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**OUTDOOR
CAFE**

**WINE, BEER
& COCKTAILS**



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corner of Franklin St.

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VEGGIA VERDE SALADS

Create your own or choose from our selection

Mixed Organic Greens, Crispy Organic Romaine, Baby Kale, Baby Spinach or Baby Arugula

Small 8.95 • Large 9.95

Includes any seven of the following ingredients

VEGETABLES - alfalfa sprouts · artichoke hearts · arugula · asparagus · avocado · baby corn · beets · broccoli · carrots · celery · cherry tomatoes · chick peas · corn · cucumbers · hearts of palm · jicama · poached pear · portobello mushrooms · raw mushrooms · red onions · sliced green apple · spinach · sun-dried tomatoes · tomatoes

CHEESE - boccincini · cheddar · feta · goat cheese · roquefort

TOPPINGS - bacon · barley · capers · cashew nuts · crispy noodles · croutons · tofu · dried cranberries · fresh string beans · grapes · hard boiled egg · kalamata olives · walnuts · raisins · pasta · poached pears · potato medley · quinoa · sliced olives · sliced almonds · stuffed grape leaves · sunflower seeds · yuka

ADD \$2.75 - free range grilled chicken · free range pesto chicken · tuna salad · tuna bolo (no mayo) · black forest ham · genoa salami · prosciutto de parma · roast beef · free range roast turkey · free range smoked turkey · sopresatta · hormone free, antibiotic free beef

ADD \$3.75 - fresh pan seared tuna · herb baked salmon · shrimp · smoked salmon
• roasted salmon salad (mixed with onions, olives, peppers)

ADD \$4.75 - sliced steak • **ADD \$6.95** - large shrimp

HOUSE SPECIALTY SALADS

POACHED PEAR SALAD - baby arugula, pear, bleu cheese, sundried cranberries and walnuts with light raspberry vinaigrette 11.95

ROSA - portobello mushrooms, fresh mozzarella, basil, tomato, grilled vegetables on top of mixed greens 11.50

YIPPIE - asparagus, roasted peppers, artichokes, hearts of palm, beets, and tomato atop mesclun greens 11.50

CLASSIC CAESAR - romaine, shredded parmesan, pane cubes with caesar dressing 9.50

for any of the above salads - with chicken add 2.75 • grilled salmon add 3.75 •

sliced steak add 4.75 • grilled large shrimp add 6.95 • jumbo crabcakes add 8.75

EFFIE - buffalo spiced chicken, celery, carrots and crumbled bleu cheese on romaine 11.50

TUNA BOLO (no mayo) - with artichokes, onions, mushrooms with herb dressing..... 11.50

NICOISE SALAD WITH PAN SEARED TUNA - over romaine lettuce, new potatoes, hard boiled eggs, haricot verts, red onions, olives and capers with champagne vinaigrette dressing 13.95

ROASTED SALMON SALAD - our delicious roasted salmon salad mixed with olives, onions and roasted red peppers over crispy romaine lettuce, tomato, onion and cucumber..... 11.95

AMERICAN COBB - chicken, bacon, Roquefort cheese, avocado, romaine, red onion, hard boiled egg, with our house balsamic vinaigrette 12.50

CAPRI GRECIA - anchovies, feta, tomato, cucumbers, olives, romaine, onion..... 11.50

PAN SEARED FRESH TUNA - with mandarin oranges, avocado, chinese noodles over mixed greens and tossed with asian sesame seed dressing 13.95

TUNA TARTAR over organic field greens, avocado, drizzled with aged balsamic & virgin olive oil. 13.95

CHILE GLAZED SHRIMP - with baby spinach, mandarin oranges, tomatoes, red onion, bleu cheese, sliced almonds, tossed with caribbean mango dressing..... 13.95

SELECT YOUR FAVORITE DRESSING

House Balsamic Vinaigrette, Pomegranate Vinaigrette, Blue Cheese, Greek, Cranberry Citrus, Russian, Caesar, Ranch, Champagne Vinaigrette, Asian Sesame, Wasabi, Caribbean Mango, Olive Oil Balsamic

Fat Free: Caesar, Italian, Honey Dijon, Ranch, Raspberry, Cilantro Lime

CREATE YOUR OWN PANINIS & WRAPS

Your choice hot or cold.

