appetizers	~~	sandwiches served w/ house made chips!	~~
french fries [w/ red pepper aioli, cajun mayo & ketchup] buffalo chicken fingers [2]	7.95 9.95	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	14.95
chicken fingers [2] lemon kale starter [currants, carrots, tomatoes, pine nuts & parmesan	8.95 6.95		15.95
on kale w/ lemon honey vinaigrette]		Igrilled Chicken breast, lettuce, tomato, avocado, Jones Dairy Farm bacon & honey mustard aioli on toasted whole grain]	16.95
soup cup bowl cream o' mushroom 5.95 6.95	quart 12.95	tomato, onion & special sauce on challah bun] *	15.95
gumbo [w/ shrimp, andouille sausage & chicken] 9.95 12.95 chicken noodle 5.95 6.95	21.95 21.95 12.95 14.95	rachel [turkey, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	
	12.95	reuben [corned beef, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	15.95
salads		turkey focaccia [house roasted turkey breast w/ red pepper aioli, shredded lettuce, tomato & shaved red onions on grilled focaccia bun] add avocado 2.00	12.95
apple harvest [apples, jarlsberg & spicy pecans on mixed greens w/ maple vinaigrette] αdd chicken 4.00	12.95	tuna melt [house made english muffin, fancy schmancy tuna salad, sliced tomato & muenster cheese]	14.95
salmon beet [atlantic salmon, red & gold beets, shaved fennel & red onion on romaine w/ lemon honey vinaigrette & wasabi drizzle]	16.95	onen-faced runny agg club	12.95
fall steak [grilled skirt steak, red peppers, mushrooms, glenview blue cheese, sunflower seeds & crispy onions	18.95	[two over easy eggs, bacon, avocado, arugula, tomato & red pepper aioli on toasted whole grain] * breakfast sandwich [bacon or house sausage, fried egg & cheddar cheese on house made english muffin] * add avocado 2.00 yum! veggie [avocado, cucumber, sprouts, tomato, spinach, cheddar & muenster w/ honey mustard aioli on toasted whole grain]	12.95 12.95
on romaine w/ balsamic vinaigrette] sampler	14.95		
[a scoop of fancy schmancy tuna, tarragon chicken & dilled egg salad on greens]		grilled cheese [muenster & cheddar on challah] fancy schmancy tuna salad	9.95 12.95
tarragon chicken salad [w/ grapes, pecans, & celery on greens]	12.95		
fancy schmancy tuna salad [white albacore tuna w/ kalamata olives, red peppers & scallions on greens]	12.95	tarragon chicken salad [w/ grapes, pecans & celery w/ lettuce & tomato on toasted challah] dilled egg salad [hard cooked eggs w/ celery, scallions & dill w/ lettuce & tomato	12.95 11.95
dilled egg salad [hard cooked eggs w/ celery, scallions & dill on greens]	11.95	on toasted challah]	
pasta	~~~	breads	5.95
mac & cheese[small] 7.95[large]add buffalo chicken[1] 4.95[2]	10.95 8.95	challah	7.95 5.95 12.95
mac & cheese - family style to go [feeds 8-10, as a side]	29.95	family style	~~
lucky penne [penne pasta w/ chicken, peas & mushrooms in parmesan cream sauce, garnished w/ bacon]	15.95	whole roasted chicken 1/2 pan macaroni & cheese [feeds 8-10] chicken salad [1/2 pint, pint or quart] 9.95 18.95 tuna salad [1/2 pint, pint or quart] 9.95 18.95 egg salad [1/2 pint, pint or quart] 8.95 16.95	29.95

entrees	~~~	breakfast	~~
mike's seafood stew	18.95	[served 8:00 -11:00 am daily]	
[mussels, mahi mahi, shrimp, tomatoes, fresh fennel & a hint of orange w/ grilled ciabatta & red pepper aioli]		[scrambled eggs, mushrooms, spinach, tomato & parmesan	2.95
