

**BREAKFAST AVAILABLE ALL DAY 7:30-2pm**

**Full Breakfast - $16.95**

**Includes entrée, fresh baked pastry, cup of fresh fruit, juice, Ithaca coffee OR herbal tea**

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**OATMEAL CRUSTED FRENCH TOAST -** with Brown Sugar Cream & Berries

**CLASSIC BREAKFAST**

two local eggs served with toast & house potatoes Choice of local bacon, ham or sausage

**BUILD YOUR OWN OMELETTE OR BREAKFAST BURRITO**

YOUR CHOICE OF THREE ITEMS

swiss - cheddar - lively run goat cheese - feta - onions - peppers - spinach - mushrooms - asparagus - tomatoes - bacon - ham - sausage - chorizo sausage

**Omelette** served with toast & house potatoes

**Burrito** topped with cilantro crema - salsa - served with house potatoes

**EGGS BENEDICT**

two poached local eggs over Canadian bacon on English muffin topped with hollandaise

served with house potatoes

**PANCAKES OR BELGIAN WAFFLE**

three healthy and hearty pancakes OR Belgian waffle made with New Hope Mills flour - served with local maple syrup (add chocolate chips or blueberries - $1)

**EGG IN A CUP (CHEF’S FAVORITE)**

2 soft boiled local eggs - crumbled bacon OR sausage - crumbled Ithaca Bakery rye toast seasoned and served in a cup with a side of house potatoes

**ITHACAN (VEGAN)**

tofu scramble with potatoes - vegan sausage - spinach - peppers - mushrooms

served with toast & Earth Balance spread

**RED ROOSTER SAVORY BREAKFAST SANDWICH**

Ithaca Bakery southwest sourdough with 2 fried local eggs - American cheese - bacon

Served with house potatoes

**A La Carte Sides**

**Toast – Ithaca Bakery sourdough, wheat, rye, southwest sourdough 2.5**

**Gluten Free toast 3**

**House Potatoes 2.5**

**Bacon, Sausage or Ham 3**

**Fresh Assorted Pastry Basket 5.5**

**Greek Style Yogurt 3**

**Yogurt & Granola Parfait 6**

**Fresh Fruit Cup 3 Bowl 5**

**Oatmeal Cup 3 Bowl 5**

add gingersnap granola **1**

**Bistro Side Salad 5**

**Avocado Toast**  **5**

**Sub La Tourelle’s Duck Eggs 1**

(April - October)

**Breakfast sandwich 8**

Egg - choice of meat - choice of bread - cheese



**LUNCH MENU** Available 11AM - 2PM Monday thru Friday

**NY STATE CHEESE BOARD**……………………………………………………………………………**16**

Local NY cheese varieties - smoked almonds & fresh berries - served with crackers

**AHI TUNA BOWL…………………………………………………………………………….17**

Microgreens with arugula - fresh avocado - quinoa - Ahi Tuna

served with wasabi balsamic vinaigrette

**LA TOURELLE SALAD………………………………………………...……………...15**

Mixed greens - fresh tomatoes - red onion - blueberries - strawberries - sliced almonds

served with our house made fig-yogurt dressing

**KASH’S CATCH (Gluten Free) ……………………………………………………..15**

Lox - fresh avocado - cream cheese - capers - dill - greens on toasted gluten free bread

served with fresh fruit cup, mixed greens, OR house potatoes

**JOYCE’S CRAB SALAD CROISSANT ……………………………………………....17**

Crab salad on top of halved croissant toasted - available gluten free in avocado half

served with fresh fruit cup OR mixed greens

**CLASSIC RUEBEN……………………………………………..……………………….. 16**

Pastrami - Ithaca Bakery rye - swiss cheese - sauerkraut - Russian dressing

served with fresh fruit cup, mixed greens, OR house potatoes

**BISTRO ROASTED TURKEY CLUB …...**…….……………....……………………………...**15**

Toasted Ithaca Bakery sourdough - roasted turkey - bacon - lettuce - tomato - mayo

served with fresh fruit cup, mixed greens, OR house potatoes

**DRY AGE BEEF BURGER…………………………………………………………………...16**

8oz Beef burger - grilled bun - lettuce - tomato - thinly sliced onion - steak sauce

served with potato chips

**NAAN BREAD PERSONAL PIZZA …………………………………………………….13**

Red sauce - fresh tomato - garlic - arugula - shredded mozzarella