

## APPETIZERS

**CLASSIC SOUPS** Made in House Daily. . . . .Cup 3.60.....Bowl 5.10  
**FRENCH ONION SOUP** Crouton, Melted Swiss. . . . . 5.40  
**CERES HOUSE SALAD** Baby Greens, Cucumber, Tomato, Red Pepper. . 4.45

**SIGNATURE TURKEY CHILI** .....Cup 4.65.....Bowl 6.45  
 Made with Free Range Natural Turkey  
**FRIED CALAMARI** Fresh, Never Frozen, Horseradish Cocktail Sauce. . . 9.25

## SIGNATURE SALADS

**CAESAR SALAD** ..... Small 6.15 ..... Large 9.05  
 Romaine, Garlic Croutons, Shaved Parmesan. . . . .Add Chicken 2.60 Add Skirt Steak 4.40

**CERES SPECIAL CHOPPED CHICKEN** ..... 11.35  
 Grilled Chicken Breast, Greens, Tomato, Scallion, Avocado, Bacon, Feta, Balsamic Vinaigrette

**SOUTHWEST CHICKEN** ..... 11.30  
 Field Greens, Roast Corn, Chihuahua Cheese, Tortilla Strips, Spicy Peanut Cilantro Dressing

**BUFFALO CHICKEN** ..... 11.10  
 Crispy Chicken, House Greens, Celery, Carrot, Red Pepper, Creamy Blue Cheese Dressing

**ASIAN SALAD** ..... 10.90  
 Grilled Chicken Breast, Baby Greens, Napa Cabbage, Bell Peppers, Carrots, Cucumbers, Sesame Ginger Vinaigrette, Rice Crispy Noodles

**SPINACH ITALIANO** ..... 10.85  
 Fresh Spinach, Orzo Pasta, Sliced Chicken Breast, Tomatoes, Capers, Black Olives, Sun-dried Tomatoes, Shaved Parmesan, Lemon Vinaigrette

**GREEK SALAD** ..... Small 7.95 ..... Large 10.85  
 Tomatoes, Cucumbers, Sweet Peppers, Feta, Oregano, Egg, Anchovies

**KALE & SHAVED BRUSSELS SPROUT** ..... 11.25  
 Grilled Chicken, Turkey Bacon, Spinach, Goat Cheese Croutons, Chipotle Lemon Dressing

## SANDWICHES

### HOT

**PRESSED CUBAN** Roast Pork, Ham, Swiss, Pickle. . . . . 10.85  
**GRILLED CHICKEN BRUSCHETTA** . . . . . 9.80  
 Sliced Chicken Breast, Mozzarella, Tomato Basil Relish

**ALBACORE TUNA MELT** . . . . . 10.85  
**ROAST TURKEY BREAST** Real Mashed Potatoes, Gravy. . . . . 11.85  
**CORNED BEEF ON RYE** . . . . . 9.55  
**CORNED BEEF REUBEN** . . . . . 10.55  
**GRILLED SKIRT STEAK SANDWICH** . . . . . 10.85  
**ROAST SIRLOIN OF BEEF** Real Mashed Potatoes, Gravy. . . . . 11.85  
**GRILLED CHEESE** . . . . . 5.15  
 Add Tomato & Bacon. . . 2.35  
 Add Ham . . . . . 3.35

**FAMOUS FILET OF SOLE** Tartar Sauce. . . . . 9.20

### COLD

#### TRIPLE DECKER TURKEY CLUB

##### OUR SPECIALTY FOR GENERATIONS

Fresh Roasted Turkey, Bacon, Lettuce, Tomato, Real Mayonnaise  
 10.75

**TURKEY AVOCADO STACK** . . . . . 9.40  
 Shaved Roast Turkey, Swiss Cheese, Spinach, Multigrain Toast, Mustard - Mayo

**ALBACORE TUNA SALAD** Celery, Egg, Red Pepper, Mayo, Lemon 9.30  
**CHICKEN, AVOCADO, BACON** Lettuce, Tomato, Mustard - Mayo 9.55  
**BLT** Hickory Smoked Boar's Head Bacon . . . . . 8.60  
**BLT CLUB** Triple Decker. . . . . 10.10

## DAILY SPECIALS

MONDAY	<b>GREEK CHICKEN</b>	12.95
TUESDAY	<b>ROAST TURKEY</b>	13.55
WEDNESDAY	<b>BBQ TURKEY MEATLOAF</b>	12.05
THURSDAY	<b>CHICKEN POT PIE</b>	12.05
FRIDAY	<b>FILET OF SOLE</b>	11.55

## FROM THE GRILL

OUR BURGERS CONTAIN A HALF POUND OF THE FINEST GRASS FED, GRAIN FINISHED MIDWESTERN BEEF, GROUND IN-HOUSE AND COOKED TO ORDER ON A BRIOCHE BUN WITH LETTUCE & TOMATO

