

The Plate

What a Neighborhood Restaurant Should Be

Good Morning

BREAKFAST MENU

Open Daily at 7:00 am

— Breakfast Menu Served All Day —

Cakes on the Griddle

Served with whipped butter, syrup & dusted with powdered sugar

SPECIALTY PANCAKES Choice of: (2) \$ 5.50 (4) \$ 8.50

Chocolate Chip

Fresh Blueberry

Cinnamon Danish cream cheese filling

Pistachio & Cranberries

Banana & Coconut Gluten free with fresh berries & slivered almonds

ORIGINAL BUTTERMILK (3) \$ 5.95

BELGIAN WAFFLE with whipped cream \$ 6.75

w/ FRUIT \$ 8.75

CHALLAH FRENCH TOAST (3) \$ 6.75

Traditional egg batter with a frosted flake crust

CARAMEL APPLE STUFFED FRENCH TOAST (3) \$ 9.75

Native slow-roasted apples with cinnamon glaze

Sides

HOME FRIES \$ 2.95

TATER TOTS \$ 2.95

2 EGGS \$ 2.00

HOMEMADE HASH \$ 5.95

BACON (4) \$ 2.95

SAUSAGE (3 LINKS) \$ 2.95

TURKEY SAUSAGE (2) \$ 2.95

PURE MAPLE SYRUP 2 oz \$ 1.50

Kids' Menu

(Age 12 & under) All include beverage
\$ 4.95

*TWO EGG OMELET

home fries, toast & bacon or sausage

MINI PANCAKES

with bacon or sausage

NUTTY WAFFLE SANDWICH

on challah bread

with organic peanut butter,

fresh banana & sliced strawberries

FRENCH TOAST

with bacon or sausage

House Specialties

LOBSTER QUESADILLA Hand-picked, deep water \$ 13.95
lobster meat, scrambled eggs, jack & cheddar & chopped scallions

CHICKEN FRIED STEAK & EGGS Filet mignon \$ 13.95
smothered in a peppery ground beef & sausage gravy with ham & biscuit

BREAKFAST BANANA SPLIT Vanilla yogurt with a \$ 9.95
caramelized banana, fresh strawberries, blueberries &
pineapple with crunchy granola & nuts

EGGS BENNY WITH LOBSTER CAKES \$ 14.50

Hand-picked lobster rolled in panko bread crumbs over
a Thomas' English Muffin & grilled Canadian bacon with
home fries & lobster hollandaise

HUEVOS RANCHEROS \$ 9.95

Fried eggs over warm tortillas with melted cheddar & jack
cheese, salsa, guacamole, black beans & crispy chips

FRESH BERRY BRUSCHETTA \$ 9.95

Assorted berries tossed with snipped mint leaves & cinnamon sugar,
over challah french toast slices brushed with mascarpone cheese

COFFEE SMOOTHIE House-ground espresso, banana, \$ 9.95
honey & fat free milk blended smooth & served with cookies

Breakfast Favorites

FRESH FRUIT & BERRY BOWL \$ 5.25

COLD CEREAL with milk \$ 2.95

YOGURT with granola & berries \$ 5.50

BAGEL \$ 1.50

w/ CREAM CHEESE \$ 2.75

DOUBLE EGG SANDWICH on Portuguese roll or hard roll \$ 2.50
add applewood bacon or sausage: \$ 1 add cheese: 50 ¢

*Eggs

WE USE LOCAL, FARM FRESH EGGS.

Egg whites: add \$1

CORNERD BEEF HASH & EGGS \$ 10.95

House-made corned beef hash, two eggs any style,
home fries & toast

STEAK & EGGS \$ 14.95

4 oz. black pepper crusted filet mignon, 2 eggs,
home fries, bacon & toast

JUST THE EGGS PLEASE \$ 6.75

Three eggs any style, home fries, bacon or sausage & toast

CAKES & EGGS \$ 7.75

2 eggs, 2 pancakes & bacon or sausage

*Add fruit or chocolate chips for \$1

EGGS FLORENTINE \$ 11.95

On mini brioche squares topped with sautéed spinach,
caramelized onions & melted Gruyère, with hollandaise
sauce. Served with home fries