Order from the choices below or create your own.

1 Filling 7.25 • 2 Fillings 8.75 • 3 Fillings 9.25

- Bread:** ciabatta • herb focaccia • regular or multi-grain baguette • norde black • rye • white • whole wheat
- Wraps:** plain • spinach • sun-dried tomato with basil • whole wheat
- Fillings:** roast beef • genoa salami • black forest ham • sopressata • pesto chicken • chicken salad • grilled chicken • roast or smoked turkey • tuna salad • grilled vegetables • avocado • herb chicken • hummus • roasted salmon • shrimp • tuna • tuna bolo
- Cheese:** american • cheddar • fontina • provolone • pepperjack • mozzarella • brie • havarti • swiss
- Spreads:** olive spread • sun dried tomato • mustard • mayo • pesto mayo • chipotle mayo • sweet relish • honey mustard

PANINIS

- P1. UNO** - tomato and fontina cheese..... 7.25
- P2. DUE** - smoked turkey, crispy bacon, cheddar, tomatoes on country bread 9.25
- P3. TRE** - chicken strips, spinach, provolone, herbs, roasted tomatoes, sun-dried tomato spread .. 9.50
- P4. QUATTRO** - prosciutto, roasted tomatoes, mozzarella and basil on ciabatta..... 9.50
- P5. CINQUE** - chicken pesto, arugula, tomatoes, romano cheese and pesto mayo 9.25
- P6. SEI** - roast turkey, havarti, roasted peppers and pesto mayo on herb focaccia..... 9.25
- P7. SETTE** - roast beef, caramelized onions and cheddar 9.25
- P8. OTTO** - genoa salami, sopressata, prosciutto, provolone, mozzarella, roasted peppers, onions and olive spread 10.50
- P9. NOVE** - consummate amount of white meat tuna with mayonnaise 7.50
- P10. DIECI** - black forest ham, cheddar, dijon on a baguette 8.75
- P11. UNDICI** - grilled vegetables, mozzarella, arugula on multi-grain 8.75
- P12. DODICI** - hummus, cucumbers, tomato, relish, and olives on ciabatta 8.75
- P13. TREDICI** - smoked salmon, herb cream cheese on norde black bread..... 9.75
- P18. DICIOOTTO** - smoked turkey, brie, lettuce, tomato, honey mustard on baguette 8.75
- P19. DICIANOVE** - goat cheese, caramelized onions, portobello mushrooms, arugula and olive spread on mutli-grain..... 10.50

WRAPS

- W1. HUMMUS** - avocado, roasted peppers and sprouts 8.95
- W2. GRILLED PORTOBELLO** - roasted peppers, provolone, mixed greens, balsamic vinaigrette 8.95
- W3. ROASTED VEGGIE** - roasted eggplant, zucchini, yellow squash, peppers, mozzarella, mixed greens 8.95
- W4. CHICKEN CAESAR** - herb grilled chicken, romaine, tomatoes, caesar dressing 8.95
- W5. ROASTED SALMON** - sliced olives, red onion, roasted peppers, arugula, tomato 8.95
- W6. TUNA BOLO** - tuna salad with veggies, lettuce, tomatoes, sprouts..... 8.95
- W7. BLACK FOREST HAM** - swiss cheese, roasted vegetables..... 8.95
- W8. PESTO CHICKEN** - with portobello mushroom, spinach, tomatoes 8.95
- W9. ROAST TURKEY** - canadian bacon, romaine, tomatoes..... 8.95
- W10. SHRIMP & CHICKEN** - with avocado, arugula, cilantro dressing, tomatoes..... 9.95
- W11. COBB** - grilled chicken, avocado, bacon, roquefort cheese, mixed greens..... 9.95
- W12. CAJUN** - grilled cajun chicken, pepperjack cheese, lettuce, tomato and ranch dressing..... 9.75

