

# Breakfast SERVED ALL DAY

**Create Your own OMELETTES or SCRAMBLE** **12.50**  
 A three egg omelette or scrambled eggs served with home fries or fresh fruit and choice of toast (bagel, whole wheat, rye, country white, sourdough, english muffin, french baguette, flour or corn tortillas)

Any 4 Items  
 Bacon-Turkey Bacon Turkey Sausage- Fresh Turkey Breast- Ham- kosher Salami- Smoked Salmon Chicken Breast- Garden Burger- Tofu- Broccoli- Sun Dried Tomatoes- Grilled Eggplant- Asparagus Kalamata Olives- Green Bell Peppers- Roasted Red Peppers- Spinach- Black Beans- Basil- Mushrooms Chile Peppers- Green Onions- Avocado- Pico De Gallo-Tomatoes- Corn- Garlic- Capers- Sour Cream Blue Cheese- Cheddar Cheese- Cream Cheese- Feta Cheese- Goat Cheese- Mozzarella Cheese- Swiss Cheese- Pepperjack Cheese  
 0.95 cents for each additional ingredient ask for egg whites or tofu for an additional \$1.50

## Eggs Dishes

\*Served with homefries or fresh fruit and choice of toast (bagel, whole wheat, rye, white,sourdough, English muffin, French baguette,flour or corn tortillas)

**Two Eggs Any Style** **10.50**  
 Two eggs with your choice of meat and toast

**Breakfast Combo** **13.50**  
 Two eggs any style with your choice of panackes or french toast, served with your choice of meat and toast

**House Scramble** **13.50**  
 Goat chesse, sun dried tomatoes, avocado, spinach, mushrooms and basil

**Kosher Salami Scramble** **12.50**  
 Kosher salami, cheddar cheese and green onions

**Green Frittata** **13.50**  
 Broccoli, asparagus, spinach, green onions, mushrooms and swiss cheese

**Breakfast Pasta** **13.50**  
 Penne pasta, basil, turkey sausage, sun dried tomatoes, kalamata olives and feta cheese tossed with pesto

**Croissant or Baguette Sandwich** **12.50**  
 Scrambles eggs, ham and cheddar cheese

**Breakfast Burrito** **12.50**  
 Scrambled eggs, cheddar cheese and black beans, wrapped in flour tortilla with sour cream, pico de gallo and guacamole on the side

**Breakfast Wrap** **12.50**  
 Scrambled eggs, cheddar cheese, bacon, tomato and avocado wrapped in lavash

**Breafast Quesadilla** **13.50**  
 Scrambled eggs, mozzarella, cheddar cheese and grilled chicken breast served with sour cream, pico de gallo and guacamole (not served with toast)

**Huevos Rancheros** **13.50**  
 Two eggs sunny side up topped with ranchero sauce on top of black beans on corn tortillas with sour cream, pico de gallo and guacamole on the side

**Eggs Benedict** **13.50**  
 Toasted english muffin layered with ham and two eggs poached medium topped with hollandes sauce

**Smoked Salomon Benedict** **13.50**  
 Smoked salmon on a toasted english muffin and two eggs

**Spanish Scramble** **13.50**  
 Pico de gallo, cheddar cheese, avocado on top of corn tortillas and black beans served with pico de gallo, sour cream and guacamole on the side (make it burrito)

**Shakshuka** **13.50**  
 Exotic slow roasted stew of tomatoes, peppers and garlic, topped with two over medium eggs and served with fresh baguette, tahini sauce and chopped tomato and cucumber salad

**Spinach Shakshuka** **13.50**  
 Two eggs over medium on a bed of spinach and artichoke heart dip

# Salads

**Farmers Salad** **1/2 9 Full 12**  
 Mixed leaf, goat cheese, beets, walnuts, sliced apples drizzled w/honey & vinaigrette

**Chop N'Toss Salad** **1/2 9 Full 12**  
 Iceberg lettuce, arugula, cucumbers, onions, buffalo mozzarella, garbanzo beans, shaved parmesan tossed with oil and vinegar

**Caesar Salad** **1/2 9 Full 14**  
 Hearts of romain lettuce, shaved parmesan cheese, house croutons and grilled chicken

**The Wedge** **1/2 9 Full 14**  
 Iceberg wedge, topped w/creamy blue cheese, riped tomatoes, crispy bacon & fresh beets

**Lulu's Salad** (Everyones favorite!) **1/2 9 Full 12**  
 Warm rice on bed of lettuce, topped w/tomatoes, red onions, cucumbers, feta cheese, grilled chicken and honey mustard dressing

**Garden Burger Salad** **1/2 9 Full 14**  
 Mixed greens, sun dried tomatoes, avocado, goat cheese, pine nuts w/grilled garden burger

**Thai Salad** **1/2 9 Full 14**  
 Mixed lettuce, cucumbers, bean sprouts, cilantro, carrots, and wonton noodles. Topped w/chicken breast Served with peanut dressing

**Santorini Salad** **1/2 9 Full 12**  
 Marinated cucumbers, tomatoes, bell peppers, kalamta olives, feta cheese, red onion on a bed of greens w/vinigrrette on the side

