

APPETIZERS

CLASSIC SOUPS Made in House Daily Cup 3.80 . . Bowl 5.40
FRENCH ONION SOUP Crouton, Melted Swiss 5.70
CERES HOUSE SALAD 4.70
 Baby Greens, Cucumber, Tomato, Red Pepper.

SIGNATURE TURKEY CHILI Cup 4.95 . . Bowl 6.85
 Made with Free Range Natural Turkey
FRIED CALAMARI Fresh, Never Frozen, Horseradish Cocktail Sauce 9.80

SIGNATURE SALADS

CAESAR SALAD Small 6.50 Large 9.60
 Romaine, Garlic Croutons, Shaved Parmesan Add Chicken 2.80 Add Skirt Steak 4.65

CERES SPECIAL CHOPPED CHICKEN 12.05
 Grilled Chicken Breast, Greens, Tomato, Scallion, Avocado, Bacon, Feta, Balsamic Vinaigrette

SOUTHWEST CHICKEN 12.00
 Field Greens, Roast Corn, Chihuahua Cheese, Tortilla Strips, Spicy Peanut & Cilantro Dressing *contains nuts*

BUFFALO CHICKEN 11.75
 Crispy Chicken, House Greens, Celery, Carrot, Red Pepper, Creamy Blue Cheese Dressing

ASIAN SALAD 11.50
 Grilled Chicken Breast, Baby Greens, Napa Cabbage, Bell Peppers, Carrots, Cucumbers, Sesame Ginger Vinaigrette, Rice Crispy Noodles *contains nuts*

SPINACH ITALIANO 11.35
 Fresh Spinach, Orzo Pasta, Sliced Chicken Breast, Tomatoes, Capers, Black Olives, Sun-dried Tomatoes, Shaved Parmesan, Lemon Vinaigrette

GREEK SALAD Small 8.40 Large 11.35
 Tomatoes, Cucumbers, Sweet Peppers, Feta, Oregano, Egg, Anchovies

KALE & SHAVED BRUSSELS SPROUT 11.95
 Grilled Chicken, Turkey Bacon, Spinach, Goat Cheese Croutons, Chipotle Lemon Dressing

SANDWICHES

HOT

GRILLED CHICKEN BRUSCHETTA 10.30
 Sliced Chicken Breast, Mozzarella, Tomato Basil Relish

ALBACORE TUNA MELT 11.45

ROAST TURKEY BREAST Real Mashed Potatoes, Gravy. 12.60

CORNED BEEF ON RYE 10.10

CORNED BEEF REUBEN 11.20

GRILLED SKIRT STEAK SANDWICH 11.45

ROAST SIRLOIN OF BEEF Real Mashed Potatoes, Gravy 12.60

GRILLED CHEESE 5.15
 Add Tomato & Bacon . . . 2.55
 Add Ham 4.05

FAMOUS FILET OF SOLE Tartar Sauce 10.00

COLD

TRIPLE DECKER TURKEY CLUB
OUR SPECIALTY FOR GENERATIONS
 Fresh Roasted Turkey, Bacon, Lettuce, Tomato, Real Mayonnaise
 11.25

TURKEY AVOCADO STACK 9.95
 Shaved Roast Turkey, Swiss Cheese, Spinach, Multigrain Toast, Mustard - Mayo

ALBACORE TUNA SALAD Celery, Egg, Red Pepper, Mayo, Lemon 9.85

CHICKEN, AVOCADO, BACON Lettuce, Tomato, Mustard - Mayo 10.10

BLT Hickory Smoked Boar's Head Bacon 9.15

BLT CLUB Triple Decker 10.75

Before placing your order, please inform your server of any allergies or dietary restrictions as many items can contain unlisted ingredients. Kitchen operations may involve shared cooking and preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of allergens.

