



**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 eggs served with toast & house potatoes - Choice of local bacon, ham OR sausage

BUILD YOUR OWN OMELETTE / BURRITO / OR BREAKFAST PIZZA
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 & Pizza served with arugula crema - salsa - served with house potatoes

EGGS BENEDICT

two poached eggs over Canadian bacon on English muffin topped with hollandaise
served with house potatoes

PANCAKES OR BELGIAN WAFFLE

three hearty pancakes OR belgian style 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 eggs - crumbled bacon, ham OR sausage - crumbled Ithaca Bakery rye toast
seasoned and served in a cup with a side of house potatoes **(add cheese .75)**

ITHACAN (VEGAN)

tofu scramble with potatoes - vegan sausage - spinach - peppers - mushrooms
served with Gluten free toast & Earth Balance spread

RED ROOSTER SAVORY BREAKFAST SANDWICH

Ithaca Bakery southwest sourdough with 2 fried eggs - American cheese - bacon
Served with house potatoes **(add fresh spinach .75 OR avocado \$1.50)**

AVOCADO TOAST & EGGS

two eggs on avocado toast - topped with everything bagel seasoning and
choice of crumbled bacon, ham OR sausage

ALA CART SIDES

Toast – Ithaca Bakery sourdough, wheat, rye, southwest sourdough	2.5
House Potatoes	2.5
Bacon, Sausage or Ham	3
Turkey sausage or Vegan sausage	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
Avocado Toast with everything seasoning	5
Breakfast sandwich	8.5
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 - nuts, fruit & preserves - served with crackers

AHI TUNA BOWL.....17
Microgreens with arugula - English cucumber - fresh avocado - quinoa - Ahi Tuna
served with house made orange ginger balsamic vinaigrette

LA TOURELLE SALAD.....15
Mixed greens - English cucumber - red onion - berries - sliced almonds
served with house made berry vinaigrette dressing

***PEACH PECAN CHICKEN SALAD..... 17**
Served either on a fresh croissant OR mixed greens with a maple vinaigrette

***BISTRO ROASTED TURKEY MELT15**
Toasted Ithaca Bakery sourdough - roasted turkey - apple cranberry chutney - swiss

***KASH'S CATCH (Gluten Free)15**
Lox - fresh avocado - cream cheese - capers - dill - greens on toasted gluten free bread

***HOT REUBEN/RACHEL.....16**
Pastrami OR turkey breast - toasted rye - swiss cheese - sauerkraut - Russian dressing

***CUBAN SANDWICH16**
Toasted bread - roasted pork - ham - swiss cheese - pickles - brown mustard

*ALL sandwiches come with choice of side; fresh fruit, mixed greens, OR house potatoes

HOUSE RECIPE CHILI (topped with cheddar & southwest sourdough croutons)
CUP \$5 OR BOWL \$7

SOUP OF THE DAY (served with house made croutons)
CUP \$5 OR BOWL \$7