

◆ breakfast ◆

- **bagels** _____ 1.15
 - w/cream cheese 1.75
 - w/peanut butter 1.75
- **muffins** _____ 1.85
- **toast** _____ 1.15
 - all toast is served dry unless otherwise specified*
- **parfaits** _____ 4.25
 - fresh berries & lowfat vanilla yogurt with granola

- **breakfast sandwich** _____ 3.75
 - one egg and choice of meat *or* tomato and cheese
- **mediterranean breakfast sandwich** _____ 6.00
 - one egg on multigrain toast with spinach, tomato, red onion, dijon and feta cheese - served with a side of fruit
- **breakfast burrito** _____ 6.50
 - two eggs scrambled, your choice of meat *or* roasted veggies, chipotle sauce and cheddar jack in a multigrain wrap on the panini press - served with fruit & a side of salsa & sour cream

- **omlettes** _____
 - stardard** ■ three fresh cracked eggs, your choice of cheese plus 3 items - served with fruit & toast 6.75
 - egg white** ■ six fresh cracked egg whites, with your choice of cheese plus 3 items - served with fruit & toast 7.75
 - bon marche** ■ spinach, tomato, mushroom, red onion and feta served with fruit & toast 6.95
 - each additional egg added to omlettes .75*

- **midtown frittata** _____ 7.25
 - three eggs scrambled with roasted veggies, red potatoes and provolone cheese - served with fruit & toast

- **side of turkey sausage or bacon** _____ 2.00

breakfast served until 11:30 am daily

◆ salads ◆

- **house salad** _____ 5.25
mixed greens, tomato, cucumber, red onion, black olives,
and garbanzo beans
- **café salad** _____ 6.95
mixed greens, assorted veggies, feta, raisins, walnuts
served with fat-free blackberry balsamic
- **asian salad** _____ 6.75
mixed greens, napa cabbage, shredded carrots,
three-bean sprouts, red & green peppers, wontons,
mandarin oranges with sesame ginger dressing
- **grilled salad** _____ 7.25
grilled artichokes, eggplant, red onion, mushrooms and
tomatoes, feta & black olives on a bed of romaine
- **adirondack salad** _____ 7.75
romaine, spinach, apples, pecans, smoked blue cheese
and bacon - served with red wine vinaigrette
- **add some protein to your salad** _____
chicken 2.50 ■ alaskan wild salmon 5.00
ahi tuna 5.00 ■ flat iron steak 3.50
scoop of chicken or tuna salad 2.50
- **salad bar** _____ 7.00 / lb

homemade dressings

fat-free blackberry balsamic ◆ red wine vinaigrette
sesame ginger ◆ honey lemon ◆ lowfat ranch

- **fruit salad** _____ 4.95 whole 2.75 half

◆ sandwiches etc. ◆

- **sandwiches & wraps** ————— 6.50 whole 4.25 half
choice of filling, cheese & style of bread or wrap - lettuce,
tomato and choice of side
- **club sandwiches** ————— 7.95
choice of filling on three pieces of bread with bacon, lettuce,
tomato, lite mayo and choice of side
- **melts** ————— 6.95 whole 4.50 half
choice of filling, cheese & style of bread - lettuce & tomato
and choice of side
- **midtown grilled cheese** ————— 6.00 whole 4.00 half
cheddar, spinach, tomato, red onion, dijon on rye bread
and choice of side
- **bon marche combo** ————— 6.95
cup of homemade soup and 1/2 sandwich or house salad

- **paninis** ————— 7.95 whole 4.95 half
 - southwestern ■ seasoned roasted chicken, lettuce, bacon, cheddar
roasted red peppers, chipotle sauce
 - napa valley ■ turkey, avocado, havarti, roasted red pepper, spinach
 - veggie muffaletta ■ roasted veggies, provolone, red onion, romaine -
served with our own muffaletta relish

all panini's made with multi grain ciabatta roll and your choice of side

◆ from the grill ◆

- **burgers** _____ 5.95
 - 6 oz angus beef ■ turkey burger ■ black bean burger
 - add some cheese _____ 6.50
 - napa ■ havarti, roasted red peppers, avocado, spinach _____ 7.95
 - cajun ■ cajun seasoning, bacon, cheddar & chipotle sauce — 7.95
- served on a multigrain roll with lettuce, tomato & red onion - choice of side*
- **grilled chicken** _____ 6.50 add cheese - 7.00
 - buffalo ■ buffalo sauce, cheddar cheese & smoked blue cheese - 7.95
 - veggie ■ roasted veggies, our muffaletta relish & provolone — 7.95
- served on a multigrain roll with lettuce, tomato & side of your choice*
- **grilled tuna** _____ 8.95
 - ahi tuna grilled med/rare, sesame ginger slaw, alfalfa sprouts and choice of side
- **quesadillas** _____
 - cheese ■ cheddar jack cheese _____ 6.50
 - roasted veggie ■ roasted veggies & cheddar jack _____ 7.25
 - chicken ■ roasted chicken & cheddar jack _____ 7.95
 - bon marche ■ roasted chicken, roasted veggies, chipotle sauce & shredded cheddar jack _____ 8.95
 - buffalo chicken ■ chicken, buffalo sauce, smoked blue cheese, cheddar jack & tomatoes _____ 8.95
 - hummus ■ multigrain tortilla, hummus, feta, tomatoes, spinach, three-bean sprouts, & cucumber _____ 8.25

all quesadillas are served with sour cream and salsa

◆ choices ◆

fillings ■ turkey 98% fat-free ham white tuna chicken salad hummus

wraps ■ spinach multigrain jalapeno

breads ■ white multigrain rye whole wheat pita

cheese ■ american cheddar swiss provolone havarti

dressings ■ honey mustard mayo dijon chipotle sauce

sides ■ natural potato chips baby carrots fruit salad

choices available for sandwiches, wraps & melts

additions ■ feta or smoked blue cheese .85 ■ bacon or avocado 1.00
■ muffaletta relish or roasted red peppers .75