DAILY SPECIALS

MONDAY	GREEK CHICKEN	13.60
TUESDAY	ROAST TURKEY	14.15
WEDNESDAY	BBQ TURKEY MEATLOAF	12.70
THURSDAY	CHICKEN POT PIE	12.70
FRIDAY	FILET OF SOLE	12.35

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

1/2 LB HAMBURGER	8.95
1/2 LB CHEESEBURGER	9.45
1/2 LB BACON CHEESEBURGER	10.60
1/2 LB PATTY MELT	9.75

Add Avocado 1.80 Add Fried Egg 1.45 Add Boar's Head Bacon 2.15

TURKEY BURGER	9.50
House Ground Turkey Breast Blended with Caramelized Onions	
GRILLED CHICKEN BREAST SANDWICH	10.05
GRILLED SKIRT STEAK	12.25
Dijon Mustard Marinade, Mashed or French Fries	
SKIRT STEAK TACOS	13.65
Rice, Black Beans, Homemade Guacamole & Salsa Fresca	
FISH TACOS	12.35
Tilapia, Cilantro Rice, Black Beans, Homemade Guacamole & Salsa Fresca	

WHOLE GRAINS, FISH & CHICKEN

ROASTED CHICKEN & EIGHT VEGETABLE HASH	10.90
Two Over Easy Eggs, Root Vegetables, Sweet Potato, Kale	
BUDDHA BOWL	Chicken 13.60 . . . Tofu 12.60
Asian BBQ Chicken Breast or Grilled Tofu, Vegetables, Brown Rice & Quinoa , Ginger-Garlic Sauce	
PAN ROASTED TILAPIA	12.60
Brussel Sprouts, Spinach, Shallots, White Wine Reduction	
PAN ROASTED SCOTTISH SALMON	16.15
Brown Rice & Quinoa, Greens, Lemon Vinaigrette	
CRISPY LEMON CHICKEN	13.35
Angel Hair Pasta, Spinach, Lemon Butter Sauce	
PORTOBELLO MUSHROOM & RED QUINOA BURGER	9.20
Choice of Brussels Sprouts and Kale Salad or Sweet Potato Chips	

SIDE DISHES

ROASTED BRUSSELS SPROUTS, SHALLOTS	2.65
SAUTEED SPINACH, LEMON	2.65
FRESH CUT FRENCH FRIES	2.65
SWEET POTATO CHIPS	2.65
REAL MASHED POTATOES	2.65
WARM HAND CUT POTATO CHIPS	2.65
DAILY VEGETABLE	2.65
CABBAGE SLAW	2.65

BEVERAGES

FRESH SQUEEZED LEMONADE	2.45
ARNOLD PALMER	2.45
LA CROIX SPARKLING WATER	2.50
FRESH BREWED ICED TEA	2.45
LA COLOMBÉ COFFEE	2.25
MIGHTY LEAF TEA Citrus Green, Berry Black, Chamomile, Jasmine . . .	2.25
SOFT DRINKS	2.55
HOT CHOCOLATE Whipped Cream	2.45

//// FULL SELECTION OF BEER & WINE AVAILABLE BY THE GLASS ///

MORNING BEVERAGES

ORANGE OR GRAPEFRUIT JUICE Fresh Squeezed	
5 oz 1.85.....9 oz 2.70.....14 oz 3.65	
TOMATO OR V-8 JUICE	5 oz 1.40 . . . 9 oz 2.10 . . 14 oz 2.99
COFFEE, TEA	2.25
MILK	Medium 1.85 Large 2.45
Regular, Skim or Chocolate	
HOT CHOCOLATE	2.45

FRUITS

HALF GRAPEFRUIT	2.35
MELON OR PINEAPPLE	2.85
FRESH FRUIT CUP	Small 2.95 Large 5.10
STRAWBERRIES	3.15
BLUEBERRIES	Large 4.35
BANANAS AND MILK	1.95

CERES BREAKFAST SPECIALS

ALL OMELETTES OR EGG SPECIALTIES CAN BE PREPARED WITH EGG WHITES OR EGG BEATERS 1.10 ADDITIONAL

ONE EGG SPECIAL	9.00
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	
TWO EGG SPECIAL	9.75
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	
STEAK AND EGGS SPECIAL	12.99
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	