lemon salmon w/ kale	19.95	w/ roasted potatoes & whole grain toast] open-faced runny egg club 12	2.95
[roasted atlantic salmon w/ mashed potatoes & sauteed kale]	10.00	[two over easy eggs, bacon, avocado, arugula, tomato & red pepper aioli on toasted whole grain	.2.30
szechuan salmon	19.95	served w/ roasted potatoes] *	
[grilled salmon on jasmine rice w/ pistachios & szechuan green beans]		[house made english muffin w/ fried egg, cheddar cheese	2.95
fish & chips [true alaskan cod & french fries w/ house tartar sauce]	16.95	& choice of sausage or bacon served w/ roasted potatoes] * add avocado 2.00	
hugo's baja mahi tacos	16.95		2.95
[build your own! mahi-mahi on romaine w/ spicy baja sauce, pico de gallo, cotija cheese & corn tortillas]	10.00	[slow scrambled eggs w/ chives, sausage patties, roasted potatoes & challah toast]	
vegan tacos	15.95		L6.95
[3 corn tortillas w/ quinoa, sweet potatoes, cabbage, cilantro, red onion, avocado & tomatillo salsa]		[beef tenderloin, over easy eggs & crispy onions served w/ roasted potatoes & grilled focaccia] *	
not so vegan? add cotija cheese .75	15.05	breakfast burrito [scrambled eggs, sausage, pepper jack cheese, avocado,	4.95
cauliflower couscous vegan bowl [pearl couscous infused w/ tumeric, red onion, red peppers, scallions, parsley & cilantro topped w/ harissa roasted	15.95	roasted potatoes & sour cream wrapped in a flour tortilla served w/ pico de gallo & tortilla chips]	
cauliflower, tahini vinaigrette & pine nuts]			2.95
amablu crusted filet	22.95	[scrambled eggs w/ tomato, avocado, fresh mozzarella,	
[beef tenderloin w/ mashed potatoes & simple green beans] *		spinach & daikon sprouts served w/ greens & whole grain toast]	
1/2 roasted chicken	18.95	add salmon 6.00 oatmeal brulee	8.95
[w/ mashed potatoes & green beans]		[oats & wheat berries slow cooked & topped w/ strawberries,	0.90
lemon chicken	16.95	almonds & brown sugar glaze]	
[seared chicken breast w/ fresh lemon & italian parsley, served w/ mashed potatoes & broccolini]			8.95
side dishes	~~~	[whole grain, avocado,extra virgin olive oil, sea salt & red pepper flakes]	
		add egg * 2.50 add greens 2.95 add salmon 6.00 crunchy french toast 12	2.95
szechuan green beans 7.2	5 9.95 5 9.25	[thick slices of egg dipped challah w/ corn flake crunch	2.00
simple green beans 6.99 broccolini	6.95	served w/ whipped cream, blackberries & strawberries]	
crispy brussels sprouts	6.95		
mashed potatoes	6.25	1 10 / 1	~
harissa roasted cauliflower potato knishes [2]	7.25 6.5	breakfast sides	
cakes	0.0	one egg any style *	2.50
cakes slice	whole	5 .	5.95 6.95
7.50	59.95		0.95 7.95
patticake 7.50 baker's man 7.50	59.95	roasted potatoes 6	6.25
coconut 7.50	59.95		5.95
			4.95
cupcakes		toast [challah, rye or whole grain] yun!	3.95 ~~
german chocolate	4.50 4.50	U	
yum! chocolate	4.25	. * .	4.95
vanilla	4.25		4.75 4.75
pies, bars & cookies~	~~~	muffins	
mini salted caramel apple pie	6.95		3.75
pumpkin bar	4.50	blueberry	3.75
nut good ley bar	4.25	scones	~
special yum! bar	4.25	mixed berry	3.75
chocolate chip cookie ranger cookie	2.95 2.95	plain 3	3.50
peanut better cookie	2.95	specialty	~
dairy free & gluten friendly]			4.25
oatmeal sandwich cookie	4.25		4.25
		populii bali	4.20

^{*} Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness