

Pamplemousse



DRINKS

Hot Beverages

	Small	Large
Coffee (Regular/Decaf)	1.50	2.25
Latte	3.00	3.75
Espresso	2.00	
Tea	1.25	1.75
Hot Chocolate	2.25	3.00



Cold Beverages

	Small	Large
Iced Coffee	2.00	2.75
Iced Tea	1.50	2.00
Bottled Water	1.00	1.75
Soda	1.75	

BREAKFAST ITEMS

Fresh Grapefruit	1.50
Yogurt Cup with granola and fruit (seasonal)	3.25
Slow Cooked Oatmeal	1.75
* raisins, slivered almonds, craisins, walnuts	0.50 (each extra)
Fruit Salad (seasonal)	4.50
* side of cottage cheese	1.50 (extra)
Omelettes (2 eggs each)	3.25
* an additional egg or egg whites omelettes	1.00 (extra)
Greek Omelette	6.25
feta cheese, tomatoes, spinach, onions	
Veggie Omelette	5.75
onions, peppers, tomatoes, spinach, choice of cheese	
Mushroom Omelette	5.75
sautéed mushrooms, onions, choice of cheese	



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SANDWICHES

- Grilled Eggplant/Tomatoes/Fresh Mozzarella** 6.75
(on a bed of pesto sauce)
- Tuna Salad** with Tomatoes and Lettuce 6.75
- Poached Salmon Salad** 7.95
(homemade grilled Salmon with celery and seasoned with herbs)
- Egg Salad** 6.50
- Grilled Cheese** 5.50
(All sandwiches are served on your choice of flat bread, ciabatta, baquette, bagels, rolls, whole wheat, multigrain, and heroes)

BEYOND

- Mac and Cheese Plate** 8.50
- Fettuccini Alfredo** with Steamed Vegetables 12.00
- Grilled Salmon** with Roasted Vegetables 14.50
- Beet Burger** with Quinoa salad 12.75

WRAPS

- Grilled Vegetable Wrap** with fresh mozzarella 6.50
- Grilled Salmon Wrap** with mixed greens 8.50
- Tuna Salad Wrap** with lettuce and tomato 7.25
- Grilled Portabella Mushroom Wrap** 6.75
with fresh greens and sautéed onions and cheese

SMOOTHIES

- Very Berry** 4.50
(strawberry, blueberry, and raspberry)
- Banana Me Crazy** 4.50
(banana and strawberry)
- Mango Tango** 4.50
(mango, banana, strawberry)



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BAKED GOODS

Khachapuri (Cheese Filled Bread Pie)	9.00
Cheese Danish (Puff pastry filled with variety of cheeses)	3.50
Bourekas made with potato, mushrooms	1.50
Muffins	2.25
Danishes/Croissants	3.25
Mini Danishes/Mini Muffins	1.25
Bagels	1.25
Bagel with butter	1.75
Bagel with cream cheese	2.25
Bread Varieties	1.25
<i>(Flat bread, Ciabatta, Baguette, Rolls, Heroes, Multigrain, Whole Wheat)</i>	



LUNCH

Salads

Pamplermousse Salad	8.50
<i>mixed greens, grape tomatoes, pine nuts, gorgonzola cheese, avocado, mango and ruby-red grapefruit</i>	
Beet Salad	6.95
<i>mixed greens, red rice, kale, cherry tomatoes, and beets</i>	
Garden Salad	5.50
<i>mixed greens, diced cucumbers, tomatoes, onions</i>	
<i>(Choices of dressing: Italian, Ranch, Balsamic Vinaigrette, French)</i>	
Poached Salmon Salad	9.75
<i>garden salad with poached Salmon</i>	
Tuna Fish Salad	9.50
<i>garden salad with tuna salad</i>	
Mediterranean Salad	8.50
<i>(mixed greens walnuts, goat cheese, pear, cherry tomatoes and stuffed grape leaves)</i>	

Soups

	Small	Large
Mushroom Barley	4.00	4.50
Vegetable Minestrone	3.50	4.25
Lentil	3.50	4.25

All soups served with flat breads