

# Sunrise Breakfast Menu

Served Monday through Saturday til 11:00 am (Some selections available all day!)

We have been in business since 1981 and are committed to scratch cooking, from "Applesauce to Zucchini Bread." We are a community leader in sustainable practices. All of our poultry, meats and dairy are antibiotic- and hormone-free and are grass or vegetarian-fed. We use cage-free eggs. Our produce is sustainably grown and locally sourced when available.

**"Welcome to my place, where I feed you the way I feed my grandchildren – as if your health depended on it!" -- Cindy Gershen, Chef/Owner**

●Indicates sugar in the first 3 ingredients

<p style="text-align: center;"><b><u>Power Breakfasts</u></b></p> <p style="text-align: center;"><i>Complete meals, high in fiber and without added sugar</i></p> <p><b>Power Burst Breakfast</b> 8.95 <i>Six egg whites scrambled, cup of fruit, sliced tomato &amp; toast</i></p> <p><b>Three Cup Breakfast</b> 7.95 <i>Cup of each: oatmeal, fresh fruit and non-fat plain yogurt (or 2 eggs)</i></p> <p><b>Lance's Ultimate Oatmeal</b> 7.25 <i>Topped with dried fruit medley, berry compote or warm applesauce &amp; almond slivers</i></p> <p><b>Whole Grain Yogurt Pancakes (2)</b> 8.25 <i>No fat, no sugar, made with whole grains and fresh apples</i> <i>Served with a side of warm berry compote</i> <b>Single 4.50</b></p>	<p style="text-align: center;"><b><u>Eggs-cetera</u></b></p> <p style="text-align: center;"><i>Includes Breakfast Potatoes and Toast or Choice of 2 Sides</i></p> <p><b>Two Eggs, Any Style</b> 8.95</p> <p><b>Ben's Omelet</b> 10.95 <i>Green chilies, jack cheese, sour cream &amp; tomatoes</i></p> <p><b>Nana's Omelet</b> 10.95 <i>Zucchini, broccoli, mushrooms, &amp; jack cheese</i></p> <p><b>Alex's Omelet</b> 10.95 <i>Ham, jack cheese, guacamole &amp; salsa</i></p> <p><b>Joe's Scramble</b> 10.95 <i>Italian sausage, spinach, mushrooms, onions &amp; Romano</i></p> <p><b>Gabe's Salsa Eggs</b> 10.95 <i>Sautéed fresh tomatoes, onions, peppers and mushrooms with two poached eggs &amp; Jack cheese</i></p> <p><b>Lox and Eggs Scramble</b> 10.95 <i>Sautéed red onions, bell pepper, tomatoes and lox scrambled</i></p> <p><b>Rosie's Scramble</b> 10.95 <i>Tofu, garlic, spinach, mushrooms, zucchini, tomato &amp; broccoli</i></p> <p><b>Veggie &amp; Eggs Scramble</b> 10.95 <i>Eggs, garlic, spinach, mushrooms, zucchini, tomato &amp; broccoli</i></p> <p><b>Plain or Build Your Own Omelet</b> 8.25 <i>We start you off with three eggs...add any combination of the following items at the indicated price per item:</i></p> <p><b>Meat, Poultry, Fish &amp; Avocado</b> 1.00 each <i>Ham, bacon, sausage, turkey, corned beef, chopped lox, pulled pork, fresh avocado slices</i></p> <p><b>Cheeses</b> 75 cents each <i>Jack, cheddar, cream cheese, bleu cheese, Swiss, feta</i></p> <p><b>Veggies and More</b> 50 cents each <i>Mushrooms, spinach, zucchini, bell pepper, broccoli, tomatoes, green chilies, green onions, house salsa, sour cream, pesto, grated Romano, jalapeños, tomatillo salsa, yogurt, guacamole</i></p>
