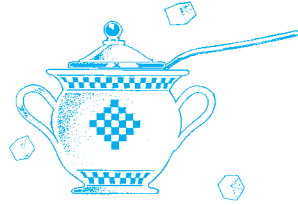


7am to 3 pm  
Phone: 203-655-1259  
Fax: 203-662-9316



**\*EGGS**

Served with Home Fried Potatoes and Toast  
Coffee or Small Juice ( NO SUBSTITUTES )

- \*Two Eggs, any style..... 9.95 with Bacon, Ham, or Sausage..... 12.95
- \*Single Egg, any style..... 7.95 with Bacon, Ham or Sausage..... 9.95
- Corned Beef Hash and Eggs..... 13.95

**\*3 EGG OMELETTES**

- Plain Omelette.....10.95
- Cheese Omelette.choice of one Chesse  
America cheese, Swiss, Mozzarella or cheddar..... 11.50
- Feta Cheese Omelette.....12.95
- Feta and Spinach Omelette.....12.95
- Feta and Tomato Omelette.....12.95
- Western Omelette.....12.95
- Western Omelette w/Cheese..... 13.50
- Ham and American Cheese Omelette.....12.95
- Bacon or Sausage Omelette..... 12.95
- Spanish Omelette.....12.95
- Broccoli Omelette w/Cheddar.....12.95
- Mushroom Omelette w/ Cheese.....12.95
- Spinach Omelette w/Cheese.....12.95
- Vegetarian Omelette.....12.95
- Mushroom, Pepper, Onions and Tomato WITH CHEESE.....13.50

**BREAKFAST SPECIAL'S**

- Breakfast Egg Wrap with Bacon and Swiss Cheese..... 7.95
- Chili Cheddar Cheese Omelette.....12.95
- 8 Potato Pancake Nuggets w./ Sour Cream.....8.95
- Whole Wheat Pancakes...9.95 W/Blueberries or Bananas ..... 11.50
- Smoked Salmon on a Bagel w/ Cream Cheese, onions and Tomato .....12.95
- Scrambled Egg whites with Mushrooms, Mozzarella,  
Tomato, Broccoli or Spinach.....13.95
- Scrambled Egg Whites with Turkey Sausage w/ Home Fries  
and Wheat Toast.....13.95
- Bob's Special  
Two Poached Eggs, Melted American Cheese, Canadian Bacon  
and Sliced Tomato on English Muffin with Home Fries..... 13.95
- Flor's Omelette  
Chorizo Sausage, pepper jack cheese, peppers, onions,  
and tomato with home fries and toast.....13.95
- Huevos Rancheros  
Two eggs over easy on crispy corn tortilla with salsa,  
refried beans and sour cream..... 13.95
- Tony's Special  
Short stack of Pancakes  
with single scrambled egg and bacon ..... 13.95
- Chicken Fajita Omelette  
Chicken , peppers, onion, salsa and cheddar cheese  
with home fries and toast..... 13.95

**INSTEAD OF TOAST:**

Croissant, English Muffins or Bagel 1.25 extra

**ADDITIONS:**

EGGS WHITE .....2.50 EXTRA American Cheese .75 extra

Swiss, Cheddar, Mozzarella, Provolone & Feta 1.25 extra Each Additional Item .75 extra

**\*EGG SANDWICHES**

- Egg Sandwich..... 3.95  
with Bacon, Ham or Sausage..... 4.95
- Egg and Cheese Sandwich..... 4.50  
with Bacon, Ham or Sausage..... 5.50
- Canadian Bacon or Western Sandwich..... 5.95
- Double Egg Sandwiches  
Egg Sandwich.....6.00  
with Bacon, Ham or Sausage.....6.75
- Egg and Cheese Sandwich.....5.95  
with Bacon, Ham or Sausage.....7.25
- Home Fries on Sandwich .50 extra