CREATE YOUR OWN PASTA

Step 1: Select your favorite pasta 10.95

angel hair • tri color fusilli • fettuccini • linguini • penne • whole wheat penne

Step 2: Choose one of our homemade sauces

alfredo • alla vodka • fresh basil pesto • marinara • roasted garlic

Step 3: Choose from our many toss-ins

95¢ - broccoli • cherry tomatoes • fresh mozzarella • garlic • kalamata olives • mushrooms • onions • peas • spinach • sun-dried tomatoes

2.75 - italian meatballs • grilled chicken

3.75 - baby shrimp • salmon

6.95 - jumbo shrimp

FRESH PASTA SELECTION

Served with your choice of pasta:

angel hair • fettuccini • linguini • penne • tri color fusilli • whole wheat penne pasta

1. **MEATBALLS** 13.95
2. **BOLOGNESE** 13.95
3. **BROCCOLI, GARLIC & OLIVE OIL** 12.50
4. **PUTTANESCA** - capers, olives, oregano, chopped tomatoes and anchovies 12.95
5. **WHITE or RED CLAM SAUCE** 14.95
6. **SHRIMP SCAMPI** 16.95
7. **ALLA VODKA** 11.95
9. **GARDEN STYLE** - zucchini, asparagus, broccoli, peas, garlic, scallions, chopped tomatoes and mushrooms 13.95
10. **CARBONARA SAUCE, PEAS & PROSCIUTTO** 13.95
11. **CLASSIC ALFREDO** 11.95
13. **ANBULANTE** - chicken, marinara sauce, pesto, garlic, sun-dried tomatoes and onions 14.95
14. **CHICKEN MARSALA or FRANCESE** 15.95
15. **FRESH TOMATO & BASIL** 12.50
16. **CHICKEN CUTLET PARMESAN** - topped with mozzarella and marinara sauce 15.95
17. **ROASTED EGGPLANT PARMESAN** 13.95
18. **MEAT or CHEESE RAVIOLI** - marinara sauce, chopped basil and parmesan 13.95
19. **LOBSTER RAVIOLI** - topped with a bisque sauce or marinara sauce 16.95

ZOOP SOUPS

	sm. 12 oz.	lg. 16 oz.
Fresh Seafood Bisque	8.50	9.50
Mushroom Barley	5.95	7.25
Chicken Noodle	6.25	7.75

All soups come with fruit and cookie Ask for our daily soup special!

SOUTH OF THE BORDER APPETIZERS

QUESADILLAS - with black beans, sour cream, guacamole, salsa and garnish
cheese 8.95 - **grilled zucchini, corn, asparagus 9.95 - chicken 10.95 - beef or shrimp 11.95**
with any combo of 2 - 12.95

BUFFALO WINGS - with bleu cheese dressing	8.75
CHICKEN FINGERS - with honey mustard dipping sauce.....	8.75
MOZZARELLA STICKS - with marinara sauce	8.75
COMBO PLATTER - wings, fingers & mozzarella sticks, fries	12.95
BONELESS BUFFALO WINGS - with blue cheese dressing	8.75
VEGGIE SPRING ROLLS - with sweet and sour sauce	7.75
TORTILLA CHIPS - with guacamole and salsa 7.95	with melted cheese 9.75
TEX MEX NACHOS - tortilla chips topped with chili, melted cheese, onions and sour cream	9.75
TEX MEX CHILI - with cheese and onion	9.75
VEGETARIAN CHILI	9.25
HUMMUS - with toasted pita chips	7.75

SANDWICHES FROM THE GRILL

Add \$1.95 for Chips; \$2.50 for Fries; \$2.95 for Sweet Potato Fries or Onion Rings
Add \$2.95 for Side Salad or Fruit Salad.