<p style="text-align: center;"><b><u>Breakfast Entrees</u></b></p> <p style="text-align: center;"><i>You may also request egg whites</i></p> <p><b>Corned Beef Hash</b> 10.95 <i>A sauté of corned beef and breakfast potatoes topped with two poached eggs, served with toast – try it with sweet potatoes!</i></p> <p><b>Richard's Special</b> 10.95 <i>Two eggs (any style), two pancakes with warm berry compote and your choice of pork sausage, bacon or Canadian bacon</i> <b>Sub. Yogurt Pancake or ●French Toast</b> add 1.00</p> <p><b>Potato Pancakes (Latkes)</b> 8.95 <i>Potatoes, onions, spices, eggs and whole grain matzo meal</i> <i>Served with sour cream and house-made applesauce</i></p> <p><b>Carnitas &amp; Eggs</b> 10.95 <i>Sauté of pulled pork with jalapeños and eggs over corn tortillas and black beans, with side of tomatillo salsa, sour cream and avocado</i></p> <p><b>South of the Border</b> 10.95 <i>Chicken breast, black beans, two eggs (any style) on corn tortillas with jack and cheddar, avocado, cilantro and salsa</i></p> <p><b>Breakfast Burrito</b> 8.95 <i>Bacon (or sausage/ham), breakfast potatoes, cheese and eggs in a flour (or whole grain) tortilla. Salsa on the side</i></p> <p><b>Sunrise Potatoes</b> 7.95 <i>Potatoes sauteed with mushrooms, zucchini, spinach, broccoli, tomatoes, garlic and Parmesan. Sunrise Veggies only 8.95</i></p> <p><b>Lox, Bagel &amp; Cream Cheese Platter</b> 10.95 <i>Toasted plain bagel, slices of lox, whipped cream cheese, capers, tomatoes, red onions, pickles, Calamata olives and fresh fruit</i></p> <p><b>Fresh Baked Quiche</b> 9.95 <b>Choose from: Broccoli &amp; Cheddar or Spinach &amp; Bacon</b> <i>(Egg whites not available) Includes cup of fruit</i></p> <p><b>Sunrise "Ambrosia"</b> 8.95 <i>Bowl of fresh fruit topped with non-fat plain yogurt. Served with Sunrise granola or whole grain power scone</i></p>	<p style="text-align: center;"><b><u>Breakfast Sides</u></b></p> <p style="text-align: center;"><i>(Order a la Carte @ 3.00/each)</i></p> <p style="text-align: center;"><b><u>Fresh Fruits &amp; Vegetables</u></b></p> <p style="text-align: center;"><b>Mixed Fresh Fruit</b></p> <p><b>House-Made Applesauce</b> unsweetened slow-cooked apples</p> <p style="text-align: center;"><b>Sliced Tomatoes</b></p> <p style="text-align: center;"><b>Sliced Organic Fuji Apple and Peanut Butter</b></p> <p style="text-align: center;"><b><u>Meats</u></b></p> <p style="text-align: center;"><b>3 Bacon, 2 Canadian Bacon or 2 Sausage</b></p> <p style="text-align: center;"><b><u>Dairy</u></b></p> <p style="text-align: center;"><b>Cup of Non-Fat Cottage Cheese or Yogurt</b></p> <p style="text-align: center;"><b><u>Potatoes &amp; Grains</u></b></p> <p style="text-align: center;"><b>Breakfast Potatoes</b></p> <p><b>Sweet Potatoes (Grilled or Steamed)</b></p> <p><b>Brown Rice</b>                      <b>Black Beans</b></p> <p><b>½ Cup Sunrise Granola with Milk</b></p> <p style="text-align: center;"><b>Cup of Plain Oatmeal</b></p> <p style="text-align: center;"><b><u>Breads &amp; Pastries</u></b></p> <p><b>Toast – Herb, Whole Wheat, Marble Rye or Egg</b></p> <p style="text-align: center;"><b>English Muffin</b></p> <p style="text-align: center;"><b>●Freshly Baked Muffins</b></p> <p style="text-align: center;"><b>Bagels (Plain or Whole Wheat)</b></p> <p style="text-align: center;"><b>Tortillas (Flour, Corn or Whole Grain)</b></p> <p style="text-align: center;"><b>Bistro Pancake</b></p> <p style="text-align: center;"><b>Whole Grain Yogurt Pancake (@ \$4)</b></p>
<p style="text-align: center;"><b><u>When You Want Dessert For Breakfast...</u></b></p> <p><b>●Cheese Blintzes (Our Own Recipe)</b> 9.95 <i>Three fresh crepes filled with farmer's cheese, sugar and eggs. Served with warm berry compote and sour cream</i></p> <p><b>●French Toast</b> 8.95 <i>Fresh eggs, milk, sugar, cinnamon &amp; vanilla, dusted with powdered sugar; with berry compote, ●pancake syrup</i></p> <p><b>Bistro Pancakes (3)</b> 8.25 <i>Served with warm berry compote, ●pancake syrup</i></p> <p style="text-align: right;"><b>Short Stack (2)</b> 6.00</p> <p><b>100% Pure ●Maple Syrup (2 oz.) (Upgrade)</b> 1.00</p>	

