

Breakfast Menu - Served All Day

Light Breakfast

Hot Cereal	Cold Cereal	Fruit	Baked Goods
Cream of Wheat	Cheerios	Apples	English Muffins
Oatmeal (H)	Corn Flakes	Bananas	Breakfast Pastries
<i>(Please let your server know if you would like: milk, raisins, or brown sugar)</i>	Grape Nuts	Grapefruit	Organic Wheat Bread
	Raisin Bran	Mixed Fruit	Raisin Bread
	Rice Krispies	Oranges	Rye Bread
	Shredded Wheat		Sourdough Bread
	Special K		White Bread

Full Breakfast

Eggs - any style	Breakfast Favorites	From the Griddle
Over Easy	Tabor Breakfast Sandwich:	Cream Cheese Blintz:
Over Medium	<i>Ham, egg, and cheese on an english muffin.</i>	<i>topped with a seasonal fruit compote</i>
Over Hard	Courtyard Breakfast Burrito:	French Toast
Poached	<i>Scrambled eggs and cheese, rolled into a flour tortilla.</i>	Buttermilk Pancakes
Scrambled	<i>Meat or veggies can be added on request.</i>	Belgian Waffle
Sunny Side Up	Egg in a Nest:	
<i>(Cholesterol free option available)</i>	<i>Egg cooked inside a piece of toast.</i>	
Build Your Own	Is it Saturday?	Sides
Omelet	Be sure to ask your server about our Saturday Breakfast Special!	Bacon
Start with plain eggs and then add your favorite cheese, veggies, and meat. The combinations are endless!	<i>(Available until 11:30am)</i>	Ham Steak
		Sausage Link
		Sausage Patty
		Hash Browns
		Cottage Cheese

Drinks

Hot drink options:	Cold drink options:
PORTLAND ROASTING Coffee	Milk:
French Roast	Skim (H)
Vienna Decaf	2 Percent
Hot Chocolate	Whole
<i>(available in sugar free)</i>	
French Vanilla	We also serve:
Cappuccino	Iced Tea
	Lemonade
	Please note:
	(H) = indicates a healthy option
	Breakfast is served all day
	Restaurant hours are: 7am to 7pm

Lunch + Dinner Menu

Daily Specials Sample

Zucchini Parmesan-
Marinara & Cheese

Greek Wrap-
Beef, Pita, Cucumber

Shrimp Louie-
Olive, Tomato, Egg

Today's Housemade Soup:
Soup of the Day

Today's Featured Salad:
Pickled Beets

Fresh From Our Bakery:
Rolls

Today's Sides:

Hubbard Squash
Broccoli

Cabbage
Rice

Everyday Entrees

Chicken (varies daily)
Fish (varies daily)

Hamburger
(or Cheeseburger)
Veggie Burger (H)
Hot Dog

Everyday Sides

Cottage Cheese
Fresh Fruit (H)
Garden Salad (H)
Jell-O (*flavor varies*)

Deli Sandwiches (available cold or grilled)

Choose your deli meat: Ham, turkey, or roast beef

Choose your cheese: American, cheddar, cream cheese, provolone, Swiss

Choose your bread: Hoagie roll, raisin, rye, sourdough, wheat, white
Gluten free bread is also available

Choose your sauce: Dijon mustard, mayonnaise, yellow mustard

Choose your veggies: Lettuce, onion, sliced cucumber, tomato

Other sandwich types: BLT, Egg Salad, Grilled Cheese, Tuna Salad (or Tuna Melt), Veggie

Desserts

Today's Specialty: Assorted Ice Cream

Available Anytime: Cookies (chocolate chip, oatmeal raisin, sugar)
Ice Cream (vanilla, chocolate, spumoni - flavors subject to change)
Sherbert (usually orange)
Soft Serve Ice Cream (vanilla)

** Please notify your server if you are Gluten Free, Lactose Intolerant, or have any food allergies. **

** Consuming undercooked or raw eggs may lead to foodborne illness**