**PANCAKES & FRENCH TOAST**

Served with coffee or Small Juice

- Three Golden Brown Pancakes..... 9.95 with Bacon, Ham or Sausage..... 12.95
- Short Stack (two pieces)..... 7.95 with Bacon, Ham or Sausage.....10.50
- Chocolate Chip or Fruit Pancakes.....10.95  
Blueberry, Banana or Apple  
with Bacon, Ham or Sausage.....13.95
- Short Stack (two pieces)..... 9.25 with Bacon, Ham or Sausage.....11.95
- Silver Dollar Pancakes (8)..... 9.95 with Bacon, Ham or Sausage.....12.95
- Short Stack of Silver Dollars (6)... 7.95 with Bacon, Ham or Sausage.....11.50
- Three Slices of French Toast..... 9.95 with Bacon, Ham or Sausage..... 13.95
- Short Stack (two pieces)..... 8.95 with Bacon, Ham or Sausage.....11.50
- Plain Waffle.....8.95 with Bacon, Ham or Sausage.....12.95
- Waffle with Strawberries.....10.95

**REAL MAPLE SYRUP EXTRA.....2.00**

**NO CARBS BREAKFAST**

- 3 Cheese Omelette w/ Bacon or Ham inside..... 12.95
- 2 Poached Eggs w/ Grilled Tomato  
Canadian Bacon or Sausage..... 12.95
- Egg White Omelette  
w/chopped Canadian Bacon & Mushroom ..... 13.95
- 3 Cheese Omelette w/ Smoked Salmon..... 14.95
- Mushroom, Cheddar Cheese with Salsa Omelette.....12.95
- Feta Cheese, Spinach with Salsa Omelette.....12.95
- Two Poached Eggs,  
over Spinach w/Canadian Bacon.....12.95
- 2 Scrambled Eggs w/ Smoked Salmon Mixed..... 14.95

**GLUTEN FREE**

- Brian's Omelette Egg whites, goat. cheese, tomato and spinach  
and side of cold tomato.....12.95
- Three Gluten Free Pancake.....10.50 with Bacon, Ham or  
Sausage.....13.50
- Short Stack (to pieces)..... 8.95 with Bacon, Ham or Sausage.....11.95
- Tree Gluten Free French Toast.....10.95 with Bacon, Ham or Sausage.....13.95
- Short Stack (two pieces)..... 9.25 with Bacon, Ham or Sausage.....11.95
- Gluten Free Waffle.....8.95 with Bacon, Ham or Sausage.....13.50  
with Strawberries.....10.95
- Tony's Breakfast Taco's  
Links , Pep. Jack Cheese, Scrambled eggs on Three Corn Tortillas.....9.95
- Avocado, Tomato on Gluten Free Toast.....8.95
- B.L.T. on Gluten Free.....10.95

**SIDE ORDERS**

- Bacon, Ham or Sausage..... 5.50
- Canadian Bacon or Corned Beef Hash..... 6.00
- Home Fries..... 4.50 Hash Brown.....2.95
- Eggs (2)..... 4.50 Egg Whites..... 6.50
- Tomatoes Cold or Grilled..... 2.50
- Cold Cereal..... 4.75  
w/Banana..... 5.75
- Hot Instant Oatmeal or Grits..... 4.75  
w/Banana..... 5.75
- Double Oatmeal..... 6.95

**FRESH FRUIT SALAD**

Banana.....1.50 Yogurt.....2.75 Cup...5.95 Plate....10.95  
with Cottage Cheese or Fruit Yogurt 12.95

**BAGELS, BREADS AND MUFFINS**

- Assorted muffins or Danish..... 3.00
- Doughnut..... 1.50 Hard Roll..... 2.00
- Bagel..... 2.50 Bagel with Cream Cheese..... 3.50
- English Muffin (Small) 2.50 (Large).....3.00
- Toast - White, Whole Wheat, Rye..... 2.00
- Raisin Toast w/Cinnamon.....2.50

