

# Lunch Anytime 7am - 10pm - 7 days

## SOUPS AND 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)

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

**EGGPLANT FRENCH FRIES**  
vegetarian with a wedge of lemon.....\$6.50

**THE BEST CALAMARI**  
fried and crispy, lemon, 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, falafel, mixed greens and pita bread...\$11.95

### FALAFEL APPETIZER PLATE

Homemade falafel (2 pc.) served over a bed of mixed greens, tomato, pickled turnips and tahini sauce. 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.....\$7.95

## SANDWICHES

Sandwiches are served w/coleslaw and half-sour pickle, choose your own bread.

**GRILLED CHEESE** classic Diner favorite w/ American, Swiss or Cheddar \$3.75 Add tomato \$4.25, ham or bacon \$5.50....great w/spinach & tomato \$4.75

**TUNA MELT** Albacore tuna, tomatoes and choice of Swiss, Cheddar or American cheese, grilled with or without tomato, choice of bread.....\$6.25

**GRILLED REUBEN** sliced corned beef on pumpkinnickel w/sauerkraut, Swiss cheese and Russian dressing \$8.95 (may be made w/turkey or vegetables)

**GRILLED RACHEL** same as above except coleslaw is substituted for sauerkraut.....\$8.95

**GRILLED CORNED BEEF** corned beef on your choice of bread .....\$6.25 with Swiss \$6.75

**MONTE CRISTO** Sliced ham or roast turkey, Swiss cheese between thickly sliced challah bread dipped in egg batter and grilled.....\$8.95

**CUBANO** a grilled sandwich of sliced pork loin, ham, dill pickle, Swiss cheese and mojo sauce on a french roll.....\$8.95



### OUR BREAD SELECTIONS:

- |                 |                               |
|-----------------|-------------------------------|
| Sourdough white | Raisin                        |
| Whole wheat     | Rosemary Garlic               |
| 7-grain         | Harvest (nuts & dried fruits) |
| Pumpnickel      | Bagels: plain, sesame,        |
| Light rye       | or everything \$\$.50 extra   |
| Scallion        | English muffin \$.50 extra    |

**CRISPY FRIED CHICKEN SANDWICH**  
Fried chicken tenders on a bulkie roll w/honey-mustard sauce, lettuce and tomato.....\$8.50

**FALAFEL SANDWICH** Fresh homemade falafel, pickled turnip, sesame tahini, lettuce and tomato.....\$8.50

**CATFISH PO'BOY** on a roll with tartar sauce, lettuce and tomato. Served with potato chips.....\$9.95

**FISH FILET SANDWICH** Deep fried cod, or pollock with tartar sauce, lettuce and tomato.....\$8.95

**HOT TURKEY SANDWICH** open-faced turkey, layered with stuffing and cranberry & gravy on toasted bread with mashed potatoes on the side.....\$8.95

**HOT MEATLOAF SANDWICH** open-faced meatloaf and gravy on toasted bread of your choice with mashed potato.....\$8.95

**CHICKEN SALAD** Classic chicken salad with a hint of tarragon and scallions.....\$5.75

**B.L.T.** bacon, lettuce and tomato with mayo on toast.....\$4.75

**LOBSTER SEAFOOD ROLL** chunks of seafood with mayo on a toasted roll, and potato chips.....\$9.95

**HOT PASTRAMI** For all you deli mavens, great news! We now have a great hot pastrami on rye, NYC deli style..... \$8.95 w/ Swiss and Russian dressing.....\$9.95 Make it a "Reuben" or "Rachel".....\$10.45

## CLUBS

**TURKEY CLUB** a triple decker with roast turkey, crispy bacon, lettuce, tomato and mayo.... \$8.75

**TURKEY AVOCADO CLUB** a triple decker with roast turkey, crispy bacon, lettuce, tomato, mayo and avocado.....\$9.75

**\*CHEESEBURGER CLUB** a triple decker with crispy bacon, lettuce, tomato, mayo, and your choice of toast.....\$9.95

**DELUXE CLUB** a triple decker with roast turkey, ham, bacon, lettuce & tomato and your choice of cheese.....\$9.75



## WRAPS

Your choice of herb or whole wheat

**CHICKEN CAESAR WRAP** grilled chicken, romaine lettuce, tomatoes, caesar dressing with parmesan and croutons.....\$7.95

**TURKEY WRAP** sliced turkey breast, cranberry sauce, stuffing and mixed greens.....\$7.25

**VEGGIE WRAP** roasted veggies, w/ hummus and feta cheese.....\$7.95

**BUFFALO CHICKEN WRAP** Spicy buffalo chicken, lettuce, tomato, crumbled blue cheese and dressing .....\$7.25

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

**GRILLED CHICKEN WRAP** grilled chicken to order with roasted red peppers, hummus, tomatoes and mixed greens.....\$7.95

**GREEK WRAP** grilled chicken, feta, olives, lettuce tomato and onion, with greek dressing .....\$7.95

- Mashed potato with a hint of garlic \$3.25
- French fries \$2.95 Add gravy or cheese sauce \$3.95
- Mixed Green Salad small \$4.95
- 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
- Mac & cheese \$4.95

**SIDES**

\* 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  
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## ADD-ONS:

Burgers, Dogs or Sandwiches

**French Fries** – handcut \$1.95

**Sweet potato fries** – handcut \$2.95

**Side salad** – \$2.25

**Eggplant fries** – \$4.50

**Onion Rings** – \$4.00

## BLUE PLATES

**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

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

**MAC & CHEESE** Classic baked macaroni & cheese served w/ a mixed green salad or choice of vegetable \$9.50

**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

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

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

**\*SIRLOIN STEAK** 6 oz. boneless sirloin served w/choice of two sides. \$10.95 10oz. \$13.95

**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

**\*8oz. GROUND BEEF** with sautéed mushrooms and gravy (no bun), plus two sides \$10.95

Fresh vegetables cooked to order:

Spinach \$3.50

Broccoli \$3.50

Sautéed Mixed Vegetables \$2.95

String Beans \$3.50

Baked Potato sour cream & butter \$3.25

Boston Baked Beans \$2.50

Cole Slaw \$1.95 Sliced Tomatoes \$1.95

Seasonal Vegetables –ask server \$3.50

**more**

**sides**

## DELUXE BURGERS & DOGS

All burgers are served w/lettuce and tomato garnish as well as coleslaw and half-sour pickles.

**\*DELUXE BEEF BURGER** 8 oz. ground chuck cooked to order, served w/coleslaw and half-sour pickle \$8.25

**\*KOBE BEEF BURGER** grass-fed and raised on Kobe beef ranches. We recommend medium-rare to medium to enjoy the sweet flavor.....\$10.50

**\*GREEK BURGER** our own recipe of lamb & beef, seasoned with feta, capers and olives \$8.95

**GRILLED CHICKEN** served on a bulky roll with lettuce and tomato, honey mustard sauce.....\$8.95

**DELUXE HOT DOGS** all beef Hebrew National on a roll w/choice of relish, diced onion, sauerkraut or sautéed onions 1 dog \$4.95 2 dogs \$7.50

**CHILI-CHEESE DOGS** our homemade chili w/ cheddar cheese 1 dog \$6.95 2 dogs \$9.45

**VEGAN BURGER** with seeds & grains, rolled oats and soy cheese.....\$7.95

**\*BUFFALO BURGER** great tasting and lower in fat than ground beef. Topped w/ maple BBQ sauce. \$9.95

**APPLE CURRY TURKEY BURGER** our own recipe of ground turkey mixed w/apples, yogurt and spices \$8.25. Featured in The Boston Chef's Cookbook by Clara Silverstein.

**GRILLED SALMON FILET** 6oz. filet grilled to order with a honey-dijon glaze.....\$8.25

### DELUXE TOPPINGS

all toppings \$ .75

**Cheddar**

**Swiss**

**American**

**Bleu Cheese**

**Goat cheese**

**Soy cheese**

**Mushrooms**

**Sautéed onions**

**Raw Sweet onion**

**Green peppers**

**Bacon**

**Sundried tomatoes**

**Avocado**



## Fresh Salads

**DELUXE HOUSE SALAD** fresh mixed greens with grape tomatoes, cucumber, and sweet onion. Small \$4.95 Large \$6.95 Suggestion (as a meal): top with grilled chicken breast or crispy fried chicken... add \$4.95 or salmon \$6.95

**CHOPPED GREEK SALAD** romaine lettuce topped with feta cheese, black olives, grape tomatoes and sweet onion. Served with creamy Greek dressing. Small \$6.95 Large \$8.95. Top with grilled chicken breast or crispy fried chicken add \$4.95 or salmon filet \$6.95

**CAESAR SALAD** chopped Romaine tossed with Caesar dressing, garlic seasoned croutons and parmesan cheese. Small \$5.95 Large \$6.95 Top with grilled chicken breast or crispy fried chicken add \$4.95 or salmon filet \$6.95

**DELUXE TUNA SALAD** with imported tuna packed in olive oil, served with hard boiled egg, sweet onions, capers, lemon, over a bed of mixed greens \$9.50

**COBB SALAD** A DINER FAVORITE – grilled chicken on top of mixed greens, bacon, avocado, blue cheese, black olives, sweet onion and a hard-boiled egg. Our own balsamic dressing, or your choice from the dressing list \$10.45

**ASIAN NOODLE & CHICKEN** mixed green salad with tomato, cucumber, onion and grilled chicken, topped with spicy peanut noodles. Peanut dressing on the side \$9.50

**MIDDLE EASTERN PLATTER** a sampler of middle eastern specialties – hummus, tabouli, feta cheese, Greek yogurt, hard boiled egg, falafel and mixed greens and pita bread. (As a meal or appetizer!) \$11.50

**FATTOUSH SALAD** A Mediterranean style salad with lettuce, cucumber, crispy pita chips and a lemon-garlic dressing. Small \$6.95 Large \$8.95

**SPINACH & GOAT CHEESE** quick sautéed baby spinach in olive oil and a touch of balsamic, topped with crumbled goat cheese and crispy smoked bacon \$8.95

**Deluxe Dressings** – Balsamic Vinaigrette, Fat-Free Balsamic, Herb Vinaigrette, Greek, Oil & vinegar, Bleu Cheese, Russian & Ranch

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