S1. HALUMI SANDWICH - grilled halumi cheese, cream cheese, pickles, lettuce and tomato on ciabatta	10.50
S2. PHILLY STEAK - our version of a philly steak sandwich.....	10.50
S3. MEATLOAF - piping hot homemade meatloaf, green peppers and onions with a touch of gravy on a hero.....	10.50
S4. STEAK SANDWICH - steak chunks, diced tomato, shredded lettuce, melted cheese and salsa in a wrap	10.50
S5. REUBEN - pastrami, sauerkraut, dijon, melted swiss on rye.....	10.50
S6. CHICKEN PARMESAN - on a hero	10.50
S7. MEATBALL PARMESAN - meatballs and marinara sauce with parmesan cheese on a hero	10.50
S8. COCK ROBIN - with monterey jack & bacon on a roll or whole wheat pita.....	10.50
S9. CHICKEN SPINACH - with mozzarella, tomato sauce and spinach on whole wheat pita	10.50
S10. CHICKEN B.L.T. - grilled chicken, avocado smoked applewood bacon, lettuce, tomato & mayo...	10.50
S11. CAJUN & BBQ CHICKEN - with peppers and onions on a roll or whole wheat pita	10.50
S12. CHICKEN MUSHROOMS - with sautéed mushrooms on a roll or whole wheat pita	10.50
S13. PLAIN GRILLED CHICKEN - grilled chicken, on a roll or whole wheat pita	9.50
S14. BBQ PULLED PORK - pickled jalapenos, thinly sliced onion, our hot and nasty sauce on broiche roll	10.50
S15. RAGIN' CAJUN - spicy roast beef & cheddar on a hero	10.50
S16. CHICAGO STYLE HOT DOG - certified angus beef hot dog, sliced tomato, chopped onions, sports peppers, sliced pickles and deli mustard on a toasted hero	11.50

HOT ENTREES

we use organic free range chicken

VEGETABLE STIR FRY - with brown rice	12.95
with tofu 13.95 - with chicken 15.95 - with beef or shrimp 16.95 - any combo of 2 - 17.95	
FAJITA FIESTA - with peppers, onions, cheese, sour cream, guacamole, salsa and flour tortilla with chicken 15.95 - with steak or shrimp 16.95 - any combo of 2 - 17.95	
OPEN FACE ROAST BEEF - served with apple sauce, mushrooms, mashed potatoes and gravy..	13.95
OPEN FACE TURKEY - with cranberry sauce, mashed potatoes and gravy.....	13.95
CHICKEN MARSALA - with mushrooms. Served with potatoes and vegetables.....	15.95
CHICKEN FRANCESE - with lemon wine sauce over pasta	15.95
GRILLED CHICKEN DINNER - served with potatoes and vegetables.	15.95
MEATLOAF - homemade turkey or beef. Served with mashed potatoes, corn and gravy.	11.95
PORK CHOPS - 2 thick cut chops, broiled to perfection, served with mashed potatoes and apple sauce	17.95
ROMANIAN STEAK - broiled to taste. Served with potatoes and vegetables.	19.95
BABY BACK RIBS - with french fries and cole slaw	17.95

SEAFOOD ENTREES

SALMON FILET SUPREME - grilled and lightly seasoned. Served with potatoes and vegetable	18.95
JUMBO CRAB CAKES - with french fries, cole slaw and tartar sauce	18.95
CAJUN SWORDFISH - with potatoes and vegetable	18.95
GRILLED SHRIMP - with potatoes and vegetable	18.95
BEER BATTERED COD FISH - with fries, cole slaw and special sauce.....	13.95

SIDE ORDERS

FRENCH FRIES	5.25
CAJUN FRIES	5.50
CHEESE FRIES	6.50
SWEET POTATO FRIES	5.50
ONION RINGS	5.95
HOMEMADE MASHED POTATOES	3.95
BAKED POTATO	3.95
STUFFED POTATO - with melted cheddar and bacon	7.50
STUFFED POTATO - with monterey jack and broccoli	7.50
POTATO PANCAKES - with applesauce	7.50
VEGGIE OF THE DAY	5.50
MACARONI & CHEESE	8.75
MAMMA SALAD - small mixed greens with tomato, cucumber, carrots, onions	5.50

BENVENUTO BURGERS

100% USDA Choice Beef. Humanely Raised on Sustainable Farm.

No Antibiotics, No Added Hormones.

B1. PLAIN BURGER	8.75
B2. AMERICAN CHEESE BURGER	9.50
B3. IMPORTED CHEESE BURGER (select one) swiss, cheddar, bleu, mozzarella, havarti, provolone, fontina, pepperjack.....	9.95
B4. MADISON - spicy jalapeno peppers, cheddar cheese.....	10.25
B5. MIDTOWNER - BBQ sauce, pepperjack, bacon	10.95
B6. NEW YORKER - big english muffin, avocado, bacon, cheddar cheese.....	11.75
B7. GRAND CENTRAL - american cheese, mushrooms, sautéed onions	10.95
B8. CHRYSLER - mozzarella cheese, pizza sauce, grated parmesan cheese	10.50
B9. UN - american cheese, bacon, ham, mushrooms, sautéed onions	12.95
B11. TURKEY BURGER - with lettuce and tomato	7.95
B12. KIKI KONTIKI - turkey burger, with cheddar, avocado, lettuce and tomato.....	9.50
B13. CHRISTANTHE - turkey burger with havarti, roasted peppers, lettuce and tomato	9.50
B14. ANA MADAMA - turkey burger with pepper jack cheese, turkey bacon, lettuce and tomato	9.50
B15. VERY MISS VEGGIE - on multi-grain bread with lettuce and tomato	7.95
B16. SALMON BURGER - 100% fresh ground salmon with lemon and tartar sauce on the side served with lettuce and tomato	10.50

ADD ON'S:

cheese 1.00 · avocado 1.50 · fried egg .95¢ · jalapenos .75¢

mushrooms 1.00 · bacon 1.50 · turkey bacon 1.50

Make it a Deluxe with Lettuce and Tomato.

Add \$1.95 for Chips; \$2.50 for Fries;

\$2.95 for Sweet Potato Fries or Onion Rings

Add \$2.95 for Side Salad or Fruit Salad.

EGGS & OMELETTES

Served with homefries or grits and toast

after 12:00 pm add 1.00

TWO EGGS - fried, scrambled, poached, up, down, over	6.25
TWO EGGS - smoked applewood bacon, sausage, corned beef hash or turkey bacon	8.95
CHEESE - your choice.....	7.95
CALABRIA - bacon and cheese	8.95
UMBRIA - ham, peppers, onions and tomatoes.....	8.95
VENEZIA - broccoli and cheddar.....	8.95
NAPOLI - tomato and mozzarella	8.95
GRECIA - spinach, feta and tomato	9.50
POSITANO - egg whites, goat cheese and caramelized onions	9.95
HUEVOS RANCHEROS - 2 fried eggs, salsa, cheddar, scallions on tortilla with nachos.....	9.95
AMALFI - steak with 2 eggs any style	12.95
EGGS BENEDICT - 2 poached eggs, canadian bacon, hollandaise sauce on an english muffin	11.95
EGGS LOX BENEDICT - 2 poached eggs, smoked salmon, hollandaise sauce on an english muffin	12.95
EGGS FLORENTINE BENEDICT - 2 poached eggs, sauteed spinach, hollandaise sauce on an english muffin	11.95
CREATE YOUR OWN OMELETTE - Any 3 items	9.95

Egg whites add .95¢ • Cheese add 1.00 • Avocado add 1.50

EGG SANDWICHES

after 12:00 pm add 1.00

FRIED EGGS	2.75
FRIED EGGS - with ham, smoked applewood bacon or sausage	4.50
FLORENTINE WRAP - egg whites with spinach and cheese. Served with homefries.	8.50
AEGEAN WRAP - eggs with ham, feta, tomato. Served with homefries.	8.50
PROTEIN WRAP - egg whites, fresh turkey, tomato, peppers, onion. Served with homefries.	8.50
BREAKFAST FAJITA WRAP - onion, cheese, sausage, jalapeno peppers, tomato. Served with homefries...	8.50