**\*THE CONSUMER ADVISORY REQUIREMENT IS MET WHEN THE STATEMENT"THOROUGHLY COOKING MEATS, POULTRY, SEAFOOD SHELLFISH, OR EGGS REDUCES THE RISK OF FOOD-BORNE ILLNESS" IS DISPLAYED BY MEANS OF POSTERS, BROCHURES, MENU ADVISORIES, LABEL STATEMENTS, TABLE TENTS, PLACARDS, OR OTHER WRITTEN MEANS AVAILABLE AT THE FOOD SERVICE ESTABLISHMENT.**

# LUNCH

## SUGAR BOWL SANDWICHES

Grilled Cheese.....	5.95
with Tomato.....	6.95
with Bacon or Ham.....	8.25
with Bacon or Ham & Tomato.....	8.50
B.L.T.....	9.25
Egg Salad.....	7.95
Chicken Salad or Tuna Salad.....	7.95
Corned Beef.....	6.95
Turkey Breast.....	7.95
Baked Ham.....	7.95
Ham and Cheese.....	8.50
Hot Pastrami.....	7.95
Hot Pastrami w/Cheese.....	8.50
Liverwurst.....	6.95
Meatball or Meatloaf.....	7.95
Steak Sandwich.....	7.95
Hummel Hot Dogs.....	4.95

## MELTS

Tuna or Chicken Salad Melt on Rye.....	9.75
Patty Melt, Fried Onions & Bacon.....	9.75
Turkey Melt or Grilled Chicken Melt with Swiss Cheese and Cole Slaw, Russian Dressing.....	9.75

## REUBEN

Corned Beef or Chicken Breast or Turkey Breast with Swiss Cheese, Sauerkraut and Russian Dressing on Grilled Rye.....	9.75
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## BURGERS

*Hamburger..... 6.50	*Turkey Burger or Veggie Burger..... 7.25
*Cheeseburger..... 7.50	
*Double Hamburger..... 9.50	*Double Cheeseburger..... 10.50

## SUGAR BOWL SPECIAL SANDWICHES

Egg Salad, Bacon Lettuce, Tomato and Mayo.....	10.95
Turkey Breast, Bacon, Lettuce, Swiss, Tomato and Mayo on White Toast.....	10.95
Steak, Melted Cheese, Hot Cherry Peppers on Hard Roll.....	10.50
Chicken Cutlet Club w/Cheese, Bacon, lettuce and Tomato.....	10.95
Corned Beef Melted Swiss on Rye.....	9.50
Pastrami with Melted Swiss Cheese Onions and Tomato on Grilled Rye.....	10.50
Philly Steak with Grilled Onions and Mozzarella Cheese.....	10.95
Cajun Chicken Pepper, Jack Cheese, Lettuce, Tomato Mayo on Hard Roll.....	10.50
Open Face Eggs Salad Avocado, Tom, over Whole Wheat Toast.....	10.95
Chicken Cutlet Mozzarella Cheese, Chipotle Mayo, Lettuce, Tomato, on Hard Roll.....	10.95
Steak Melt Pepper Jack Cheese, Onion Rings, Chipotle Mayo on Rye.....	10.95

**DELUXE: French Fries and Cole Slaw 5.50 extra**

## EXTRA ON SANDWICHES

chili 1.00	Grilled Onions 1.00	Bacon 2.25	Tomato 1.00	Avocado 2.25
	Large English Muffin 1.25 extra	Bagel 1.50 extra		

## KIDS MENU

Macaroni and Cheese.....	5.75
Mini Pizza.....	5.25
Mozzarella Sticks.....	5.75
Chicken Tenders or Nugget's.....	5.95
with Fries.....	9.50
Peanut Butter & Jelly.....	4.95
Hot Dog with Fries.....	8.95
*Burger with Fries.....	9.50
Grilled Cheese with Fries.....	8.95
Sliders with Fries.....	9.50
Macaroni Nugget's with Fries.....	8.95
Meat Balls on a Plate w/ Fries.....	8.95