**Asian salad** **1/2 9 Full 14**  
 Mixed lettuce, graded carrots, red cabbage, mandarin oranges, cilantro, toasted almonds, wonton noodles with grilled chicken breast

**Chicken chow salad** **1/2 9 Full 14**  
 Bed of lettuce toped with grilled vegetables, grilled chicken, crumbled feta cheese, avocado, tomato and cucumber served with our house vinigrate on the side

**Cobb Salad** **1/2 9 Full 14**  
 Mixed lettuce, oven roasted turkey, crispy bacon, avocado, tomato, crumbled blue cheese, served with house vinaigrette on the side

**Santa Fe Salad** **1/2 9 Full 14**  
 Mixed lettuce, grilled chicken, black beans, corn tortilla chips, tomato, cilantro, corn, and cheddar cheese served with ranch dressing on the side

**Judi's Salad** **1/2 9 Full 14**  
 Mixed green with two scoop of tuna, tomatoes, kalmata olives, cabbage carrots & croutons served with your choice of dressing

# Melts

**With your choice of shoestring, fries, sweet potato fries, house salad, cup of fresh fruit or coleslaw onion rings - 1.00 extra**

**Turkey Melt** **12.95**  
 With brie, mozzarella & pesto

**Tuna Melt** **12.95**  
 With cheddar

**Basic Grilled Cheese** **9.95**  
 With cheddar

**Chicken Salad Melt** **12.95**  
 With cheddar

**Patty Melt** **12.95**  
 Angus patty, grilled onions, swiss cheese on rye bread

**Grilled Chicken Melt** **12.95**  
 Pesto, roasted peppers, mozzarella, arugala,and tomato

**Turkey Cranberry Melt** **12.95**  
 With mozzarella cheese

**Grilled Veggie Melt** **12.95**  
 With goat cheese, roasted tomato and pesto

# Pancakes & More

**House Pancakes** **Single 4.25 Full order 10.50**

**Blueberry Filled Pancakes** **Single 5.00 Full order 11.50**

**Strawberry Banana Filled Pancakes** **Single 5.00 Full order 11.50**

**Cinnamon Walnuts Banana Pancakes** **Single 5.00 Full order 11.50**

**Chocolate Chip Banana Pancakes** Filled pancakes drizzled with chocolate syrup **Single 5.00 Full order 11.50**

**French Toast Blintz** **12.50**  
 Served on a skillet with cup of fruit and whipped cream

**Fresh Seasonal Fruit Bowl** **9.95 Cup 4.95**  
 With vanilla yogurt or cottage cheese

**Granola With Berries & Yogurt** **9.95**

**Hot Oatmeal** **8.95**  
 Raisins, cranberries, brown sugar served with cup of fruit Made with milk **8.95** Made with Almond or soy milk **9.95**

**Smoked Salmon Platter** **13.95**  
 Smokes salmon tomatoes, red onion, cucumbers, capers, kalamata olives and a toasted bagel of your choice with cream cheese

Sides		
<b>Applewood Smoked Bacon</b>	<b>Cream Cheese</b>	<b>1.50</b>
2 pieces 3.25   4 pieces 5.00	<b>2 Eggs</b>	<b>5.00</b>
<b>Turkey Sausage</b>	<b>Kiddie Pancake</b>	<b>4.95</b>
2 pieces 3.25   4 pieces 5.00	<b>Avocado</b>	<b>2.50</b>
<b>Home Fries</b>	<b>Cottage Cheese</b>	<b>2.50</b>
1/2 Order 2.50   Full order 5.00	<b>Tomatoes</b>	<b>1.95</b>

# Wraps

**Turkey Avocado Wrap** **12.50**  
 Mixed leaf, over roasted turkey breast, tomatoes, cucumbers, avocado, mayo & honey mustard

**Tuna Salad Wrap** **12.50**  
 Albacore tune, lettuce, tomato, alfalfa sprouts & red onion

**Lulu's Wrap** **12.50**  
 Chicken breast, mixed leaf, tomato, cucumber, avocado, mozzarella, pesto and mayo

**Fresh Veggie Wrap** **12.50**  
 Mixed leaf, tomato, cucumber, alfalfa sprouts, carrots, avocado, tahini sauce & honey mustard

**Grilled Veggie Wrap** **12.50**  
 Grilled vegetables, avocado, feta, alfalfa sprouts, tahini sauce & honey mustard

**Club Wrap** **12.50**  
 Oven roasted turkey breast, crispy bacon, lettuce, tomato, avocado, swiss cheese, & mayo

**Falafel Wrap** **12.50**  
 Crispy falafel, lettuce, tomato, cucumber, hummus, & tahini sauce

**1/2 wrap with Soup and Choice of Side**  
**13.95**

# Quesadillas

**Chic Avocado & Cheddar Quesadilla** **12.95**  
 Fresh Chicken, Avocado, Cheddar

**Margarita Quesadilla** **12.95**  
 Grilled Tomato, Fresh Basil, Buffalo Mozzarella, Cheddar served with a side of jalapeño cheddar spread

