

BREAKFAST

Served 8:00 am until 3:30 pm

Four Flowers Juice ... 6.50

a special blend of orange, pineapple, pomegranate and banana

Orange Juice ... 6.00

Grapefruit Juice ... 6.00

CEREALS

SARABETH'S HOT PORRIDGE 'THREE BEARS STYLE'

(Porridge served until Noon)

Baby Bear

hot porridge with milk and honey... 7.00

Mama Bear

hot porridge with fresh cream, raisins and honey ... 7.50

Papa Bear

hot porridge with bananas, fresh cream, raisins and honey ... 7.75

Big Bad Wolf

hot porridge with wheat berries, fresh cream, butter and brown sugar ... 7.75

Morning Crunch

fresh roasted granola topped with bananas and raisins, served with honey, choice of milk or yogurt ... 8.00

Morning Fruit Bowl

grapefruit and orange sections, sliced banana and strawberries ... 8.50

EXTRAORDINARY EGGS AND OMELETTES

All eggs served with choice of muffin (English, corn, bran, banana or pumpkin),
currant scone, 7-grain toast, sourdough toast or croissant
*all served with Sarabeth's preserves

Cheese Omelette

Gruyere or white cheddar ... 12.00

Spinach and Goat Cheese Omelette... 13.00

Garden Omelette

broccoli, corn and carrots with cheddar ... 12.25

Classic Eggs Benedict

with authentic Canadian smoked ham and Hollandaise sauce ... 16.00

Smoked Salmon Eggs Benedict

with Irish smoked salmon and Hollandaise sauce ... 16.00

Vegetable and Gruyere Frittata

asparagus, red and yellow peppers, chives and gruyere ... 13.00

Farmer's Omelette

leeks, ham and chunks of potato with Gruyere ... 13.25

The Red Omelette

a chunky filling of tomato, red pepper, cheddar and a dollop of sour cream with chives ... 13.50

Goldie Lox

scrambled eggs with smoked salmon and cream cheese ... 14.25

Green and White

scrambled eggs with scallions and cream cheese ... 12.50

Popeye Eggs

scrambled eggs on an English muffin with Black Forest ham and sautéed spinach ... 13.50

* not served with an additional muffin*

(Omelettes may be ordered egg white only ... 2.25 additional)

SWEET BREAKFASTS

Served with Doerfler Farms Maple Syrup

Fat and Fluffy French Toast with Maple Syrup ... 14.50

Lemon and Ricotta Pancakes with Fresh Berries ... 14.50

Pumpkin Waffle Topped with Sour Cream, Raisins, Pumpkin Seeds and Honey ... 14.50

Buttermilk Pancakes with Fresh Strawberries ... 14.50

Cheese Blintzes with Sour Cream and Apple Butter ... 14.50

SIDE DISHES

Three-Pepper Home Fried Potatoes... 5.50 Apple wood Smoked Bacon... 6.75

Chicken & Apple Breakfast Sausage... 6.75 Pork & Apricot Sausage... 6.75

Basket of Assorted Muffins and Jams ... 12.00

LUNCH

Served from 11:30 am until 3:30 pm

Please ask your server for today's selection of wines by the glass

Appetizers

Sara's Famous Velvety Cream of Tomato Soup ... 9.00

Today's Market Soup ...P/A

Caesar Salad garlic croutons, shaved Parmesan Reggiano ...9.00

Baby Lettuces orange vinaigrette, Gorgonzola croutons ...8.50

Guacamole homemade chips ...13.50

Artichoke & Goat Cheese Salad celery, leeks, caper vinaigrette ...10.00

Triple Dip artichoke-Parmesan puree, sun dried tomato pesto, spinach tapenade...10.00

Main

Chopped Market Vegetable Salad ... 16.25

chopped seasonal vegetables, baby romaine and crumbled Maytag Bleu cheese, sherry-shallot vinaigrette
grilled chicken, add ... 4.75

Roasted Chicken Salad ... 18.50

green beans, chives, radicchio, market vegetables, walnut dressing

Roasted Salmon

spring vegetables, jasmine rice, lemon- mint vinaigrette ...24.00

Grilled Meyer's Ranch All Natural 10oz Strip Steak... 23.00

French fries, béarnaise sauce

Free Range Chicken Pot Pie ... 17.75

pearl onions, root vegetables, fingerling potatoes and English peas

Sautéed Gnocchi

spinach, mushrooms, mozzarella, celeriac sauce ... 15.50

Seared Sea Scallops ... 22.00

zucchini, slow roasted tomato

Central Park South Cobb Salad ... 26.00

lobster, fresh crabmeat, gulf shrimp, avocado, egg,
crispy bacon, tomatoes, onions, romaine, Maytag blue cheese

Grilled Chicken Caesar Salad ... 18.50

romaine, aged Parmesan, garlic croutons

Poached Tuna Nicoise ... 20.50

olive oil poached tuna, mixed baby greens, potatoes,
French beans, herbs, olives, roasted shallot vinaigrette

Maine Lobster Roll ... 24.00

cole slaw, homemade chips

One Great Burger ...15.00

fresh Ground **turkey** or **sirloin** with grilled spring onion, lettuce, avocado salsa
brioche bun, French fries

Jumbo Lump Crab Cake Sandwich ... 19.00

Sarabeth's English muffin, hand cut fries, tartar sauce, salad of frisée, watercress & apples

Lemon Zested Tuna Salad ... 15.75

over grilled sourdough, fresh tomatoes marinated in virgin olive oil, balsamic vinegar, oregano

New Classic Club Sandwich ... 15.75

roasted turkey breast, fresh mozzarella, Virginia ham, lettuce, tomato, ranch dressing, seven-grain bread

Grilled Smoked Mozzarella Sandwich ... 15.25

avocado, fresh tomatoes, seven-grain bread

Sides

crispy fries ... 6.00

grilled asparagus Hollandaise ... 7.00

onion rings ... 7.00

*An 18% service charge will be added for parties of 5 or more

**FOR CORPORATE EVENTS OR PRIVATE PARTIES
PLEASE CALL OUR EVENTS LINE, 646 670 6933**