakfast

All include beverage

\$ 6.95

***TWO EGGS - ANY STYLE**
home fries, toast & bacon or sausage
MICKY MOUSE PANCAKES
w/ bacon or sausage

LOW FAT VANILLA YOGURT
w/ berries
FRENCH TOAST
w/ bacon or sausage

Kids' Menu

(Age 12 and under)

Lunch

\$ 7.95

All include organic apple sauce,
choice of fries or fresh fruit, & beverage

MAC & CHEESE **CHICKEN TENDERS**
***CHEESEBURGER SLIDERS** **GRILLED CHEESE**

Signature Salads

+ Grilled Chicken: \$ 4.95 + Steak: \$ 6.95 + Salmon, Scallop or Shrimp: \$ 7.95

CHICKEN COBB SALAD California greens,	\$ 12.50
vine ripened tomatoes imported Gorgonzola, smoked bacon, boiled egg, kalamata olives & avocado w/ balsamic vinaigrette	
ICEBERG WEDGE	\$ 7.50
Crispy iceberg lettuce topped with thyme studded tomatoes, crumbled bacon & bleu cheese dressing w/ balsamic glaze	
FUGI APPLE WALNUT SALAD A blend of spinach	\$ 8.25
& romaine, goat cheese, fresh berries w/ balsamic vinaigrette	
CLASSIC CHICKEN CAESAR SALAD Romaine	\$ 10.95
Parmesan asiago croutons & creamy caesar dressing	

CHOPPED SALAD	\$ 9.25
Mixed greens, romaine, tomato, red onion, gorgonzola, bacon, cucumber & avocado tossed in balsamic vinaigrette	
SPINACH SALAD	\$ 9.75
Baby spinach, walnuts, dried cranberries, red onion & goat cheese w/ balsamic vinaigrette	
ASIAN SHRIMP SALAD	\$ 14.50
Assorted greens with broccoli, red pepper, edamame, toasted almonds, crunchy wonton chips, topped with teriyaki shrimp & ginger dressing	

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PLEASE NOTIFY YOUR SERVER OF ANY FOOD ALLERGIES.

*Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of food borne illness.

Cakes on the Griddle

Served w/ whipped butter, maple syrup blend & dusted w/ powdered sugar
Gluten-free available — add \$2

- ORIGINAL BUTTERMILK SHORT STACK \$ 5.00
- SPECIALTY PANCAKES
- Chocolate Chip \$ 5.50 Double Blueberry \$ 6.50
- Mango Strawberry \$ 6.50 Peach..... \$ 6.00
- Cinnamon Danish cream cheese filling \$ 6.00
- Banana & Coconut w/fresh berries & slivered almonds \$ 7.00
- CHALLAH BREAD FRENCH TOAST \$ 8.50
- Tahitian vanilla bean dipped challah topped w/ frosted flake topping
- CARAMEL APPLE STUFFED FRENCH TOAST \$ 9.75
- Native slow-roasted apples with cinnamon brown sugar glaze
- WILD BERRY BRUSCHETTA \$ 9.95
- Assorted berries tossed w/ snipped mint leaves & cinnamon sugar, over
challah French toast slices, brushed w/ red wine whipped mascarpone
- CREME BRÛLÉE FRENCH TOAST \$ 13.95
- Caramelized custard over challah French toast topped w/cheesecake whipped cream
- OREO FRENCH TOAST topped w/ Oreo crumble & whipped cream .. \$ 10.95
- BELGIAN WAFFLE w/ whipped cream, cinnamon & sugar \$ 6.95
- w/ FRUIT \$ 9.50
- BANANA CHOCOLATE CREPE WAFFLE Warm Belgian ... \$ 13.95
- waffle topped w/ sliced banana, chocolate crepe shavings & whipped cream

Breakfast Sandwiches

In-house served with a tidbit of home fries

- BREAKFAST BLT Toasted thin-cut Italian \$ 9.95
- bread with crisp bibb lettuce, bacon, beefsteak tomatoes,
2 fried eggs drizzled with sriracha mayo
- OPEN-FACED ON AVOCADO TOAST \$ 10.95
- Two egg sandwich on toasted whole-grain, lettuce, tomato,
smashed avocado & grilled maple glazed turkey bacon topped w/pico
- THE SPICY \$ 7.95
- Two egg sandwich, imported chorizo sausage on a Portuguese roll
with authentic Goya black bean spread & melted cheddar
- CLASSIC Two egg sandwich Applewood bacon..... \$ 3.95
- or hickory sausage with creamy American
- THE POPEYE Two egg sandwich with sautéed spinach, \$ 4.95
- wild mushrooms & Swiss cheese

House Specialties

- LOBSTER QUESADILLA Hand-picked, lobster meat, \$ 14.95
- scrambled eggs, jack & cheddar, pico de gallo, guacamole & scallions
- CHICKEN FRIED STEAK & EGGS Two eggs, \$ 14.95
- crispy filet mignon smothered in a black pepper sausage gravy
with Virginia hickory ham, house-made biscuit & home fries
- HUEVOS RANCHEROS Fried eggs over warm tortillas \$ 9.95
- w/ melted cheddar & jack cheese, salsa, guacamole, black beans & crispy chips
- CHORIZO BOWL Imported spicy chorizo sausage over \$ 14.95
- authentic Spanish rice, slow roasted black beans, crispy potatoes, pico
and guac topped w/two farm fresh eggs, snipped cilantro & sriracha drizzle
- TATE’S SLIDERS Crispy tater tots topped w/scrambled \$ 12.95
- eggs, melted cheddar, jalapeño pico de gallo drizzled with buffalo
sauce & sour cream
- PULLED PORK HASH House-cut pulled pork sautéed \$ 13.95
- w/red onion, red peppers & potato chunks, two farm fresh eggs finished
w/ espresso bbq sauce. Served with a choice of toast