**Mozzarella Veggie Quesadilla** **12.95**  
 Grilled Veggies, Mozzarella

**Chicken Avocado Basil and Feta Quesadilla** **12.95**  
 Fresh Chicken, Fresh Basil, Avocado with Feta Cheese

# Crêpes

**Savory Crepes** **12.95**  
 Served with house salad and balsamic vinaigrette dressing

**Italian**  
 Oven roasted turkey, mozzarella, cheddar, spinach, tomatoes & fresh basil

**Mexicali**  
 Scrabbled egg, ham, mozzarella, cheddar, tomatoes, fire roasted peppers & spinach

**American**  
 Swiss cheese, mozzarella, wild arugula, lemon artichokes, mushrooms, avocado and fresh basil

**Sweet Crepes** **10.95**  
 Served with powder sugar & whip cream add scoop of vanilla ice cream \$2.00

**Classic**  
 Butter & sugar

**Cream De La Cream**  
 Nutella, bananas & strawberries

**Bitter Sweet**  
 Salted caramel with bananas & walnuts

**Berries Combo**  
 strawberries, blackberries, blueberries with cottage cheese

# Soups

Chicken tortillia, chicken noodle, lentil, split pea, soup of the day **6.95**

# Deli Sandwiches

**Served with whole wheat, rye, white, soudough or french baguette**  
**With your choice of shoestring fries, sweet potatoe fries, house salad, cup of fruit, onion rings - 1.00 extra**

**Oven Roasted Turkey** **12.50**

**Black Forest Ham & Swiss** **12.50**

**Albcore Tuna Salad** **12.50**

**Chicken Salad** **12.50**

**Ny Style Pastarmi** **12.50**

**Kosher Salami** **12.50**

**1/2 Sandwich with Soup and Choice of Side**  
**13.95**

# Sandwiches and beyond

**Lulu's Club Sandwich**- served on toasted artisan white bread with oven roasted turkey, swiss cheese, bacon, lettuce, tomato & mayo. **13.50**

**Caprese Sandwich**- buffalo mozzarella, fresh basil, tomato, cucumber and vinegar on baguette **12.50**

**BLT**- (Applewood smoked bacon) **12.50**  
 Served on toasted aritsan bread with crispy bacon, lettuce, tomato, avocado and mayo

**Fresh Veggie Sandwich**- Served on whole wheat, lettuce, tomato, avocado, sprouts, carrots, cucumber, swiss cheese, mustard and mayo add grilled chicken - 3.95 **12.50**

**Chicken Breast**- **12.50**  
 lettuce, avocado, tomato, cucumber and pesto served on baguette

# Burgers

**Choice of white or wheat bun, and choice of side.**  
**Add cheese 1.00 Add onion rings 1.00**

**All American Classic** **14.00**  
 Beef Patty, Lettuce, Tomato, Sautéed Onions, Crispy Bacon, Melted American Cheese

**Garden Burger** **14.00**  
 Garden Patty, Red Onion, Lettuce, Tomato, Cucumber, Sprouts, Sliced Avocado (Make it into 2 lettuce tacos/wrap!)

**Protein Burger** **14.00**  
 Grilled Chicken, Lettuce, Tomato, Avocado Slices, Portobello Mushrooms

**Turkey Burger** **14.00**  
 Turkey Burger, Lettuce, Tomato, Onion

## COLD BEVERAGES

**Tropical Iced Tea - 2.95**

**Iced Coffee-2.95**

**Sodas (Coca Cola, Diet Coke, Sprite, Barq's Root Beer) - 2.95**

**Arnold Palmer (1/2 Lemonade & 1/2 Iced Tea) -2.95**

**Fresh Squeezed Lemonade -2.95**

**Pellegrino "Bubbly"or Panna & Fiji flat water - 3.00**

**Smoothies 5.95**

**• Orange, Strawberry & Banana • Banana Date**

**• Peanut Butter & Banana • Mocha Banana**

**Fresh Squeezed Juices**

**Orange Juice, Grapefruit Juice -5.95**

**Juices- 8.50**

**up to 4 ingredients**

**\* beets, spinach, carrots, apples, celery, ginger, bananas, strawberries, blueberries, blackberries, orange, lemon, cucumber, grapefruit, cantaloupe, watermelon, pineapple**

## COFFEE & TEA BAR

**(sub almond or soy milk for \$1.00)**

**Gourmet Coffee - 3.00**

**Americano - 3.75**

**Macchiato-3.50**

**Hot Chocolate - 4.00**

**Organic Loose Leaf Tea (black, green & herbal) - 3.50**

**Chai Latte -5.00**

**Cappuccino - 4.50**

**Double - 5.50**

**Espresso - 3.00**

**Double - 4.00**

**Cafe Latte 4.50**

**Double - 5.50**

**Red Eye - 3.75**

**Vanilla Latte - 5.50**

**Mocha Latte - 5.50**

**Nutella Mocha -6.00**

**Matcha Latte- 5.50**

**Iced Mocha / Vanilla / Chai - 5.75**

**Ice Blended Mocha/ Vanilla / Chai - 5.75**

**Iced Cappuccino / Latte - 5.50**