Egg whites add .95¢ • Cheese add 1.00

English Muffin add .50¢ • Bagel add .50¢ • Ciabatta or Wrap add .50¢

PANCAKES & FRENCH TOAST

after 12:00 pm add 1.00

PANCAKES - SHORT STACK (2)	5.50	TALL STACK (4)	6.50
CHOCOLATE CHIP PANCAKES - SHORT STACK (2)	6.50	TALL STACK (4)	7.50
MULTI GRAIN PANCAKES - SHORT STACK (2)	6.50	TALL STACK (4)	7.50
SIMPLE FRENCH TOAST	6.50		
Above served with blueberries, strawberries, banana or two eggs add 1.75			
THE GOBBLER - 2 pancakes, 2 eggs, 2 slices of bacon and 1 sausage			9.95

BREAKFAST SIDE ORDERS

after 12:00 pm add .50

SMOKED APPLEWOOD BACON, HAM, SAUSAGE or CORNED BEEF HASH	3.95
TURKEY BACON	3.95
CANADIAN BACON or BLACK FOREST HAM	3.95
HOMEFRIES	3.50
GRITS	3.50
with cheese	add 1.00
HOT OATMEAL or COLD CEREAL	3.50
with fresh fruit, nuts or granola	add 1.50

BAGELS

plain, poppy, cinnamon raisin, sesame, everything, pumpernickel, whole wheat

PLAIN	1.25
WITH BUTTER	1.50
WITH CREAM CHEESE	2.75
WITH FLAVORED CREAM CHEESE - vegetable or scallion	3.50
WITH LOX SPREAD	3.95
WITH PEANUT BUTTER	3.95
NOVA SCOTIA SPECIAL - with cream cheese, smoked salmon, capers, red onion, lettuce and tomato	10.50
MINI MORNING SANDWICH	4.95
BAKER'S DOZEN	11.95

add tomato .75¢

BAKERY

BISCOTTI	2.75
COOKIES	2.95
GLUTEN FREE OR VEGAN COOKIES	3.95
PASTRIES	2.95
MUFFINS	2.75
LOW FAT MUFFINS	3.25
CHEESE CAKE	4.95
BLUEBERRY CAKE	4.95
PUMPKIN OR APPLE PIE	4.95
DANISH	2.95
SCONES	2.95
BROWNIES	3.50
CROISSANTS	3.50
WHOLE WHEAT CROISSANTS	3.50
CHOCOLATE CAKE	4.95
CARROT CAKE	4.95
MARBLE POUND CAKE	3.50

FRUIT & DESSERT

RICE PUDDING	3.95
CHOCOLATE PUDDING	3.95
JELLO	3.95
TIRAMISU	4.95
YOGURT PARFAIT sm. 4.50 · lg. 5.50	
granola, fresh fruit and honey	
FRESH FRUIT SALAD sm. 4.50 · lg. 5.50	

LOW FAT TREATS

MUFFINS	3.25
BROWNIES	3.50
TRAIL MIX BAR	3.50
GRANOLA BAR	3.50
RICE KRISPIE TREAT	3.95

BEVERAGES

100 % Organic Colombian Rain Forest Alliance/Fair Trade

	Small	Med	Large
HOUSE BLEND COFFEE	1.90	2.30	2.55
DECAF DARK ROAST	2.00	2.40	2.65
FLAVORED COFFEE	2.00	2.10	2.40
ESPRESSO	2.75	3.25	3.80
CAPPUCCINO	3.80	4.25	4.80
ROYAL CAPPUCCINO	3.90	4.40	4.90
MACHIATO	2.75	3.25	4.25
AMERICANO	2.95	3.25	3.80
RED EYE	2.90	3.25	3.55
MOCHACCINO	3.90	4.40	4.90
LATTE	3.95	4.40	4.95
CHAI LATTE (spice or vanilla - add a shot of espresso .75)	4.25	5.25	5.95
CAFÉ AU LAIT	2.90	3.50	4.00
HERBAL TEA	2.30	2.55	3.05
TEA	1.90	2.30	2.55
HOT MILK	2.55	3.55	4.25
HOT CHOCOLATE	2.80	3.80	4.55
ICED COFFEE	2.55	3.25	3.95
ICED CAPPUCCINO	3.95	4.55	4.95
ICED LATTE	4.20	4.70	5.20
ICED CHAI LATTE	5.25	5.95	6.95
ICED MOCHACCINO	4.20	4.70	5.25
ICED RED EYE	3.55	4.25	4.95
ICED TEA	2.55	3.25	3.55
HOMEMADE LEMONADE	2.55	3.25	3.95
FRESH SQUEEZED O.J.	3.80	4.80	6.25
SNAPPLE & BOYLAN SODAS	2.30		
BOTTLED WATER	1.85	2.95	
FIJI WATER	2.80	4.80	
VITAMIN WATER & TAZO TEA	2.95		
CANNED SODAS	1.85		
PELLEGRINO	2.80	4.25	
HOT FRESH APPLE CIDER	3.50	4.05	4.55
TROPICANA - ORANGE, GRAPEFRUIT OR APPLE	2.95		
COCONUT WATER	3.55		
RED BULL	4.25		