CLASSIC EGGS BENEDICT \$ 9.95

Poached eggs & Canadian bacon on a Thomas' English
Muffin with hollandaise sauce

CLASSIC EGG TACOS W/ GOAT CHEESE.... \$ 11.95

Black pepper bacon, cilantro & jalapeno, with guacamole & pico

***THREE EGG OMELETTES** All omelettes include home fries & toast

Substitute fruit or sliced tomatoes for \$1

CALIFORNIA Trio of melted cheeses topped with salsa & sliced avocado \$ 9.95

GARDEN Egg whites with broccoli, tomato, peppers, spinach & fresh mozzarella \$ 10.95

MARYLAND Fresh jumbo lump crab meat, tomato & Swiss cheese, Old Bay seasoning \$ 11.95

ALL-AMERICAN Ham, bacon, sausage & American cheese \$ 9.95

WESTERN Ham, pepper & onions \$ 9.95

EUROPEAN OMELET 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

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

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

SEAFOOD ^Lobster, ^Smoked Salmon, ^Shrimp

^add \$ 4.75

PLEASE NOTIFY YOUR SERVER OF ANY FOOD ALLERGIES.

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

Sit Down & Relax

LUNCH MENU

served after 11:00 am

Beverages

- Fresh Squeezed Orange Juice small \$ 3.25...large \$ 4.25
- Juices Cranberry, Apple, small \$ 2.25...large \$ 3.25
- Premium Orange, Tomato, Pineapple
- 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 \$ 2.25
- Connecticut's Best Coffee (complimentary refills) \$ 1.95
- Organic Peruvian French Press Coffee \$ 3.50
- Flavored Coffee \$ 2.25
- Hot Tea (Lipton) \$ 1.75... (Bigalow) \$ 2.50
- House-Brewed Iced Tea \$ 2.25
- Fountain Drinks \$ 2.00
- Coke, Diet Coke, Sprite, Ginger Ale, Orange or Lemonade

Vegan

*All bread comes from a dedicated gluten-free kitchen

- 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 and pico
- HASH & TOFU (GF) Potato Hash with peppers, \$ 13.50
- spinach, onions & tomato, topped with maple-baked tofu, home fries and gluten-free toast
- ORGANIC STEEL CUT OATS with granola & sliced strawberries ... \$ 7.95
- EGGLESS EGG SALAD Tofu based with red onion \$ 12.95
- vegenaise over baby greens, tomato, cucumbers & shaved carrot

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

- MEDITERRANEAN TOFU WRAP \$ 11.95
- organic local tofu, sundried tomato horseradish tampenade, 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
- VEGGIE BURGER WRAP \$ 12.50
- House-made stuffed with fresh vegetables and black beans, served with English cucumber tomato salad

Signature Salads

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

DRESSINGS (all made in-house): Balsamic, Russian, Ranch, Bleu Cheese
Add Grilled Chicken: \$ 3.95 Add Steak: \$ 4.95 Add Salmon or Shrimp: \$ 5.50

- Sandwiches
- All served with choice of balsamic side salad or house fries
- Substitute sweet fries or fruit for \$1
- TUNA SALAD OR EGG SALAD \$ 7.95
- with lettuce & tomato on toasted honey wheat
- 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
- Caramelized onions, melted cheddar on deli white bread
- *PRIME TIME BURGER House-ground \$ 10.95
- prime rib & ground beef burger with sautéed onions and 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 & mozzarella
- 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 \$ 14.95
- 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
- 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 \$ 3.95

Sides

- QUINOA SALAD \$ 3.95 HOUSE FRIES \$ 2.95
- FRESH FRUIT \$ 4.95 SWEET FRIES \$ 3.95

Kids' Menu

(Age 12 and under) \$ 5.95

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

- MAC & CHEESE
- *CHEESE BURGER SLIDERS
- CHICKEN TENDERS
- GRILLED CHEESE

- CHOPPED SALAD \$ 9.25
- Mixed greens, romaine, tomato, red onion, gorgonzola, bacon, cucumber & avocado tossed in honey dijon vinaigrette
- SPINACH SALAD \$ 9.75
- Baby spinach, walnuts, dried cranberries, red onion & goat cheese with balsamic vinaigrette
- ASIAN SHRIMP SALAD \$ 13.50
- Assorted greens with broccoli, red pepper, edamame, toasted almonds, crunchy wonton chips, topped with teriyaki shrimp & ginger dressing