

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 cucmbers, 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 9.95**
 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		
Applewood Smoked Bacon	Cream Cheese	1.50
2 pieces 3.25 4 pieces 5.00	2 Eggs	5.00
Turkey Sausage	Kiddie Pancake	4.95
2 pieces 3.25 4 pieces 5.00	Avocado	2.50
Home Fries	Cottage Cheese	2.50
1/2 Order 2.50 Full order 5.00	Tomatoes	1.95

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 potato 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