**WINE, BEER
& COCKTAILS**

JUICE MIX

Create your own

Any 3 items 16oz 7.75 • 24oz 8.75 • For each additional item add 50¢

carrot • apple • pear • orange • grapefruit • pineapple • watermelon • cantaloupe •
beets • ginger • parsley • spinach • celery • cucumber • kale

SPECIAL JUICES

16oz 8.75 • 24oz 9.75

HEALTHY DOSE - carrot, celery, beets and ginger with Echinacea and flax seed oil

ISLAND PASSION - fresh pineapple and pear with ginger and aloe vera

SNAP TO IT - carrots, apples and ginger with vitamin C, ginseng and bee pollen

FOREST GREEN - green apple, spinach, parsley, celery, lemon, aloe vera and apple

WATERMELON COOLER - 100% pure hydrating watermelon juice

CREATE YOUR OWN SMOOTHIES

16oz 6.75 • 24oz 8.25

almond milk • coconut water • soy milk •
apple cider • orange juice • frozen yogurt • alkaline water

With bananas and a choice of two of the following:

strawberry • blueberry • peach • kiwi • cantaloupe • pineapple • mango • watermelon • grapes

SPECIAL SMOOTHIES

16oz 8.25 • 24oz 9.25

BLACK SKY - soy milk, banana, blueberries with spirulina, chocolate and whey protein

POWER UP - apple cider, bananas, strawberries with the ultimate meal power

ISLAND RUN - pineapple, watermelon, berries and lemon with vitamin C and aloe

ALOTA PIÑA COLADA - pineapple, bananas, strawberries, with coconut and bee pollen

PEACHY KEEN - apple cider, bananas, strawberries, peaches with ginseng, aloe vera and cinnamon

PB & J SMOOTHIE - a sip-able version of the classic sandwich...peanut butter, bananas, strawberry and your choice of milk or frozen yogurt

MAUI WOWIE - Mango, strawberry and pineapple blended with coconut water

EXTRAS

\$1.50 - ginger • vitamin C • bee pollen • lecithin • ginkgo biloba • aloe vera • royal jelly • ginseng • spirulina • flax or hemp seed oil • echinacea

\$1.95 - All One vitamins & minerals • 100% whey protein

NATURAL HERBS AND WHAT THEY ARE GOOD FOR

The contents of our delicious juices and the extra ingredients you can add are designed to keep you healthy and energetic. The following is a small list of how the respective ingredients can support your body and mind.

Aloe Vera: regulates immune system, soothes digestive tract, one of nature's finest body cleansers. An excellent internal detox tonic.

Bee Pollen: supplies energy and eases hay fever and other allergies.

Echinacea: anti-spasmodic, helps infections, skin problems and circulation. Supports immune system and assists in removing toxins from your blood. It's used as a natural antibiotic and aids prostate & lymph glands.

Flax Seed: essential fatty acid. One of the richest sources of Omega-3 fatty acids.

Ginger Root: suppresses appetite, aids in digestion, promotes circulation, a powerful anti-inflammatory.

Ginseng: Benefits the prostate. Reduces stress level, lowers cholesterol. Reduces fatigue and is one of the most effective anti-aging supplements

Parsley: High in Vitamin B and Potassium. An alkaline plant, balances Ph in body.

