

# Breakfast

## French Toast, Pancakes & Waffles

Add blueberries, chocolate chips or bananas, add \$1

### French Toast

Fresh Baked Challah Bread French Toast	6.95
Stuffed Bavarian French Toast (fruit of the day)	7.75
Baked White & Wheat	5.25
Banana & Peanut Butter Stuffed French Toast	8.25
Peanut Butter & Jelly French Toast	6.95
Heart Healthy Banana Split	7.25
whole wheat bread dipped in batter, grilled & topped with pineapple & banana	

### Pancakes

Butter Milk Pancakes –	
Short Stack	5.50
Full Stack	6.25
Whole Wheat Pancakes –	
Short Stack	6.50
Full Stack	7.25

**Belgian Waffles** (whole wheat, add \$1) 6.75

## Eggs & Specials

Eggs Florentine	8.25
two poached eggs over sauteed spinach, grilled ham & whole wheat toast	
Breakfast Burrito	8.75
sauteed onions, peppers, tomatoes, scrambled eggs & beans, wrapped in a whole wheat tortilla wrap – served with home fries & toast	
Breakfast Pleaser	8.75
combo of two pancakes, two slices of crispy bacon, one seared sausage patty & two eggs any style	
Corned Beef Hash & Two Eggs – any style	7.25
served with home fries & toast	

Eggs – cooked, any style	4.95
served with home fries & toast	
	6.95
with bacon, sausage, ham or pork roll	
Nest Eggs	7.75
eggs cooked over-easy to well inside the grilled bread nest – served with home fries & bacon	
Red Neck Benedict	7.50
fresh baked biscuits with sausage patty, eggs – any style & topped with sausage gravy – served with home fries	
Shrimp Scambler	9.25
grilled shrimp, spinach, tomato, mixed with scrambled eggs	

## Omelettes *served with home fries & toast*

Bacon, sausage, or ham & cheese	7.75
Western	7.50
ham, onions, peppers & cheddar	
Atkins Friendly	8.25
bacon, sausage, ham & provolone	
Spinach & Swiss	7.25
Cheese Omelette	6.75
Veggie & Cheese	7.95
Spinach, Feta & Tomato	7.95

“No Yolking Around”	7.95
egg whites, tomato, mushrooms & low fat cheese	
Portabella Mushroom	7.95
portabella mushroom, tomato, roasted red peppers & low fat cheese	
Shrimp Omelette	9.50
grilled shrimp, chorizo sausage, onions, avocado, tomato, spinach & pepper jack cheese	
Heart Healthy	8.25
egg whites, baby spinach, mushrooms & low fat cheese	
Cajun Omelette	9.25
cajun-seasoned grilled chicken, andouille sausage, onion tomato & cheddar cheese	
California Omelette	8.95
seasoned grilled chicken, chorizo sausage, tomato, onion avocado & provolone	

Substitute Egg Whites in all egg dishes, add \$1;  
Grits or sliced tomatoes may be substituted for home fries  
Substitute Bagels for toast, add 85¢; English Muffins, add 75¢

## Breakfast Sandwiches *\*Add cheese, 50¢*

Two Eggs on a Roll	2.95
Egg, Cheese & Bacon, Sausage, Ham or Pork Roll	4.75
Potato & Eggs	3.50

Pork Roll Sandwich	3.75
Western Sandwich	5.25
Monte Cristo	7.25
grilled french toast stuffed with ham, turkey & swiss	

## Cereals

Oatmeal	3.00
Apple Cinnamon Oatmeal	3.95
Banana Oatmeal	3.95
Cold Cereals	2.75

## Breakfast Sides

Sausage, Bacon, Ham or Pork Roll	2.75	Fresh Fruit Cup	5.25
Home Fries	2.50	with Cottage Cheese	6.00
Home-made Muffins	2.75	Bagel with Cream Cheese	3.00
English Muffin or Toast	1.50	French Fries	3.75
		old bay, cajun, garlic or buffalo	

# From the Panini Grill

<b>Cuban Panini</b> roasted pork, grilled ham, turkey, swiss cheese, pickles & mustard	8.95	<b>Roasted Veggies</b> portabella mushroom, eggplant, tomato, zucchini, onion, peppers & broccoli	8.75
<b>Italian</b> grilled ham, salami, capicola, roasted red pepper, tomato & provolone cheese	8.50	<b>BLT Panini</b> bacon, lettuce, tomato, & mayonnaise	7.95
<b>Grilled Chicken</b> grilled seasoned chicken, roasted red pepper, spinach, tomato & provolone cheese	8.50	<b>Reuben Panini</b> sliced corned beef, sauerkraut, swiss cheese, & russian dressing	8.75

## Wraps

<b>California Wrap</b> whole wheat wrap with grilled chicken, avocado, provolone cheese, fresh spring mix, tomato & ranch dressing	7.95	<b>Fresh Fish of the Day Wrap</b> with lettuce, tomato & key lime aioli	8.25
<b>Tuna Florentine Wrap</b> tuna salad, baby spinach, swiss cheese & tomato	8.50	<b>Santa Fe Wrap</b> grilled shrimp, avocado, pepper jack cheese, baby spinach, tomato & lite ranch dressing	8.95
<b>Turkeylicious Wrap</b> fit 'n' trim sliced turkey breast, cheddar, sliced black olives, fresh spring mix, tomato & honey dijon dressing	7.95	<b>Italian Wrap</b> ham, salami, provolone cheese, roasted red pepper, fresh spring mix, tomato & balsamic dressing	8.25
<b>Grilled Tuna Wrap</b> grilled tuna steak, avocado, mango, pepper jack cheese, baby spinach, red onion & honey dijon dressing	9.25	<b>Warm Roast Beef Wrap</b> grilled roast beef, pepper jack cheese, mushrooms & onions	7.95
		<b>Roasted Veggie Wrap</b> grilled assorted vegetables	7.75