PANCAKE SPECIAL	9.35
Three Pancakes, Three Strips of Bacon, Three Sausage Links or Two Sausage Patties and Coffee, Milk, Tea or Hot Chocolate	
BREAKFAST BURRITO	(1) 4.90 (2) 7.70 (3) 10.30
Three Tortilla Shells Filled with Scrambled Eggs, Cheddar Cheese, Sausage, Green Peppers, Onions, Tomato and Hash Browns. Served with Guacamole, Sour Cream and Salsa	
MEXICAN BREAKFAST	9.80
CHILAQUILLES: Scrambled Eggs, Salsa, Green Onions, Crumbled Corn Tortillas, Cheddar Cheese and Spicy Chorizo or Grilled Chicken	
SMOKED SCOTTISH SALMON PLATE	11.90
Lox, Bagel, Cream Cheese, Tomato, Raw Onion	

EGGS

ALL EGGS SERVED WITH HOMEMADE HASH BROWNS OR FRESH FRUIT

ONE EGG	5.10
Homemade Hash Brown Potatoes or Fresh Fruit, Toast and Jelly	
TWO EGGS	6.00
Homemade Hash Brown Potatoes or Fresh Fruit, Toast and Jelly	
EGGS BENEDICT Two Eggs and Hash Browns	9.75
One Egg	7.30
CORNED BEEF HASH Two Eggs, Toast & Jelly	9.25
One Egg	8.22
CORNED BEEF HASH PLATTER No Eggs or Toast	6.45

BAKERY

HOMEMADE DONUT	1.00
HOMEMADE MUFFINS Blueberry, Banana Nut or Bran	2.35
BAGEL & CREAM CHEESE or Homemade Low Fat Cream Cheese	2.70
CROISSANT , Butter	2.05
BUTTERMILK BISCUIT	Each 1.00
ENGLISH MUFFIN OR RAISIN TOAST	2.05
TOAST, BAGEL OR KAISER ROLL Jelly and Butter	1.60
CEREAL WITH MILK	3.55
Add Fruit to Your Cereal: 1/2 Order Strawberries 1.55 1/2 Banana .85	

THREE EGG OMELETTES WITH HASH BROWNS, TOAST & JELLY

DENVER	9.95
Ham, Cheese, Green Pepper, Onion, Mushroom, Tomato	
VEGETABLE OMELETTE	8.70
Green Pepper, Onion, Tomato, Broccoli, Mushroom	
HAM, BACON OR SAUSAGE	9.00
CHEESE American	7.60
PLAIN	6.75
Additional Ingredients:	
Chopped Ham, Bacon or Sausage	2.25
Cheese: Cheddar, Mozzarella, Swiss or Feta	1.15 American 1.00
Fresh Vegetable - Broccoli or Spinach	Each 1.15
Mushroom, Onion, Pepper or Tomato	Each .75

SIDE ORDERS

EGG (1) A LA CARTE	1.45
EXTRA EGG	1.15
BACON OR TURKEY BACON (3 Strips)	2.80
SAUSAGE LINKS (3)	2.80
SAUSAGE PATTIES OR TURKEY SAUSAGE PATTIES (2)	2.70
CHORIZO SAUSAGE (6 oz)	3.00
CORNED BEEF HASH	4.70
BREAKFAST STEAK (8 oz. Bottom Cut Sirloin Steak)	8.25
GRILLED HAM STEAK (2 1/4 oz) 2.95 (4 1/2 oz) 5.25	
GRILLED CHICKEN BREAST	(5 oz) 5.95
HOMEMADE HASH BROWN POTATOES	2.60
YOGURT Dannon or Yoplait	1.95
GREEK YOGURT	3.40

PANCAKES & FRENCH TOAST

PANCAKES WITH FRESH FRUIT	7.60
BANANA PANCAKES	7.05
FRENCH TOAST Extra Thick	6.85
BUTTERMILK OR SILVER DOLLAR PANCAKES	6.85
OAT BRAN PANCAKES	7.05