

APPETIZERS SOUPS STARTERS

SOUP OF THE DAY

all homemade Cup\$3.95 Bowl\$4.75

MOM'S CHICKEN NOODLE SOUP

Every day! tender chicken with carrots, celery & onions in a broth w/noodles. cup.....\$3.50 bowl.....\$4.75

SOUP & HALF SANDWICH cup of any soup, and any of the following sandwiches: chicken salad, turkey, tuna, B.L.T.\$6.95 (no substitutions)

CHILI OF THE DAY

"Not too spicy" topped w/shredded cheddar and sour-cream. Served w/side of cornbread. cup\$5.25 bowl.....\$6.25

Meat

VEAL PARM with fresh mozzarella & marinara sauce over linguine with 1 vegetable or salad...\$12.95

***SIRLOIN STEAK** 10oz. with a dollop of herb butter and your choice of 2 sides...\$13.95

POT ROAST (beef) mothers slow cooked, and very tender & 2 sides...\$12.95

***TENDERLOIN STEAK TIPS** with sweet chipotle BBQ sauce & choice of 2 sides.....\$12.95

CALVES LIVER & BACON with sweet onion, served with any 2 sides...\$12.95

BLUE PLATES MEATS

MEATLOAF DINNER two hearty slices of our signature meatloaf served w/ mashed potatoes and gravy, choice of vegetable or side mixed green salad. \$10.25

FRANKS & BEANS two grilled beef hot dogs served on top of baked beans. Classic brown bread and a side mixed green salad \$8.95

***SIRLOIN STEAK** 6 oz. boneless sirloin served w/choice of two sides. \$10.95

COUNTRY-FRIED STEAK A tender steak breaded, fried to perfection, topped with sausage gravy. Served with mashed potato and vegetable \$10.95

EGGPLANT FRENCH FRIES

vegetarian with a wedge of lemon.....\$6.50

THE BEST CALAMARI

Crispy fried w/olive oil, lemon & garlic, fresh herbs and black olives & peppers....\$8.50

CRISPY FRIED ONION RINGS

Served w/ spicy chipotle ketchup on the side.....\$5.50

MIDDLE EASTERN PLATTER sampler

of: hummus, tabouli, feta cheese, olives, Greek yogurt, hard boiled egg, our own falafel, mixed greens and pita bread. (As a meal or appetizer!) \$11.95

FALAFEL APPETIZER PLATE

Home made falafel (2 pc.) served over a bed of mixed greens, tomato, pickled turnips and tahini sauce, with a side of pita bread.....\$7.50

BUFFALO CHICKEN TENDERS

Crispy fried chicken tossed with our own sweet and spicy buffalo sauce and served w/blue cheese dressing, carrots and celery sticks.....\$7.95

CHICKEN LIVERS sautéed with sweet onions. served with a side of coleslaw.....\$8.95

HOME-MADE CRAB CAKES served with cole slaw and tartar sauce.....\$9.95

FRESH SALADS

(See selection on previous page)

BLUE PLATES CHICKEN

ROAST TURKEY DINNER mashed potatoes and gravy, stuffing and cranberry sauce. Choice of vegetable \$10.25

CHICKEN POT PIE All white meat chunks of chicken, potatoes, peas and carrots in a cream sauce w/puff pastry topping. Choice of mixed green salad or vegetable on the side \$9.95

SOUTHERN FRIED CHICKEN Four pieces of crispy fried chicken, mashed potatoes and choice of vegetable \$9.95

DELUXE QUESADILLA tortillas filled with, onions, peppers, salsa & cheddar cheese served with a side of black beans and brown rice. Chicken \$8.95 Vegetables \$8.95 or Shrimp \$9.95

BLUE PLATES SEAFOOD

FISH & CHIPS hand breaded pollock or cod served w/French fries, coleslaw and tartar sauce. \$11.50

DELUXE SHRIMP QUESADILLA Tortillas filled with, onions, peppers, salsa & cheddar cheese served with a side of black beans and brown rice. Chicken \$8.95 Vegetables \$8.95 or Shrimp \$9.95

Seafood

HOME-MADE CRABCAKES served with your choice of 2 veggies...\$13.95

NEW ENGLAND BAKED HADDOCK with butter & herb bread crumbs and 2 sides..... \$13.95

SEAFOOD SKEWERS with swordfish, scallops and shrimp, your choice of 2 sides (2 skewers) \$15.95

GRILLED SIMPLE SALMON served on a Rhode Island Jo'ny Cake served with your choice of 2 sides...\$13.95

SOUTHERN FRIED CATFISH

PO'BOY on a roll w/an herb aioli, tomatoes and lettuce, homemade potato chips...\$10.95

Chicken

CHICKEN PICATTA a white wine & lemon butter sauce with black olives, capers and grape tomatoes over rice, mashed potato or linguine with your choice of 1 side\$12.95

OUR OWN EAST INDIA CURRY

CHICKEN over rice or quinoa made to order w/ chick peas, grape tomatoes and fresh spinach & onions in a mild curry cream sauce (we can make this dish with shrimp or salmon or vegetarian if you like)...\$12.95