Spirulina: Energy burst, RNA/DNA balance. Contains 26x more calcium than milk. 65% pure vegan protein.

Vitamin C: Promotes collagen production for youthful skin. Anti-oxidant and lowers your blood lead level. Important for every-one living in an urban environment.

BENVENUTO CATERING

BREAKFAST

Prices are per person at a 6 person minimum

BENVENUTO BREAKFAST PLATTER 4.95

An array of freshly baked bagels, muffins, danish, scones and croissants, elegantly arranged with carved fruit. Served with jams, sweet butter and cream cheese.

SMOKED SALMON PLATTER 12.95

Elegant display of freshly sliced smoked salmon, sliced tomatoes and onions, cream cheese and capers. Served with bagels and black bread.

COUNTRY BREAKFAST 13.50

Scrambled Eggs, French Toast or Pancakes. Served with Home Fries, Ham, Crispy Bacon or Sausages.

POWER BREAKFAST 7.95

Homemade granola layered with non-fat yogurt, berries and fresh fruit. Accompanied with low-fat muffins, bagels, honey and fruit preserves.

N.Y. BAGEL BREAKFAST 3.95

Freshly baked bagels served with sweet butter, two flavored cream cheese spreads and fruit preserves.

COFFEE SERVICE add 2.50

TEA SERVICE add 2.50

FRUIT SALAD add 4.95

FRESH SQUEEZED ORANGE JUICE add 2.75

COOKIES and BROWNIES add 4.95

LUNCHEON

Prices are per person at a 8 person minimum

PANINI or WRAP FEAST 9.50

Selection of Benvenuto's delicious paninis and wraps with a bowl of homemade chips and dips.

BENVENUTO SALAD du JOUR 4.95

PLATTER OF ROASTED MEATS 17.95

Hand carved thinly sliced array of our quality meats and cheese. Served with lettuce, tomatoes, pickles and all the trimmings and a basket of fresh bread and rolls.

HORS D'OEUVRES

\$35 per dozen -2 dozen minimum each

PAN SEARED TUNA CANAPES

JUMBO SHRIMP COCKTAIL

CRUDITE

SPANAKOPITA

SESAME CHICKEN

STUFFED MUSHROOM CAPS

SMOKED SALMON CANAPES

IMPORTED CHEESES

PIG IN A BLANKET

FRESH MOZZARELLA & BASIL

TEA SANDWICHES

BRUSCHETTA

MARYLAND CRAB CAKES

SEARED FLANK STEAK SLIDERS

CHICKEN SATAY SKEWERS

BUFFALO CHICKEN TENDERS

COCONUT CRUSTED SHRIMP

VEGETABLE SPRING ROLLS

CHICKEN SPRING ROLLS

QUESADILLA TRIANGLES

OUR CHEF'S RECOMMENDATIONS

Prices are per person at a 10 person minimum.

CHICKEN 17.95

Rosemary Grilled Chicken, Chicken Marsala, Chicken Parmagiana, Chicken Francaise, Barbeque Chicken, Home-Style Roasted Herb Chicken, Stuffed Chicken Florentine, *Southern Fried Chicken

SEAFOOD 21.95

Maryland Crab Cakes, Dover Sole Florentine, Grilled Salmon Supreme, *Grilled Red Snapper, Salmon Teriyaki, Stuffed Alaskan Salmon, *Cod Fish Provençal, Mahi Mahi with Mango Sauce, Shrimp Stir Fry, Grilled Shrimp

BEEF & PORK 19.95

Grilled Flank Steak, Barbeque Steak Tips, Pork Chops, Bistro Steak with Wild Mushroom Sauce, London Broil, *Filet Mignon (*extra \$3.00)

All entrées are served with baby organic greens, brick oven bread, potato or rice of your choice and a medley of garden veggies

MEAT or VEGETABLE LASAGNE 19.50pp

PENNE PASTA PRIMAVERA 19.50pp

Above served with caesar salad, bread, cookie and brownie platter.

Ask for our Full Catering Menu
Email us at: info@benvenutocafe.com