



**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

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 CROISSANT17**
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 CLUB15**
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 PIZZA13**
Red sauce - fresh tomato - garlic - arugula - shredded mozzarella