

BREAKFAST

Served 8:00-3:30, Monday-Friday

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

Cheese Omelette

Gruyere or white cheddar ... 12.00

Popeye Eggs*

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

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 ... 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

Spinach and Goat Cheese Omelette... 13.00

* not served with an additional muffin

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

All eggs served with choice of muffin (English, corn, bran, banana or pumpkin), scone or croissant with preserves.
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SWEET BREAKFASTS

Served with Warm Maple Syrup ... 14.50

Fat and Fluffy French Toast with Warm Maple Syrup

Lemon and Ricotta Pancakes with Fresh Berries

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

Buttermilk Pancakes with Fresh Strawberries

Cheese Blintzes with Sour Cream and Apple Butter

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

Lunch is served from 11:30 am until 3:30 pm, Monday to Friday
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

Baby Arugula & Poached Pear Salad spiced vinaigrette ... 10.00

Pulled Pork & Chorizo Quesadilla lime crème fraiche... 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

candied walnuts, chives, endive, onions, market vegetables and fresh chervil

Crispy Skin Roasted Organic Salmon

wilted spinach and leeks, caper butter sauce ... 24

Grilled 10oz Sirloin... 23.00

crispy shallots, roasted tomatoes, asparagus balsamic reduction

Free Range Chicken Pot Pie ... 17.75

pearl onions, root vegetables, fingerling potatoes and English peas

Wild Mushroom Ravioli

toasted pine nuts, zucchini vermicelli ... 15.50

Scallops Menuire ... 22.00

jasmine rice, sautéed spinach

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

Grilled Tuna Nicoise ... 20.50

sushi grade tuna grilled rare, mixed baby greens, grilled red onion,
French beans, 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