

BREAKFAST

blue plate spesh 8.45

two eggs (any style), choice of meat, potatoes, toast.

granola 3.95

fresh baked combination of rolled oats, coconut, almonds & honey served with milk or vanilla yogurt.

granola yogurt parfait 5.95

parfait style layered with vanilla yogurt, granola, choice of strawberries or bananas.

quiche pie (a la carte) 6.25

lorraine - bacon, green onions, swiss cheese
tomato feta-fresh spinach, tomatoes, cheddar & feta

chili verde con huevos 9.95

two eggs any style over slow cooked pork in green chili sauce served with flour tortillas.

huevos rancheros 8.95

two over easy eggs on corn tortillas with melted cheddar & topped with ranchero sauce, served with potatoes.

migas 7.95

two scrambled eggs mixed with pieces of corn tortillas topped with ranchero sauce & cheddar, served with potatoes.

steel cut oatmeal full order 5.25 half order 3.25

served with raisins, brown sugar, butter, milk & slice of toast.

"the cecil" 8.95

regular order of steel cut oatmeal with a side of sliced bananas, cup of granola & cup o' joe.

lox & bagel 11.95

toasted bagel, smoked salmon, cream cheese, sliced tomato, red onion & capers.

egg-a-muffin 5.95

english muffin, scrambled egg, coppocola ham & provolone cheese.

breakfast wrap 6.95

red cabbage, green chilis, tomato, scrambled egg, pepper jack cheese in whole wheat tortilla with salsa.
add turkey, ham, bacon or sausage 2.25 add black beans .95 add avocado 1.25

bull's eye 6.95

one egg cooked over medium in the center of your choice of bread, served with bacon & potatoes.

egg quesadilla 8.25

whole wheat tortilla, two scrambled eggs, bacon, green onion, tomato, cheddar cheese & salsa.

b.e.c. 4.95

toasted bagel, scrambled egg & cheddar.

egg sandwich 4.95

choice of toasted bread, scrambled egg ,cheddar, lettuce, tomato & mayo.

french toast full order 6.95 half order 3.95

whole wheat pancakes 7.25

3 pancakes served with maple syrup add bananas, pecans or peanut butter .50 each

kids cake 3.95

one whole wheat pancake, two slices bacon.

kids egg 3.95

one egg scrambled, two slices bacon, whole wheat toast

BREAKFAST SIDES

one egg 1.50
ham steak 2.95
slice of toast (choice of bread) .95
shaved turkey 2.25
single pancake 2.95
sliced tomatoes 1.25
bagel & cream cheese 2.95
fruit cup 3.50
home fried potatoes 2.25
plain yogurt 2.00
bacon (3) or sausage (2) 2.25
black beans .95
cup of chili verde 4.95
substitute egg whites 1.25

LUNCH

Sandwiches

unless otherwise noted, all whole sandwiches are served on your choice of homemade bread with a choice of side of pasta, tabouli, black-eyed pea salad or potato chips

homemade bread choice

jalapeno cheddar | wheat | 3 seed | sourdough | rye

hot melt sandwiches 8.25

grilled corn beef, turkey or ham & cheese.

cold sandwiches 7.95

chicken salad | tuna salad | turkey | ham | egg salad | pimento cheese

Specialty Sandwiches

ultimate veggie burger 8.95

chic peas mixed with fresh cilantro, jalapenos, red onions, alfalfa sprouts, a little egg, grilled, served on an onion bun with lettuce, tomato & our "supersecretconfidentialsauce".

old fashioned burger 8.95

½ pound ground chuck, fresh onion bun, lettuce, tomato and red onion served with fries.

samwell's favorite chicken sandwich 9.25

marinated chicken breast grilled with guacamole, bacon, provolone cheese, lettuce, tomato & mayo.

reuban 8.95

fresh-cooked (east coast style) sliced & stacked corned beef on grilled rye, kraut, swiss & russian dressing.

hot corned beef 7.95

old school...spicy mustard & rye.

brookside 8.95

grilled jalapeno bread, ham, swiss, cheddar, red onions & spicy mustard.

club sandwich 8.95

triple stacked turkey, bacon, lettuce, tomato & mayo.

blt 6.95

you know what it is!

blue moon 6.95

cream cheese, olive relish, tomato, cucumber, cheddar & sprouts

veggie moon 6.95

swiss, cheddar, cucumber, red cabbage, sprouts, lettuce, tomato, onion, mayo & mustard.

southwest express 5.95

cheddar, green chilies, tomato on grilled jalapeno cheddar bread.

our other favorite grilled cheese 6.95

sourdough, provolone, spinach & olive relish

roasted red pepper quesadilla 7.95

whole wheat tortilla, spinach, feta, pepper jack, roasted red peppers, green onions with salsa.

fresco wrap 7.95

whole wheat tortilla, turkey, swiss, lettuce, shredded carrots, avocado, red cabbage & roasted red pepper sauce.

pb&j 5.95

peanut butter, strawberry jam, bananas & walnuts.