## SOUPS HOME STYLE

Cup 4.50	Bowl 5.50
Cup of Chili 6.25	Bowl of Chili 7.25

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## MEXICAN CORNER & WRAP

Chili and Cheese Nachos w/ Salsa.....	8.95
Chips with Salsa and Guacamole.....	7.95
Cheese Quesadilla with salsa ,sour cream and Guacamole.....	9.95
Chicken Quesadilla with salsa and sour cream.....	12.95
Tony's Quesadilla spicy ground beef with cheddar Cheese.....	12.95
Gyro Wrap Lettuce, Tomato, Onions, and Yogurt Sauce.....	12.50
Grilled Veggie with Cheese Wrap Topped with Vinaigrette or Ranch Dressing.....	12.50
Philly Steak Wrap Melted Cheese, Mushroom, Onions.....	12.50
Mexican Wrap with Lettuce, tomato, Cheese and Jalapeno Peppers, Onions, Beef or Chicken.....	12.50
Grilled Chicken Caesar Wrap.....	12.50
Ham and Cheese, Turkey Breast or Grilled Chicken Breast with Lettuce, Tomato and Mayo.....	12.50
California Wrap w/Grilled Chicken Let, Tom, Guacamole , Roasted Pep. & Ranch Dress.....	12.95
Chicken Cutlet Wrap Special Chipotle Mayo , Let, Tom, Avocado, Pep Jack Che.....	12.95

**INCLUDES TACO CHIPS AND SALSA OR FRENCH FRIES**

## SALAD EXTRAVAGANZA

Tossed Salad Mesclun Greens.....	7.50
with Grilled Chicken ( Large ).....	12.95
Caesar Salad with Crisp Romaine and Croutons.....	8.50
with Grilled Chicken.....	12.95
Chef Salad with Ham or Turkey on Mesclun Greens.....	12.95
Chicken, Ham, Egg, Tuna Salad.....	12.95
Cobb Salad w/ Turkey or Grilled Chicken Guacamole, Bacon & Hard Boiled Eggs.....	14.50

**Blue Cheese or Feta Cheese 1.00 Extra**

## LUNCH SPECIALS

Gorgonzola Burger w/ Red Onions on English Muffin w/ Fries.....	12.95
Cajun Chicken Over Cesar Salad.....	12.95
Grill Chicken w/ Pesto Let, Tomato on Hard Roll w/ Fries.....	12.95
Monte Cristo Egg Battered Ham or Turkey and Swiss Cheese w/ Fries.....	13.50
Battered Shrimp w/ Fries.....	12.95
Crab Cakes over Salad.....	13.95
Spicy Burger , Bacon ,Jalapeno, Pepper Jack Cheese w/ Fries.....	13.95
Crab Burger - with Lettuce , Tomato w/ Fries.....	13.95
Chicken Cutlet Parm or Meat Ball Parm Hard Roll w/ Fries.....	12.95
Meat Loaf w/ Gravy Hard Roll w/ Fries.....	12.95

## SIDE ORDERS

French Fries or Curly Fries.....	4.95	Sweet Potato Fries.....	4.95
Cheese Fries.....	5.50	Chili Cheese Fries.....	6.25
Cottage Cheese.....	3.50	Cole Slaw.....	3.50
Onion Rings.....	4.95		

## SUGAR BOWL DESSERTS

Pie.....	4.95	ala Mode... 5.95	Rice Pudding.....	4.95
Ice Cream ( one scoop ).....				3.50

## BEVERAGES

Coffee / Decaf or Tea and Herbal Tea.....	3.50		
Hot Chocolate.....	3.50	Milk.....	3.00 (Extra Large)..... 4.00
Milk Shake.....	5.95		with Malt..... 6.50
Ice Tea or Ice Coffee.....			3.00
Soda.....( Small ).....	3.00	(Extra Large ).....	4.00
Juice Orange, Grapefruit, V8, Pineapple Apple, Cranberry ( Small ).....	1.50		
( Large ).....	3.50	Extra Large.....	3.95

**TAKE OUT COFFEE..... 3.50**



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