## Beer, Wine & Cocktails

	<u>Glass</u>	<u>Bottle</u>
<b><u>White Wines</u></b>		
Sycamore Lane Chardonnay	4.50	12.50
Firestone Sauvignon Blanc	5.50	18.50
Clos du Bois Chardonnay	8.00	32.00
<b><u>Cabernet Sauvignon</u></b>		
Sycamore Lane	4.50	12.50
14 Hands	6.50	21.00
<b><u>Other Reds</u></b>		
Sycamore Lane Merlot	4.50	12.50
Mark West Pinot Noir	7.25	24.00
<b><u>Sparkling Wine</u></b>		
Freixenet Cordon Negro Brut	5.00	22.50
<b><u>Beers on Tap</u></b>		
	<u>Glass</u>	<u>Pitcher</u>
Sierra Nevada Pale Ale	4.50	15.00
Lagunitas IPA	4.75	15.50
<b><u>Bottled Beer</u></b>		
Coors Lite	3.50	
Corona	4.50	
Pyramid Haywire	4.75	
Kaliber (Non-Alcoholic)	4.25	

## Cocktail Specialties of the House

Prices are for well liquors

Please add \$1 for call, \$2 for premium

<b>Alligator Cooler</b>	7.00
Vodka, Midori, sours and lemonade, garnished with a lime wedge.	
<b>Cosmo</b>	7.25
Vodka, Cointreau and cranberry juice are shaken and strained into a martini glass.	
<b>Hurricane</b>	7.00
Mix of dark and light rums, orange juice, pineapple juice and a splash of grenadine.	
<b>Long Island Iced Tea</b>	7.95
Vodka, tequila, gin, rum, and Triple Sec mixed with sours and floated over Coca-Cola.	
<b>Margarita</b>	7.00
Blended, over or straight up – tequila, Triple Sec and lime.	
<b>Mojito</b>	7.00
The classic Cuban mix – rum, lime, simple syrup and fresh mint.	
<b>Mai Tai</b>	7.00
Light rum, sweet & sour, Triple Sec, pineapple juice and a dark rum floater.	
<b>Bloody Mary</b>	7.00
Our own recipe!	

## Pastries & Desserts

*It all started with our pastries!*

*Made fresh from scratch using real butter, eggs, fruit and sugar*

<b>Blueberry Muffins</b>	2.00
<b>Cinnamon Rolls, Morning Buns</b>	2.25
<b>Cinnamon Sour Cream Coffee Cake</b>	2.25
<b>Caramel Pecan Buns</b>	2.95
<b>Scones: Raspberry or Blueberry (low sugar)</b>	2.25
<b>Dark Chocolate Stuffed Croissant</b>	3.50
<b>Veggie &amp; Cheese Stuffed Croissant (savory)</b>	3.50
<b>Meat Stuffed Croissants (savory)</b>	4.00
<i>Ham &amp; Cheese or Sausage &amp; Spinach</i>	

### Healthier Options

<b>Whole Grain Muffins:</b>	2.00
<i>“Oat Bran” - plain or with raisins (low sugar)</i>	
<b>Power Scones</b>	2.25
<i>Whole grain, no fat, no sugar</i>	
<b>Banana-Dark Chocolate Chip Snack Bread</b>	2.95
<i>Low fat, low sugar and whole grain</i>	

### Dessert – Served All Day

<b>Apple Strudel</b>	3.95
<i>Puff dough, fresh Granny Smith apples, cinnamon and sugar</i>	
<b>Bread Pudding</b>	3.95
<i>Made from our Morning Buns &amp; other pastries!</i>	
<b>Zucchini Bread</b>	2.95
<i>Made with raisins, nuts and a touch of cinnamon</i>	
<b>Lemon Bar or Brownie</b>	2.25
<b>Full Size Cookie</b>	2.25
<i>Chocolate Chip, Butter Pecan, or Oatmeal Raisin</i>	
<b>Slice of Red Velvet Cake</b>	4.25
<b>Seasonal Fruit Pie – ask for today's selection</b>	4.25
<b>a la Mode – any dessert</b>	1.00
<b>Double Scoop of Dreyer's Vanilla Ice Cream</b>	2.95

### Take Home a Loaf of Our Fresh Baked Bread!

<b>Egg, Whole Wheat, Herb or Marble Rye</b>	5.50
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## Beverages

### Hot Beverages – Italian Style with Whole Grain Biscotti

<b>Peerless Coffee</b>	2.75
<b>Pot of Tea – See Other Side for Selections</b>	3.50
<b>Hot Chocolate</b>	3.25
<b>Espresso</b>	3.00
<b>Double Shot</b>	add 1.50
<b>Cappuccino</b>	3.95
<b>Café Latte</b>	3.95
<b>Café Mocha</b>	4.25
<b>Flavor Shot</b>	0.50
<i>Vanilla, Hazelnut or Caramel</i>	
<b>12 oz. Milk Non-Fat, Low-Fat or Whole</b>	2.00
<b>12 oz. Unsweetened Soy Milk</b>	2.00
<b>Iced Tea</b>	2.95
<b>Bottomless:</b> <i>Cinnamon Spice Decaf or Regular</i>	
<b>12 oz. Orange Juice</b>	3.95
<b>12 oz. Pineapple, Apple, Cranberry, White Grape, Grapefruit or V-8 Juice</b>	3.50
<b>Juice Spritzer (Healthier alternative to soda!)</b>	2.50
<b>Soft Drink “Wouldn't you rather have a cookie?”</b>	2.95
<b>One free refill:</b> <i>Root Beer, Coke, Diet Coke, Sprite, Mr. Pibb, Mountain Berry Blast Powerade or Lemonade</i>	