Breakfast Favorites

- FRESH FRUIT & BERRY BOWL \$ 5.95
- LOW-FAT VANILLA YOGURT \$ 6.95
- with house-baked granola & berries
- BREAKFAST BANANA SPLIT Vanilla yogurt with a \$ 9.95
- caramelized banana, fresh strawberries, blueberries & pineapple
with crunchy granola & nuts
- BAGEL Plain or Everything \$ 1.50
- with CREAM CHEESE \$ 2.75
- MIMOSA FRUIT SALAD OJ, pineapple, kiwi, wild berries \$ 8.95
- with fresh mint & a splash of Prosecco & honey
- BREAKFAST SKINS Idaho scooped potato skins topped \$ 10.95
- with farm fresh scrambled eggs, melted Wisconsin aged cheddar,
scallions, crispy bacon crumbles & Aleppo sour cream dipping sauce

Sides

- HOME FRIES \$ 2.95 TURKEY BACON (4) \$ 4.95
- TATER TOTS \$ 3.95 SAUSAGE (3)..... \$ 2.95
- 2 EGGS..... \$ 2.00
- HOMEMADE HASH \$ 5.95 TURKEY SAUSAGE (2) .. \$ 3.50
- BACON (4) \$ 3.95 PURE MAPLE SYRUP 2oz \$ 2.00

***Eggs** local farm-fresh eggs from Doyle’s Farm in Prospect, CT

Egg whites: add \$2 Gluten-free toast: add \$2

- JUST THE EGGS PLEASE Three eggs any style, \$ 7.75
- home fries, bacon or sausage & toast
- CAKES & EGGS Two eggs any style, two buttermilk..... \$ 8.95
- pancakes & choice of bacon(2) or sausage (2) *Add fruit or chocolate
chips into pancakes for \$1
- PUEBLA SCRAMBLE Crispy hash browns, Spanish \$ 15.95
- onion, green peppers & carne asada topped w/ two eggs, picked cilantro,
warm tortillas, drizzled with sriracha crema & crumbled queso fresco
- PHILLY STEAK AND EGG SKILLET \$ 13.95
- Sliced Prime rib grilled with peppers & onions topped with two
scrambled eggs & melted American with potato & toast
- EGGS FLORENTINE On mini brioche squares \$ 11.95
- topped w/ sautéed spinach, caramelized onions & melted gruyère,
with hollandaise sauce. Served with home fries
- CLASSIC EGGS BENEDICT Two poached eggs \$ 9.95
- atop a Thomas’ English Muffin & thick cut Canadian bacon,
house-made hollandaise sauce. Served with home fries
- * Add hand-picked lobster cakes & lobster hollandaise \$ 14.95
- CORNE D BEEF HASH & EGGS 8-hour slow-roasted \$ 11.95
- corned beef pulled and sautéed w/garlic potatoes & onions.
Topped w/ 2 eggs, toast & home fries
- CLASSIC EGG TACOS W/ GOAT CHEESE..... \$ 12.95
- Three soft corn tortillas stuffed w/scrambled eggs, topped w/goat
cheese, black pepper bacon, cilantro, jalapeño, guacamole & pico

- *THREE EGG OMELETTES All omelettes include home fries & toast
- Substitute fresh fruit or sliced tomatoes for \$1
- CALIFORNIA Trio of melted cheeses topped with salsa & sliced avocado \$ 9.95
- FARMERS MARKET Kale, grape tomatoes, broccoli, sun tan peppers, \$ 11.95
- trimmed baby spinach, goat cheese
- BAYOU Red bell peppers, red onions, herb roasted tomatoes, grilled \$ 14.95
- saffron shrimp, spicy andouille, sausage sharp cheddar, dusted w/ Old Bay
- ALL-AMERICAN Ham, bacon, sausage & American cheese \$ 10.95
- TUSCAN Yellow squash, fire roasted tomatoes, caramelized onions, \$ 12.95
- GARDEN Egg whites w/ broccoli, tomato, peppers, spinach & fresh mozzarella \$ 10.95
- EUROPEAN Smoked Salmon, flash fired spinach & melted goat cheese \$ 11.95

*AN OMELETTE TO CALL YOUR OWN \$ 9.95

Make it your own with three ingredients of your choice, 50¢ each additional item:

VEGGIES Avocado, Broccoli, Raw Onion, Jalapenos, Tomato, Peppers, Mushroom,
Wilted Spinach, Scallion, Kale, Squash, Grilled Eggplant

CHEESES Gorgonzola, Cream
Cheese, Feta, Fresh Mozzarella, Goat, Swiss, American, Gruyère, Cheddar, Asiago

MEATS Applewood Smoked Bacon, Sausage, Turkey Sausage, Roasted Turkey, Ham,
Grilled Chicken

SEAFOOD ^Lobster, ^Smoked Salmon, ^Shrimp ^add \$ 4.75