## Salads

<b>Large Garden Salad</b> bed of fresh spring mix, topped with fresh garden veggies & choice of dressing	5.95	<b>Asian Salad</b> bed of fresh spring mix, topped with mandarin oranges, noodles, cucumbers, grilled seasoned chicken & lite sesame asian dressing	8.25
<b>Caesar Salad</b> fresh crispy romaine with creamy caesar dressing; with chicken, add 2.25	5.75	<b>Chicken Thai Salad</b> bed of fresh spring mix, topped with cashews, cucumbers, tomato, roasted red peppers, grilled seasoned chicken & thai ginger dressing	8.50
<b>Marvin Salad</b> choice of tuna, chicken or egg salad on top of fresh spring mix with fresh garden veggies, hard boiled egg & choice of dressing	7.95	<b>Spinach Salad</b> bed of fresh baby spinach, topped with crispy bacon, tomato, red onion, hard boiled egg and a warm honey mustard dressing	7.95

## Cold Sandwiches

	Whole (14")	Half (7")		Whole (11")	Half (7")
Ham, Salami & Provolone	8.75	7.25	Italian (ham, salami, provolone & capicola)	8.75	7.50
Ham	7.75	5.75	Genoa Salami	7.95	6.25
Turkey	8.25	6.25	Corned Beef	8.50	6.50
Roast Beef	8.95	6.95	Bologna	7.25	5.50
Chicken Salad (all white meat)	8.95	7.25	Egg Salad	6.95	5.25
Tuna Salad (solid white)	8.95	7.50	Liverwurst	7.25	5.50

## Hot Subs

	Whole (14")	Half (7")		Whole (14")	Half (7")
Eggplant Parmigiana	8.75	7.25	Cheese Steak - Chicken or Steak	8.95	7.50
Chicken Parmigiana	9.25	7.75	Cheese Steak - Philly or California	8.95	7.50

## Hot Sandwiches

<i>add cheese to any of the below, add 75¢;</i>					
BLT	4.95	Grilled Cheese	4.50	Reuben	8.75
Crab BLT	8.75	Grilled Cheese with tomato	4.95	Foot Long Hot Dog	3.95
Smoked Salmon BLT	8.50	Grilled Cheese with bacon & tomato	5.95	Tuna Melt	6.95
Hamburger	5.95	Grilled Chicken Sandwich	6.50	Club Sandwich	8.50
Turkey Burger	6.50	Veggie Burger	6.75	(tuna, turkey, roast beef, crab, etc)	

## Soups, Lunch Sides & More...

	Cup	Bowl		
Soups of the Day	2.95	3.95	Chicken Fingers & Fries	7.95
Homemade Chili	3.95	4.95	Boneless Buffalo Wings	7.50
Onion Rings		4.75	French Fries	3.75
Garden Salad		3.25	old bay, cajun, garlic or buffalo	

## Kids Menu

Peanut Butter & Jelly	3.95	Chicken Fingers & Fries	5.95
Grilled Cheese & Fries	4.75	Hot Dog & Fries	4.95

## Beverages

Fountain Sodas		1.95	Iced Tea, or Coffee	2.25
Lemonade		1.95	Coffee – Regular or Decaf	1.95
Milk (white or chocolate)	med 1.75	lg 1.95	Flavored Coffee	2.25
Juices (cranberry, apple, orange, tomato)	med 1.75	lg 2.25	Tea – Regular or Decaf	1.95
Espresso		2.95	Chai Tea/Iced Chai Tea	2.75
Cappuccino		3.25	Hot Chocolate	2.75
Latte		3.25		

## Smoothies

**4.95** (made with low fat vanilla yogurt)

Chocolate	Blueberry	Mango
Vanilla	Strawberry	Oreo Cookies
Peanut Butter	Banana	
Coffee	Pineapple	

2 flavors may be combined  
protein – vanilla or chocolate, add 75¢

## Gourmet Smoothies

**6.50** (made with low fat vanilla yogurt)

<b>Blue Aloha</b> pineapple, blueberries, vanilla protein & bee pollen	<b>Tooty Fruity</b> banana, pineapple, strawberry, blueberries & vanilla protein
<b>Protein Power Up</b> peanut butter, oreo cookies, chocolate protein & wheat germ	<b>Sunshine Delight</b> pineapple, mango, orange, bee pollen & vanilla protein
<b>Nutty Banana</b> peanut butter, banana, vanilla protein & spirulina	<b>Chocolate Mocha Blast</b> coffee, oreo cookies, chocolate protein, spirulina & wheat germ

**ALL FOOD IS FRESH & MADE-TO-ORDER – PLEASE BE PATIENT**

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Accepting Visa, MasterCard, Discover & American Express  
Catering & Private Parties Available for All Occasions

**– Welcome to –**

**Yvonne's  
in the Day**

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