<b>1/2 LB HAMBURGER</b>	8.70
<b>1/2 LB CHEESEBURGER</b>	9.20
<b>1/2 LB BACON CHEESEBURGER</b>	10.30
<b>1/2 LB PATTY MELT</b>	9.50

Add Avocado 1.60 Add Fried Egg 1.35 Add Boar's Head Bacon 2.00

<b>TURKEY BURGER</b>	9.00
House Ground Turkey Breast Blended with Caramelized Onions	
<b>GRILLED CHICKEN BREAST SANDWICH</b>	9.50
<b>GRILLED SKIRT STEAK</b>	11.55
Dijon Mustard Marinade, Mashed or French Fries	
<b>SKIRT STEAK TACOS</b>	12.85
Rice, Black Beans, Homemade Guacamole & Salsa Fresca	
<b>FISH TACOS</b>	11.80
Tilapia, Cilantro Rice, Black Beans, Homemade Guacamole & Salsa Fresca	

## WHOLE GRAINS, FISH & CHICKEN

<b>ROASTED CHICKEN &amp; EIGHT VEGETABLE HASH</b>	10.25
Two Over Easy Eggs, Root Vegetables, Sweet Potato, Kale	
<b>BUDDHA BOWL</b>	Chicken 12.85.....Tofu 11.85
Asian BBQ Chicken Breast or Grilled Tofu, Vegetables, Brown Rice & Quinoa , Ginger-Garlic Sauce	
<b>PAN ROASTED TILAPIA</b>	11.85
Brussel Sprouts, Spinach, Shallots, White Wine Reduction	
<b>PAN ROASTED SCOTTISH SALMON</b>	15.20
Brown Rice & Quinoa, Greens, Lemon Vinaigrette	
<b>CRISPY LEMON CHICKEN</b>	12.60
Angel Hair Pasta, Spinach, Lemon Butter Sauce	
<b>TURKEY, MUSHROOM &amp; RED QUINOA PATTY</b>	11.25
Grilled All Natural Ground Turkey, Artichoke Aioli, Greens, Lemon Vinaigrette, Sweet Potato Chips	

## SIDE DISHES

<b>ROASTED BRUSSELS SPROUTS, SHALLOTS</b>	2.45
<b>SAUTEED SPINACH, LEMON</b>	2.45
<b>FRESH CUT FRENCH FRIES</b>	2.45
<b>SWEET POTATO CHIPS</b>	2.45
<b>REAL MASHED POTATOES</b>	2.45
<b>WARM HAND CUT POTATO CHIPS</b>	2.45
<b>DAILY VEGETABLE</b>	2.45
<b>CABBAGE SLAW</b>	2.45

## BEVERAGES

<b>FRESH SQUEEZED LEMONADE</b>	2.35
<b>ARNOLD PALMER</b>	2.35
<b>LA CROIX SPARKLING WATER</b>	2.35
<b>FRESH BREWED ICED TEA</b>	2.35
<b>LA COLOMBÉ COFFEE</b>	2.25
<b>MIGHTY LEAF TEA</b> Citrus Green, Berry Black, Chamomile, Jasmine	2.25
<b>SOFT DRINKS</b>	2.35
<b>HOT CHOCOLATE</b> Whipped Cream	2.25

FULL SELECTION OF BEER & WINE  
AVAILABLE BY THE GLASS

## MORNING BEVERAGES

<b>ORANGE OR GRAPEFRUIT JUICE</b> Fresh Squeezed	
5 oz 1.80.....9 oz 2.60.....14 oz 3.55	
<b>TOMATO OR V-8 JUICE</b>	5 oz 1.35 . . . 9 oz 2.05 . . 14 oz 2.95
<b>COFFEE, TEA, OR HOT CHOCOLATE</b>	2.25
<b>MILK</b>	Medium 1.80 Large 2.40
Regular, Skim or Chocolate	

## FRUITS

<b>HALF GRAPEFRUIT</b>	2.30
<b>MELON OR PINEAPPLE</b>	2.75
<b>FRESH FRUIT CUP</b>	Small 2.85 . . . . . Large 4.90
<b>STRAWBERRIES</b>	3.05
<b>BLUEBERRIES</b>	Large 4.25
<b>BANANAS AND MILK</b>	1.90

## CERES BREAKFAST SPECIALS

ALL OMELETTES OR EGG SPECIALTIES CAN BE PREPARED WITH EGG WHITES OR EGG BEATERS .99 ADDITIONAL

<b>ONE EGG SPECIAL</b>	8.50
One Egg Any Style, Three Strips of Bacon, Three Sausage Links, Two Sausage Patties or 1/2 Order Ham, Fresh Fruit or Homemade Hash Brown Potatoes, Toast and Choice of Coffee, Milk, Tea or Hot Chocolate	
<b>TWO EGG SPECIAL</b>	9.20
Two Eggs Any Style, Three Strips of Bacon, Three Sausage Links, Two Sausage Patties or 1/2 Order Ham, Fresh Fruit or Homemade Hash Brown Potatoes, Toast and Choice of Coffee, Milk, Tea or Hot Chocolate	
<b>STEAK AND EGGS SPECIAL</b>	12.30
Two Eggs Any Style, 8 oz. Bottom Cut Sirloin Steak or Chicken Breast, Fresh Fruit or Homemade Hash Brown Potatoes, Toast and Coffee, Milk, Tea or Hot Chocolate	