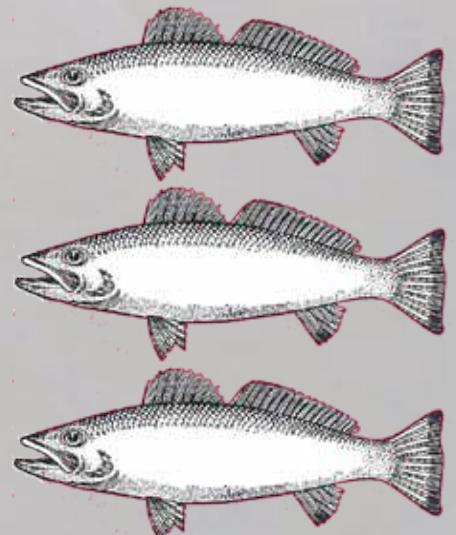
BROASTED HALF CHICKEN seasoned & very tender with 2 sides\$13.95

GRILLED SEASONED TURKEY TIPS Tender pieces of turkey marinated in BBQ sauce with 2 sides.... \$11.95

CHICKEN BROCCOLI PENNE in a garlic cream sauce.... \$11.95

DON'S MOTHER'S CHICKEN LIVERS sautéed w/sweet onions and served with our homemade coleslaw dinner size with 2 vegetables \$11.95

CHICKEN PARM with fresh mozzarella & marinara sauce over linguine with choice of one vegetable or salad\$12.95



* These items may be served raw or undercooked. Consuming raw or under cooked meats, poultry, seafood, or eggs may increase your risk of food-borne illness

SPECIALS

FISHERMAN'S PLATTER

Calamari, scallop, shrimp, and cod deep fried served with tartar sauce, classic Deluxe french fries & cole slaw \$16.95

SEAFOOD SKEWERS (2) Grilled

swordfish, scallops and shrimp served with a choice of 2 sides \$15.95

SALADE NICOISE

Our version of the French classic salad. Lettuce, red bliss potatoes, green beans, boiled egg and tomatoes. topped with seared tuna and dressed with lemon-vinaigrette. \$12.95

GRILLED SWORDFISH STEAK

served with melon salsa and your choice of two vegetables \$13.95



CHICKEN BREAST GRILLED

marinated with herbs & spices "Cuban Soul" topped with "salsa de mango y habanero" best with our rice & beans \$11.95

BEEF BRISKET

slow-smoked, tender sliced brisket with pan juices. Choice of two sides \$11.95

PORK "WINGS" bone-in BBQ, tender pork shanks served over brown rice and black beans with a side of cole slaw. \$10.95

***8oz. GROUND BEEF** with sautéed mushrooms, and beef gravy, your choice of two vegetables \$10.95

POT ROAST mother's slow cooked, very tender beef & two vegetables \$12.95

VEGETARIAN

FALAFEL WRAP our homemade falafel w/hummus, lettuce, tomato, tahini sauce \$7.95

FOUR VEGETABLE PLATE your choice of any four side vegetables \$9.95

HOUSE VEGAN BURGER loaded with vegetables, sunflower seeds, oats, bran, and black beans \$8.25 add soy cheese topping, extra \$.75

TOFU & VEGETABLE STIR FRY sautéed mixed vegetables and tofu with our stir fry sauce served over brown rice or quinoa \$9.95

EGGPLANT MEATBALLS spaghetti and marinara served with salsa \$9.95

EAST INDIAN VEGGIE CURRY with tempe and vegetables \$10.95

MIDDLE EASTERN WRAP Hummus, falafel, tomato, mixed greens, feta and peppers \$9.45

EGGPLANT FRENCH FRIES with marinara or cheese sauce \$5.50

SIDES

Fresh vegetables cooked to order:

Spinach \$3.50

Broccoli \$3.50

Sautéed Mixed Vegetables \$2.95

String Beans \$3.50

Mixed Green Salad small. \$4.95

Mashed potato with a hint of garlic \$3.25

French fries \$2.95 add gravy or cheese sauce \$3.95

Baked Potato served w/sour cream & butter \$3.25

Brown rice or Quinoa (a nutty grain) \$2.95

Sweet potato fries, hand-cut \$3.95

Hearty grains & mushrooms \$2.95

½ Rice & ½ black beans \$2.95

Roasted beets \$3.25

Boston Baked Beans \$2.50

Cole Slaw \$1.95

Sliced Tomatoes \$1.95

Side of Mac & Cheese \$4.95

KIDS MENU

10 YEARS OLD AND UNDER PLEASE

Deluxe Sour Cream Flapjack single pancake \$3.95

Sweet Potato Pancake single pancake \$3.95

Challah French Toast one piece \$3.95

Breakfast Special one egg, choice of meat, home fries and toast \$4.25

Turkey Plate with mashed, gravy and one vegetable \$5.50

Meat Loaf Plate with mashed and gravy plus one veggie \$5.50

Penne with butter and cheese \$3.95

Penne with tomato sauce \$3.95

Burger with french fries \$6.25

Hotdog with french fries \$4.25

Grilled Cheese with fruit \$2.95

Mac and Cheese plus one vegetable \$5.95