

# BREAKFAST

Served 8:00 am until 3:30 pm

## **Four Flowers Juice**

a special blend of orange, pineapple, pomegranate and banana

7

## **Orange Juice**

6.5

## **Grapefruit Juice**

6.5

## **CEREALS**

### **SARABETH'S HOT PORRIDGE 'THREE BEARS' STYLE**

(Porridge served until Noon)

#### **Baby Bear**

hot porridge with milk and honey... 7.5

#### **Mama Bear**

hot porridge with fresh cream, raisins and honey ... 8

#### **Papa Bear**

hot porridge with bananas, fresh cream, raisins and honey ... 8.5

#### **Big Bad Wolf**

hot porridge with wheat berries, fresh cream, butter and brown sugar ... 8.5

#### **Morning Crunch**

fresh roasted granola topped with bananas and raisins, served with honey, choice of milk or yogurt ... 8.5

#### **Morning Fruit Bowl**

grapefruit and orange sections, sliced banana and strawberries ... 9

## **EXTRAORDINARY EGGS AND OMELETTES**

All eggs served with choice of muffin (English, corn, bran, banana or pumpkin),  
currant scone, 7-grain toast, sourdough toast or croissant  
\*all served with Sarabeth's preserves

#### **Cheese Omelette**

Gruyere or white cheddar ... 13

#### **Spinach and Goat Cheese Omelette... 14**

#### **Garden Omelette**

broccoli, corn and carrots with cheddar ... 13

#### **\*Classic Eggs Benedict\***

with authentic Canadian smoked ham and Hollandaise sauce ... 17

#### **\*Smoked Salmon Eggs Benedict\***

with Irish smoked salmon and Hollandaise sauce ... 17

#### **Vegetable and Gruyere Frittata**

asparagus, red and yellow peppers, chives and gruyere ... 13.75

#### **Farmer's Omelette**

leeks, ham and chunks of potato with Gruyere ... 14.5

#### **The Red Omelette**

a chunky filling of tomato, red pepper, cheddar and a dollop of sour cream with chives ... 14

#### **Goldie Lox**

scrambled eggs with smoked salmon and cream cheese ... 15

#### **Green and White**

scrambled eggs with scallions and cream cheese ... 13

#### **\*Popeye Eggs\***

scrambled eggs on an English muffin with Black Forest ham and sautéed spinach ... 14.75

#### **Jalapeño Cheddar Omelette**

tomatoes, onions, sour cream

\* not served with an additional muffin\*

(Omelettes may be ordered egg white only ... 2.5 additional)

\*Sarabeth's serves all natural eggs from Paul Sauder's Pennsylvania Farm\*

## **SWEET BREAKFASTS (15)**

Served with Doerfler Farms Maple Syrup

#### **Fat and Fluffy French Toast with Maple Syrup**

#### **Lemon and Ricotta Pancakes with Fresh Berries**

#### **Pumpkin Waffle Topped with Sour Cream, Raisins, Pumpkin Seeds and Honey**

#### **Buttermilk Pancakes with Fresh Strawberries**

#### **Cheese Blintzes with Sour Cream and Apple Butter**

## **SIDE DISHES**

Three-Pepper Home Fried Potatoes... 6.5      Apple wood Smoked Bacon... 7.5

Chicken & Apple Breakfast Sausage... 7.5      Pork & Apricot Sausage... 7.5

Basket of Assorted Muffins and Jams ... 12.75

# LUNCH

Served from 11:30 am until 3:30 pm

Please ask your server for today's selection of wines by the glass

## Appetizers

*Sara's Famous Velvety Cream of Tomato Soup* ... 9.5

**Today's Market Soup** ...9.5

### **Caesar Salad**

garlic croutons, shaved Parmesan Reggiano ...9.5

### **Baby Lettuces**

orange vinaigrette, gorgonzola croutons ...9

### **Guacamole**

homemade chips ...14

### **Artichoke and Goat Cheese Salad**

frisee, celery, leek ...10.5

### **Ruby and Gold Tomato Salad**

watercress, almonds, blue cheese dressing ...10.5

## Main

### **Chopped Market Vegetable Salad** ... 17.25

chopped seasonal vegetables, baby romaine and crumbled Maytag Blue cheese, sherry-shallot vinaigrette

grilled chicken, add ... 5

### **Roasted Chicken Salad** ... 19

green beans, chives, radicchio, market vegetables, walnut dressing

### **Roasted Cod** ...24

asparagus, mushroom, oregano vinaigrette, jasmine rice

### **Flat Iron Steak Frites**... 24

french fries, béarnaise sauce

### **Free Range Chicken Pot Pie** ... 19

pearl onions, baby carrots, potatoes, peas

### **Macaroni and Cheese**

bacon, caramelized onions, broccoli ...17

### **Icelandic Salmon** ... 24

sugar snap peas, leeks, jasmine rice

### **Central Park South Cobb Salad** ... 27

lobster, fresh crabmeat, gulf shrimp, avocado, egg, crispy bacon, tomatoes, onions, romaine, Maytag blue cheese

### **Grilled Chicken Caesar Salad** ... 19

romaine, aged Parmesan, garlic croutons

### **Poached Tuna Nicoise** ... 22

olive oil poached tuna, mixed baby greens, potatoes, french beans, herbs, olives, roasted shallot vinaigrette

### **Maine Lobster Roll** ... 25

coleslaw, homemade chips

### **One Great Burger** ...15.5

freshly ground **turkey** or **sirloin** with grilled spring onion, lettuce, guacamole, brioche bun, french fries

### **Jumbo Lump Crab Cake Sandwich** ... 20

Sarabeth's English muffin, hand cut fries, tartar sauce, salad of frisée, watercress & apples

### **Lemon Zested Tuna Salad Sandwich** ... 17

over grilled sourdough, fresh tomatoes marinated in virgin olive oil, balsamic vinegar, oregano

### **New Classic Club Sandwich** ... 17

roasted turkey breast, fresh mozzarella, Virginia ham, lettuce, tomato, ranch dressing, seven-grain bread

### **Grilled Smoked Mozzarella Sandwich** ... 15.5

avocado, fresh tomatoes, seven-grain bread

## Sides

crispy fries ... 6.5

grilled asparagus Hollandaise ... 7.5

\*An 18% service charge will be added for parties of 5 or more

**FOR CORPORATE EVENTS OR PRIVATE PARTIES  
PLEASE CALL OUR EVENTS LINE, 646 670 6933**