<b>PANCAKE SPECIAL</b>	8.70
Three Pancakes, Three Strips of Bacon, Three Sausage Links or Two Sausage Patties and Coffee, Milk, Tea or Hot Chocolate	
<b>BREAKFAST BURRITO</b>	(1) 4.50 . . . . . (2) 7.20 . . . . . (3) 9.75
Three Tortilla Shells Filled with Scrambled Eggs, Cheddar Cheese, Sausage, Green Peppers, Onions, Tomato and Hash Browns. Served with Guacamole, Sour Cream and Salsa	
<b>MEXICAN BREAKFAST</b>	9.25
CHILAQUILLES: Scrambled Eggs, Salsa, Green Onions, Crumbled Corn Tortillas, Cheddar Cheese and Spicy Chorizo or Grilled Chicken	
<b>SMOKED SCOTTISH SALMON PLATE</b>	11.25
Lox, Bagel, Cream Cheese, Tomato, Raw Onion	

## EGGS

ALL EGGS SERVED WITH HOMEMADE HASH BROWNS OR FRESH FRUIT

<b>ONE EGG</b>	4.80
Homemade Hash Brown Potatoes or Fresh Fruit, Toast and Jelly	
<b>TWO EGGS</b>	5.70
Homemade Hash Brown Potatoes or Fresh Fruit, Toast and Jelly	
<b>EGGS BENEDICT</b> Two Eggs and Hash Browns	9.20
One Egg	6.90
<b>CORNED BEEF HASH</b> Two Eggs, Toast & Jelly	8.75
One Egg	7.75
<b>CORNED BEEF HASH PLATTER</b> No Eggs or Toast	6.00

## BAKERY

<b>HOMEMADE DONUT</b>	1.00
<b>HOMEMADE MUFFINS</b> Blueberry, Banana Nut or Bran	2.30
<b>BAGEL &amp; CREAM CHEESE</b> or Homemade Low Fat Cream Cheese	2.65
<b>CROISSANT</b> , Butter	2.00
<b>BUTTERMILK BISCUIT</b>	Each 1.00
<b>ENGLISH MUFFIN OR RAISIN TOAST</b>	2.00
<b>TOAST, BAGEL OR KAISER ROLL</b> Jelly and Butter	1.55
<b>CEREAL WITH MILK</b>	3.35
Add Fruit to Your Cereal: 1/2 Order Strawberries 1.45 . . . . . 1/2 Banana .75	

## THREE EGG OMELETTES WITH HASH BROWNS, TOAST & JELLY

<b>DENVER</b>	9.40
Ham, Cheese, Green Pepper, Onion, Mushroom, Tomato	
<b>VEGETABLE OMELETTE</b>	8.20
Green Pepper, Onion, Tomato, Broccoli, Mushroom	
<b>HAM, BACON OR SAUSAGE</b>	8.50
<b>CHEESE</b> American	7.15
<b>PLAIN</b>	6.35
Additional Ingredients:	
Chopped Ham, Bacon or Sausage	2.15
Cheese: Cheddar, Mozzarella, Swiss or Feta	1.05 . . . . . American .90
Fresh Vegetable - Broccoli or Spinach	Each 1.05
Mushroom, Onion, Pepper or Tomato	Each .65

## PANCAKES & FRENCH TOAST

<b>PANCAKES WITH FRESH FRUIT</b>	7.15
<b>BANANA PANCAKES</b>	6.65
<b>FRENCH TOAST</b> Extra Thick	6.45
<b>BUTTERMILK OR SILVER DOLLAR PANCAKES</b>	6.35
<b>OAT BRAN PANCAKES</b>	6.65

## SIDE ORDERS

<b>EGG (1) A LA CARTE</b>	1.35
<b>EXTRA EGG</b>	1.05
<b>BACON OR TURKEY BACON</b> (3 Strips)	2.60
<b>SAUSAGE LINKS</b> (3)	2.60
<b>SAUSAGE PATTIES OR TURKEY SAUSAGE PATTIES</b> (2)	2.50
<b>CHORIZO SAUSAGE</b> (6 oz)	2.80
<b>CORNED BEEF HASH</b>	4.35
<b>BREAKFAST STEAK</b> (8 oz. Bottom Cut Sirloin Steak)	7.75
<b>GRILLED HAM STEAK</b> (2 1/4 oz) 2.75 . . . . . (4 1/2 oz) 4.90	
<b>GRILLED CHICKEN BREAST</b>	(5 oz) 5.60
<b>HOMEMADE HASH BROWN POTATOES</b>	2.50
<b>YOGURT</b> Dannon or Yoplait	1.90
<b>GREEK YOGURT</b>	3.30