Salads

(add grilled chicken 3.25)

tossed salad 7.95

mixed greens, cheddar, bagel chips, diced tomato, red onion, hard boiled egg, served with your choice of dressing.

spinach salad 7.95

spinach, hard boiled egg, sliced mushrooms, chopped bacon with poppy seed dressing.

strawberry spinach salad 7.95

spinach, strawberries, feta, candied pecans with poppy seed dressing.

pasta supreme 7.95

garden style rotini pasta, tossed with turkey, tomato, red cabbage, swiss cheese, sunflower seeds & italian dressing

cold plate 8.95

tuna, chicken or egg salad on a bed of lettuce with cottage cheese, carrots, cucumbers, avocado & tomato slices.

quiche pie (a la carte) 6.25

lorraine - bacon, green onions, swiss cheese

tomato feta - fresh spinach, tomatoes, cheddar & feta

add soup or tossed salad 9.50

daily soups 3.95 cup | 4.95 bowl (check the chalkboard!)

salad dressings

blue cheese, Italian, ranch, russian, poppy seed

side items 2.25

tabouli | black-eyed pea salad | pasta | chips (1.50) | fries

half sandwiches

cold sandwich with a cup of soup 7.95

cold sandwich with a side 6.25

hot sandwich with a cup of soup 8.25

hot sandwich with a side 6.45

DINNER

(Join us for dinner tuesday through saturday 5 till 9 pm)

Appetizers

camarones de cancan 10.95

baby bay shrimp tossed with tomato, onion, cilantro, topped with avocado and served with tortilla chips

grilled shrimp skewers 10.95

stuffed with fresh jalapeno, wrapped in bacon on a bed of coleslaw served with sweet chili sauce

calamari 10.95

lightly breaded deep fried squid with our garlic aioli sauce

chubby's chunky salsa w/ chips 4.95

hummus plate 7.95

house made hummus served w/ bagel chips, pita bread, carrot & celery sticks

guacamole plate 8.95

fresh guacamole & pico de gallo served w/ fresh chips

tremendos nachos 8.95

chips, cheddar, feta, black beans, green chilis, pico de gallo, lettuce, green onions, jalapeno lime sauce

falafel bites 6.95

falafel, carrots and pickles served with yogurt dill sauce

fried green beans with spicy mayonnaise 5.95

SALADS

(add grilled chicken 3.25)

carne ensalada 11.95

mixed greens, red onion, black beans, pico de gallo, feta, topped with chargrilled ribeye served with warm flour tortillas and a chipotle vinaigrette

cobb salad 11.95

chicken, bacon, cheddar, diced tomato, boiled egg

okie capri salad 10.95

fresh mozzarella, fried green tomatoes, red tomatoes & fresh basil on mixed greens with balsamic glaze

caeser salad 7.95

crispy romaine lettuce, croutons, parmesan and caeser dressing

tossed salad 7.95

mixed greens, cheddar, bagel chips, diced tomato, red onion, hard boiled egg, served with your choice of dressing.

spinach salad 7.95

fresh spinach, hard boiled egg, sliced mushrooms, chopped bacon with poppy seed dressing.

strawberry spinach salad 7.95

fresh spinach, sliced strawberries, feta cheese, candied pecans with poppy seed dressing.

Daily Soups 3.95 cup 4.95 bowl

Specialty Sandwiches

ultimate veggie burger 8.95

chic peas mixed with fresh cilantro, jalapenos, red onions, alfalfa sprouts, a little egg, grilled, served on an onion bun with lettuce, tomato and our "supersecretconfidentialsauce".

summer steak sandwich 9.25

grilled ribeye, lettuce, tomato on toasted garlic bread topped with fried tobasco onion strings and served with fries.

samwell's favorite chicken sandwich 9.25

marinated chicken breast grilled with guacamole, bacon, provolone cheese, lettuce, tomato and mayo with your choice of side.

roasted red pepper quesadilla 7.95

whole wheat tortilla, spinach, feta, pepper jack, roasted red peppers, green onions with salsa.

ENTREES

char-grilled pork chop 13.95 (1) 17.95 (2)

center-cut pork loin chop served with caramelized apples and roasted veggies

fish tacos (3) 7.95

fried cod in soft corn tortillas, cabbage, pico de gallo, queso fresco & jalapeno lime sauce.

old fashioned burger 8.95 (add cheese .50)

1/2 lb ground chuck, lettuce, tomato & red onion on a fresh baked onion bun with fries.

mediteranean chicken breast 10.25

marinated grilled chicken breast served with hummus, tabouli & pita bread.

rainbow trout 12.95

grilled served w/sauteed cannellini beans & spinach.

PIZZA

cheese or veggie pizza 8.95 (up to 3 veggies .75 each additional) meat pizza 10.95 (1.95 each additional meat topping)

choose from the following toppings:

green or red onions, black olives, spinach, tomatoes, mushrooms, feta, chicken, pepperoni, bacon, sausage or coppacola ham.

Kids (12 and under)

grilled cheese or pb&j on whole wheat bread with fruit, pasta or chips 3.95

pepperoni or cheese pita pizza 5.95

Desserts

ask about our daily selection of pies, cakes and cookies.

Libations

On Tap

marshall's ipa 4.50
old style 3.50
stella artois (bottle) 3.50
negro modelo (bottle) 3.50
point lager (bottle) 3.50
marshall's pilsner (bottle) 4.50

Wine

honig sauvignon blanc 8/32
foxglove chardonnay 7/28
coppola cabernet sauvignon 8/32
angelina pinot noir 8/32
zolo malbec 6/24

Spirits

bloody mary 5.50
mimosa 3.50
margarita 6.75
screwdriver 5.50
baileys & coffee 4.75