◆ kids menu ◆

10 yrs and under

 5.95

- skinless hot dog
- cheeseburger
- cheese pizza
- grilled cheese
- turkey, lettuce & tomato sandwich

■ kids salad cucumber, tomato, shredded cheese
carrots & ranch dressing

served with milk or juice box, choice of side & animal crackers



Appetizers

Chicken Fingers \$6.95 Five fingers served Plain, Buffalo or BBQ style	Hummus Plate \$6.95 Hummus, grape leaves, olives, pita & fresh veggies
Steak Fries \$3.95	Quesadillas
House made Potato Chips \$3.50	Cheese \$6.50 Grilled Chicken \$7.95
Sweet Potato Chips \$4.95 Served with chipotle sauce	Roasted Veggie \$7.25
Mozzarella Sticks \$5.95 Served with marinara sauce	Gould St. \$8.95 Black bean corn salsa, cheddar , chipotle sauce with either Cajun chicken <u>or</u> roasted veggies
	With both Cajun chicken and veggies \$9.95

Soup/Salads

Cold Moroccan Tomato Soup \$4.25
A vegetarian favorite

Asian Chopped Salad
Crisp mixed greens and shredded Napa cabbage tossed with assorted bell peppers,
green onion, wontons, cashews in a light cucumber wasabi dressing **\$7.95**

Southwest Salad
Baked corn tortilla chips, mixed greens, assorted veggies, diced tomatoes, avocado,
cheddar jack, fresh black bean & corn relish in a southwest dressing **\$8.25**

Simply Cape Salad
Mixed greens, assorted veggies, bacon, walnuts, smoked gorgonzola,
and craisins in a cranberry blue cheese dressing **\$8.95**

Summer Salad
Apples, oranges, mixed greens, almonds, cucumber, tomato, feta
in a fresh citrus & mint vinaigrette **\$7.95**

Add a grilled protein to any salad:
Marinated Chicken **\$2.50** Alaskan Wild Salmon **\$5.00**
Ahi Tuna **\$5.00** Flat Iron Steak **\$3.50**

Sandwiches

Served with fresh cooked potato chips or fruit salad.
Substitute French Fries for an additional \$1.00

All sandwiches served on a multigrain roll.

6oz Burger or Veggie Burger \$5.95 On a roll with lettuce, tomato, onion With cheese \$6.50	Grilled Chicken \$6.50 On a roll with lettuce, tomato, onion With cheese \$6.95
Gould Street Burger \$7.95 Grilled onions, bacon & blue cheese	Jerk Chicken \$7.95 Spicy marinade, spinach & fruit salsa
Bon Marche Burger \$7.95 Cajun spices, bacon, cheddar & chipotle sauce	Blackened Ahi Tuna \$8.95 Served medium rare with tomato, lettuce and creamy salsa dressing
Vegetarian Muffalatta \$7.95 Marinated portabella mushroom, roasted veggies, feta & a spicy olive muffalatta relish	BBQ Salmon \$8.95 Grilled with a citrus BBQ sauce, spinach and tomato

Wraps

Served with fresh cooked potato chips or fruit salad.
Substitute French Fries for an additional \$1.00

Served on a multigrain wrap

Baja – Cajun turkey, mixed greens, avocado, tomatoes, cheddar and a southwest dressing	\$7.95
Greek - hummus, grilled chicken, lettuce, tomato, cucumber, feta & spinach	\$7.95



Wine List

House Selection:	\$4.95	
Rex Goliath Chardonnay, Pinot Grigio, Cabernet Sauvignon, Merlot		
White Wines:	\$6.50 / \$22.00	
Robert Mondavi Private Selection Chardonnay, California	\$7.50 / \$24.00	
Ruffino Pinot Grigio, California	\$6.50 / \$22.00	
Monkey Bay Sauvignon Blanc, New Zealand	\$6.50 / \$22.00	
Red Wines:	\$6.50 / \$22.00	
Diseno Malbec, Argentina	\$6.50 / \$22.00	
Nottage Hill Shiraz, Australia	\$6.50 / \$22.00	
Genesis Meritage, Washington State	\$7.50 / \$24.00	
Robert Mondavi Private Selection Pinot Noir, California	\$7.50 / \$24.00	

Planning an event this summer?

Consider hosting your next staff meeting in our newly completed Conference Room or choose the Adirondack Lodge for your next company party.

Why not invite family and friends to a birthday party in the Paddle Hut or hold that special reunion on the Great Lawn this summer?

Whatever the occasion may be, Midtown offers a number of options for a truly memorable event.

For more information on how you can book your next event please contact Laurie Taillie, at 461-2301 extension 293.

Kids Menu

All served with French fries, fruit or veggies, fruit snacks and your choice of an 8oz. water or juice box.

\$5.95

Your choice of:

Chicken Fingers (2)

Hot Dog

Cheeseburger

Mozzarella Sticks (3)

Grilled Cheese

Turkey Sandwich

Kid's Salad with Ranch Dressing